

2011 Winter Senior Swim Meet
Sponsored by Maryland Suburban Swim Club (MSSC)
Sanctioned by USA Swimming
through Potomac Valley Swimming

Sanction # PVI-11-30

January 8-9, 2011

MEET DIRECTOR: Christopher T. Huott
(240)417-5569

MEET LOCATION: [Fairland Aquatics Center](#)
13820 Old Gunpowder Road
Laurel, MD 20707
(301)362-6060

The meet will be swum in an 8 lane course with a water depth of 7'-13' at the start end and 7'-13' at the turn end.

The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)

MEET REFEREE: Lynne Gerlach
(240)286-2319

DIRECTIONS: From I-95 (North of the Capital Beltway) exit Route 212 (Powder Mill Road) East. Turn left at the first traffic light onto Old Gunpowder Road. Proceed approximately three (3) miles to pool on the left.

SCHEDULE:

Day		Warm-up Times	Start Time
Saturday	Session 1	7:00 – 8:00 AM	8:10 AM
	Session 2	3:30 – 4:20 PM	4:30 PM
Sunday	Session 3	7:00 – 7:50 AM	8:00 AM
	Session 4	10:00-10:50 AM	11:00 AM

Warm-up times will be adjusted if warranted by the number of athletes registered in one of the sessions listed above. Two 8 lane courses will be used for the 1650 if needed. Swimmers are responsible for providing timer and counter. 1650 Free (Events 23 - 24) will be swum slowest to fastest.

ELIGIBILITY: Open to all invited teams. If your team is interested in participating in this meet please contact the meet director to request an invitation. Swimmers must be registered with USA Swimming Inc. and should be training at the senior level. Swimmers for this meet should be 13&Over unless the

12&Under swimmer has achieved USA Swimming "A" time standards in the 13-14 age group. In that case the swimmer may participate in the event where they achieved the time standard and if 3 or more times are achieved at the 13-14 age group then that swimmer may swim up to the maximum allowed for the meet. Age on January 8, 2011 will determine age for the entire meet.

RULES:

The 2010 USA Swimming Code and Rules will apply. Potomac Valley Safety and warm-up procedures will be in effect. In accordance with Potomac Valley Swimming Policy, only those coaches who, at all times, clearly display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet.

The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session. At the discretion of the Meet Director, individual events 200 yards and shorter may require positive check-in. Please check with the meet director upon arrival at the meet Saturday morning.

Effective October 1, 2009: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. For additional information, see the USA Swimming information.

The use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc.) are banned from behind the starting blocks during the entire meet, including warm-up, competition and cool down periods.

The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.

No On-Deck USA-S Registrations will be permitted.

INCLUSION POLICY: PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy as adopted by the BOD](#). Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

SUPERVISION:

Coaches are responsible for the conduct of their swimmers, and should help clean up their respective team area.

Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.

- WARM-UPS:** If you would like to swim an extra half hour please contact the meet director for approval. Without prior approval your team cannot enter the water until the designated warm-up time.
- MEET FORMAT:** All events will be **Timed Finals**. All entry times must have been achieved in USA Swimming sanctioned or approved competition.
- Swimmers may enter (3) individual events per session but no more than (5) total for the day on Saturday. Swimmers may enter the 1000 Free plus 3 events on Sunday. Swimmers may participate in 2 relays per session.
- ENTRY TIMES:** Coaches should not submit made-up times.
- SEEDING:** **All relays, 400 IM's, 500 Free's, and 1000 Free's will be deck seeded and require positive check in.** Upon receipt of entries the meet director may choose to swim the 1000 freestyle, 500 freestyle and 400 IM in two courses. Positive check in for relay events are at the following times: **8:15 AM** Saturday for the 200 and 800 Free Relays, **4:30 PM** Saturday for the 400 Medley Relay, **10:45 AM** Sunday for the 200 Medley and 400 Free Relays. Check in for following individual events are: 400 IM will be by **4:00 PM** Saturday afternoon, 500 Free will be by **5:00 PM** Saturday afternoon, 1650 Free will be by **7:30 AM** Sunday morning.
- OFFICIALS:** We ask for your team's help in supplying officials for the meet. Any one in the process of achieving certification through on-deck training is welcome. Contact Lynne Gerlach at gerlach@msscswimming.com by December 28, 2010. Thank you for your help in advance.
- TIMERS:** Teams will be assigned the number of timers based on their entry count. If needed, each team will be contacted as to their assigned lanes for timers by January 3, 2011. All teams are responsible for providing timers for their swimmers competing in events 23 & 24 (1000 Free).
- RESULTS:** Results will be posted on the PVS website <http://www.pvswim.org>
- GENERAL:** **Meet Programs:** Meet programs will be sold for \$10.00 and will include all sessions of the meet.
- NOTE:** In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatics Center and Maryland Suburban Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- ENTRIES:** **Deadline for receipt of entries is Tuesday, December 28, 2010.**
- Club entries will be accepted by email. Submission of entries by email must include the following files: the Hy-Tek Commlink II file, The Team Manager Meet Entry Report files (one by SWIMMER and one by EVENT) and an "[Entry Cover Sheet](#)." The name and phone number of the Club representative submitting the email must be included. INDIVIDUAL OR UNATTACHED ENTRIES WILL ONLY BE ACCEPTED BY delivery to the

