

13<sup>th</sup> Annual  
**SPRING CHAMPIONSHIPS**  
**MARCH 25-27, 2011**  
**SPONSORED BY MARYLAND SUBURBAN SWIM CLUB**

SANCTIONED BY USA SWIMMING  
 THROUGH POTOMAC VALLEY SWIMMING  
 Sanction #PVC-11-58

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| <b>MEET DIRECTOR:</b> | Christopher T. Huott<br>240-417-5569<br><a href="mailto:entries@msscswimming.com">entries@msscswimming.com</a>  |
| <b>MEET REFEREE:</b>  | Lynne Gerlach<br>240-286-23190<br><a href="mailto:gerlach@msscswimming.com">gerlach@msscswimming.com</a>  |
| <b>MEET LOCATION:</b> | <a href="#">Fairland Aquatics Center</a><br>13820 Old Gunpowder Road<br>Laurel, Maryland<br>301-362-6060<br><br>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.<br><br>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)             |
| <b>SCHEDULE:</b>      | <b>9 - 12 Sessions Warm-up:</b><br>7:00 - 7:50 AM Events: 8:00 AM (50 Minute Warm-up)<br><b>13 &amp; Over Sessions Warm-up:</b><br>12:00 - 12:50 PM Events: 1:00 PM (50 Minute Warm-up)<br>Two courses will be used simultaneously if needed: one for Girls, and one for Boys.  |
| <b>ELIGIBILITY:</b>   | Open to all USA Swimming registered athletes. If your club was not in the meet last year please contact the Meet Director to inform us that you plan to participate. Athletes shall compete at the age attained on the first day of the meet. An athlete may only compete in his or her own age division.   |
| <b>RULES:</b>         | Current USA Swimming rules shall govern the meet. All events are timed finals. A contestant may enter no more than four individual events and one relay per day.<br><br><b>A swimmer may not enter an event that they have entered at the <a href="#">PVS SHORT COURSE CHAMPIONSHIPS</a>. A swimmer who has aged up since March 17, 2011 may not enter an event they were</b> |

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|   | <p>eligible to enter at <a href="#">PVS SHORT COURSE 14 &amp; UNDER JUNIOR OLYMPIC CHAMPIONSHIPS</a>. If a swimmer is ineligible to swim an event in this meet, that swimmer is also ineligible to swim the corresponding relay leg of that stroke and distance on a relay team. A swimmer may also not enter an event if they were eligible to swim that event using a non-conforming (LCM) time at either the PVS SHORT COURSE 14 &amp; UNDER JUNIOR OLYMPIC CHAMPIONSHIPS or the PVS SHORT/LONG COURSE CHAMPIONSHIPS</p> <p>Dive-over starts may be used at this meet at the discretion of the Meet Manager and/or Meet Referee. Coaches are requested to review <a href="#">Guidance for Dive-Over Starts for Coaches</a>. Officials are requested to review <a href="#">Protocol for Dive-Over Starts</a>.</p> <p>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.</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> <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>No on-deck USA-S registration will be permitted.</p> |
| <p><b>Inclusion Policy for Swimmers with a Disability</b></p> | <p>PVS and host clubs along with their Meet Directors are committed to the <a href="#">Inclusion Policy as adopted by the BOD</a>. 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.</p>   |
| <p><b>WARM-UP:</b></p>  | <p>The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed.</p>  |
| <p><b>ORDER OF FINISH:</b></p>                                | <p>The 9 and 10 year olds will be swum (seeded) together to create greater competition and help to shorten the meet length. However, the 9 and 10 year olds will be separated for order of finish, awards, and scoring points. Similarly, the 11 and 12 years olds will be swum</p>   |

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|                     | together, but separated between 11 and 12 year olds for scoring, award, and order of finish. 13 and Over swimmers will be swum together but separated between 13-14 and 15/Over for order of finish, awards, and scoring.  |
| <b>AWARDS:</b>      | <p><b>Individual Awards:</b> Medals will be awarded to first - eighth place finishers.</p> <p><b>Relay Awards:</b> Medals will be awarded to first - third place teams.</p> <p><b>Team Awards:</b> Teams will be split into three divisions based on team size determined by the clubs registration numbers with USA Swimming. The top three teams in each division will receive trophies for their placement within their division.</p>   |
| <b>SCORING:</b>     | <p><b>Individual Events:</b> 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1</p> <p><b>Relay Events:</b> 40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2</p> <p>Teams will be awarded no more than 2 sets of points for a single event.</p>  |
| <b>TIMERS:</b>      | Participating Clubs are required to provide 1 timer for every 25 entries entered in the meet. Higher level officials can be substituted for the timer requirement.   |
| <b>OFFICIALS:</b>   | All certified officials wishing to volunteer to work this meet please contact Lynne Gerlach at <a href="mailto:gerlach@msscswimming.com">gerlach@msscswimming.com</a> by March 17 <sup>th</sup> . Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the recording table at the start of the Warm-up. Certified officials, who have not been contacted, should volunteer their services to the Referee. |
| <b>SUPERVISION:</b> | <p>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</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 within the water. Ensuring compliance is the responsibility of the swimmer of the swimmer's legal guardian.</p>  |
| <b>NOTES:</b>       | 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.   |
| <b>ADMISSION:</b>   | There is no admission charge. Programs for each session will be available for \$3.00 each. Working officials and coaches receive a free program.   |
| <b>FEES:</b>        | Fees for individual events are \$6.00 and \$12.00 per relay. Remit one check to cover the entry fees for the entire team. Do not send cash. Telephone entries will not be accepted.  |
| <b>ENTRIES:</b>     | Club entries will be accepted by email. Submission of entries by email must include the following files: the Hy-Tek Commlink II file and The Team Manager Meet Entry Report file (by NAME). The name and phone number of the Club representative submitting the email must be  |

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|   | <p>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 <a href="mailto:entries@msscswimming.com">entries@msscswimming.com</a>, in the subject heading type, "<b>13<sup>th</sup> Annual SPRING CHAMPIONSHIPS - ****</b>" with the club's initials substituted in place of the asterisks. <b>NO DECK ENTRIES.</b></p> <p><b>Optional:</b> Before preparing your entries, events and SCY QT's for this meet can be downloaded and then imported into team manager (go to team manager/file/import/meet events). This meet events file is available for download at "<a href="#">???.zip</a>".</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 other than e-mail to confirm receipt.</p> |
| <p><b>DEADLINE:</b></p>                                 | <p>The Meet Director must receive all entries for this meet NO LATER THAN</p> <p style="text-align: center;"><b>TUESDAY, MARCH 15, 2011.</b></p> <p><b>Important:</b> 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><b>MAKE CHECK PAYABLE &amp; SEND ENTRIES TO:</b></p> | <p><b>Maryland Suburban Swim Club</b><br/> P.O. Box 160<br/> Laurel, Maryland 20725<br/> Attn: Christopher T. Huott</p>   |
| <p><b>POSITIVE CHECK-IN</b></p>                         | <p>All events 200 yards and greater may require positive check-in. Please check the positive check-in table upon arrival.</p>   |

**FRIDAY EVENING SESSION - MARCH 25, 2011**  
**WARM-UP: 4:30 - 5:20 PM EVENTS: 5:30 PM**

| <b>GIRLS<br/>EVENT<br/>#</b>   | <b>NO FASTER<br/>THAN (SCY)</b> | <b>ALL AGE EVENTS</b>          | <b>NO FASTER<br/>THAN<br/>(SCY)</b> | <b>BOYS<br/>EVENT<br/>#</b> |
|--|---------------------------------|--------------------------------|-------------------------------------|-----------------------------|
| 1  | 7:25.00R                        | 9-10 yr old 500 Yd Freestyle   | 7:35.00R                            | 2                           |
|  | 6:08.00R                        | 11-12 yr old 500 Yd Freestyle  | 6:08.30R                            |                             |
| 3  | 5:38.00R                        | 13-14 yr old 500 Yd Freestyle  | 5:26.00R                            | 4                           |
| 5  | 5:35.20R                        | 15&Over 500 Yd Freestyle       | 5:18.00R                            | 6                           |
| 7  | 3:02.00                         | 9-10 yr old 200 Yd IM          | 3:04.00                             | 8                           |
| 9  | 2:38.10                         | 11-12 yr old 200 Yd IM         | 2:39.00                             | 10                          |
| 11   | 5:07.00S                        | 14&Under 400 Yd IM             | 4:56.00S                            | 12                          |
| 13   | 5:15.30S                        | 15&Over 400 Yd IM              | 4:51.70S                            | 14                          |
| 15   | 20:30.00T                       | 13-14 yr old 1650 Yd Freestyle | 19:30.00T                           | 16                          |
| 17   | 20:09.10T                       | 15&Over 1650 Freestyle         | 18:56.80T                           | 18                          |
| <p align="center">All Events on Friday Evening may require positive check-in<br/> Events 1&amp;2 will be combined for the 9-10 and 11-12 age groups however they<br/> will be broken out to single ages for awards and points<br/> R- times Slower than 8:00.00 will not be entered in the 500 Freestyle<br/> S – times Slower Than 6:30 will not be entered in the 400 IM<br/> T - ONLY the Top 16 swimmers for each gender will swim.<br/> