

Speedo Eastern States Senior Invitational Meet

January 15-16, 2011

Sponsored by ARLINGTON AQUATIC CLUB

Sanctioned by UNITED STATES SWIMMING

through POTOMAC VALLEY SWIMMING

Sanction # - PVI-11-33

Meet Host/ Meet Director	Arlington Aquatic Club Evan Stiles 3700 S. Four Mile Run Drive Arlington, Va. 22206 703-228-1814 aacswims@yahoo.com
Meet Referee	Alan Hewitt
LOCATION:	Washington-Lee High School Aquatic Center 1300 N. Quincy St Arlington, VA 703-228-6264 Directions: Capital Beltway (VA), to 66 East. Proceed on Rt 66 to Exit 72- Fairfax Dr. Turn Left on Glebe Rd. Turn Right on Washington Blvd. Turn Left on Quincy St. Pool is just past fields on left.
FACILITY:	10 lane 25 yard indoor pool. Eight (8) lanes will be used for competition. The water depth ranges from 6'6" to 9'8" at the starting end and is 4' at the turning end. 3 lanes will be available for continuous warm-up/warm-down plus small learning tank.
ELIGIBILITY:	Open to all swimmers of teams that are members of the Eastern States Senior Circuit. All swimmers must be registered with United States Swimming, Inc. PLEASE MAKE SURE YOUR ATHLETES ARE REGISTERED FOR 2011 BEFORE ENTERING THEM. There are no qualifying times but all teams agree to bring swimmers who are training at a senior level and are preparing for successful qualification or participation in Sectionals and Nationals. Please see published Circuit Guidelines for more information. Age on January 15, 2011 will determine age for the entire meet. To be eligible to enter this meet, a swimmer must be registered with USA Swimming, Inc. no later than the entry deadline shown below. No on-deck registration will be permitted.

CIRCUIT PARTICIPANTS ARE:	Virginia LSC	Virginia LSC	PVS
	Poseidon Swimming (PSDN)	Prince William Swim Club (PWSC)	Arlington Aquatic Club (AAC)
	South Eastern Virginia Aquatics (SEVA)	Sharks Swim Team (SHKS)	Central Chesapeake Swimming (PEAK)
	Old Dominion Aquatic Club (ODAC)	VA YMCA Aquatic Club (VYAC)	
	Burkwood Aquatic Club (BAC)	Coomes Area Swim Team (CAST)	
		Regency Park Swim Team (RPST)	
MEET FORMAT:	All events will be Timed Finals.		
WARM-UPS:	<p>Saturday, January 15, 2011 Session 1 ----- 6:30 am - 8:20 am warm up/8:30 am start Session 2 ----- 3:00 pm - 4:00 pm warm up/4:10 pm start</p> <p>Sunday, January 16, 2011 Session 3 ----- 6:30 am - 7:20 am warm up for the 1650 Free/7:30 am start 1650 (events 25 - 26) will be swum slowest to fastest, alternating heats of women then men. Women and men may swim together. Session 4 ----- Warm-up will be available at all times/Session start time will be 30 minutes after the completion of the 1650 Free.</p>		
ENTRIES:	<p>Deadline for receipt of entries is Thursday, January 6, 2011.</p> <p>Important: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information. .</p> <p>Entries must be submitted with short course yard times by e-mail using the HYTEK Team Manager computer software. Entries must include a meet entry report by swimmer and meet entry report by event from the Team Manager Program. Do not use Commlink reports. In all cases, a</p>		

	<p>completed summary sheet showing the name of the person to contact in case of questions and a check for the amount of the entry fees must accompany the entries.</p> <p>Link to Summary Sheet</p> <p>Swimmers may enter (3) individual events per session but no more than (5) total for the day on Saturday. Swimmers may enter the 1650 Free plus 3 events on Sunday. Swimmers may participate in 2 relays per session. Relay teams must be designated A, B, C, etc. if a team enters more than one relay. All entry times must have been achieved in USA Swimming sanctioned or approved competition.</p>
Mail or E-mail Entries To:	<p>Evan Stiles, AAC 3700 S. Four Mile Run Drive Arlington, Va. 22206 703-228-1814 aacswims@yahoo.com</p> <p>Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by phone to confirm receipt.</p>
MEET DIRECTOR:	<p>The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session, and to combine events in which there are insufficient entries. Meet Director: Evan Stiles 703-228-1814, aacswims@yahoo.com</p>
ENTRY FEES:	<p>Individual Events..... \$5.00 Relay Events..... \$12.00 Swimmers surcharge....\$2.00</p> <p>Make Checks payable to: AAC Boosters</p>
RULES:	<p>The 2011 USA Swimming Code and Rules will apply. USA Swimming Safety and warm-up procedures will be in effect. In accordance with USA Swimming Policy, only those coaches who, at all times, display current, valid United States Swimming credentials will be permitted to act in a coaching capacity at this meet.</p> <p>WE WILL BE USING FLY-OVER STARTS AT THIS MEET.</p> <p>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</p>

	<p>within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian</p>
	<p>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.</p> <p>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.</p>
PENALTIES:	<ol style="list-style-type: none"> 1. Penalties for entries using fraudulent and/or non-verifiable entry times: <ol style="list-style-type: none"> a. Swimmer shall be disqualified from the event entered illegally. b. Club may be fined up to \$100.00 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. 2. Clubs entering swimmers not legally registered with USA Swimming by the deadline date may be fined \$100.00 per swimmer per event entered illegally.
AWARDS:	<p>Circuit T-Shirts for participants at the last circuit meet in January</p>
SCORING:	<p>Scoring will be on a sixteen-place basis. Individual events will be awarded 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events will receive double these point values.</p>
SEEDING:	<p>All events at the distance of 200 and below will be pre-seeded. All relays, 400 IM's, 500 Free's, and 1650 Free's will be deck seeded and require a positive check in. Relay check in must be done by the end of warm up for each session. Check-in for the 400 IM will be by 8:30 am and check in for the 500 Free will be by 4:30 pm Saturday. Check in for the 1650 Free will be by 6:00 pm on Saturday.</p>
OFFICIALS:	<p>We ask for your teams help in supplying officials for the meet. Any one in the process of achieving certification through on-deck training is welcome.</p> <p>Contact Chris Palmer, cpalmer2000@yahoo.com, 703-921-</p>

	0896. Thank you for you help in advance.
Hotel Information:	Comfort Inn 1211 N. Glebe Road Arlington, VA 22201 703-247-3399
NOTE	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Arlington Aquatic Club and Washington-Lee Pool shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ORDER OF EVENTS
Saturday, January 16, 2010

Session 1		
Warm-ups: 6:30 - 8:20 am/Start 8:30 am		
Female		Male
1	400 Free Relay	2
3	200 Breast	4
5	100 Fly	6
7	200 Back	8
9	200 Medley Relay	10
11	500 Free	12

Session 2		
Warm-ups: 3:00 - 4:00 pm/Start 4:10 pm		
Female		Male
13	800 Free Relay	14
15	100 Free	16
17	200 Fly	18
19	100 Breast	20
21	400 IM	22

Sunday, January 17, 2010

Session 3		
Warm-up: 6:30 - 7:20 am/Start 7:30 am		
Female		Male
23	1650 Free	24

Session 4		
Warm-up: All Morning/Start minimum of 30 minutes after 1650 Free		
Female		Male

25	400 Medley Relay	26
27	200 IM	28
29	50 Free	30
31	100 Back	32
33	200 Free	34
35	200 Free Relay	36