Post Office Box address below and will not be accepted by e-mail, unless those swimmers are training with a club and that club is submitting their entries in the required above Hy-Tek format. Clubs submitting by email may submit entries to entries@msscswimming.com, in the subject heading type, "**2011 Winter Senior Invitational - ******" with the club's initials substituted in place of the asterisks. **NO DECK ENTRIES.**

Relay teams must be designated A, B, C, etc. if a team enters more than one relay. Relay times may be made up using composite times of verifiable times achieved in USA Swimming sanction competition. No falsified relay times shall be used.

**Send payment to: MSSC
Christopher T. Huott
P. O. Box 160
Laurel, MD 20725**

E-Mail Entries To: entries@msscswimming.com

FEES: Individual Events..... \$5.00
Relay Events..... \$10.00

Make Checks payable to: MSSC

ORDER OF EVENTS

**SESSION 1
SATURDAY PROGRAM – JANUARY 8, 2011
WARM-UP: 7:00 - 8:00 AM / EVENTS 8:10 AM**

Women Event #	Events	Men Event #
1 %	200 Yard Freestyle Relay	2 %
3	100 Yard Butterfly	4
5	200 Yard Freestyle	6
7 #	200 Yard Individual Medley	8 #
9	100 Yard Backstroke	10
11 %	800 Yard Freestyle Relay	12 %
% - Check-in time for 200 and 800 Free Relays is 7:45 AM		

SESSION 2
SATURDAY PROGRAM – JANUARY 8, 2011
WARM-UP: 3:30 – 4:20 PM / EVENTS 4:30 PM

Women Event #	Events	Men Event #
13	400 Yard Individual Medley	14
15	200 Yard Breaststroke	16
17	100 Yard Freestyle	18
19	200 Yard Butterfly	20
21 %	400 Yard Medley Relay	22 %
% - Check-in time for 400 Yard Medley Relay is 4:15 PM Check-in time for the 400 IM is 4:00 PM Important: Check in time for Sunday's 500 Yd Freestyle is Saturday, 5:00 PM		

SESSION 3
SUNDAY PROGRAM – JANUARY 9, 2011
WARM-UP: 7:00-7:50 AM / EVENTS 8:00 AM

Women Event #	Events	Men Event #
23 %	1650 Yard Freestyle	24 %
% - Check-in time is 7:30 AM		

SESSION 4
SUNDAY PROGRAM – JANUARY 9, 2011
WARM-UP: 10:00-10:50 AM / EVENTS 11:00 AM

Women Event #	Events	Men Event #
25 %	200 Yard Medley Relay	26 %
27	50 Yard Freestyle	28
29	200 Yard Backstroke	30
31	100 Yard Breaststroke	32
33 #	500 Yard Freestyle	34 #
35 %	400 Yard Freestyle Relay	36 %

% - Check-in time for Relays is 10:45 AM
- Check-in time for 500 Yard Freestyle is 5:00 PM Saturday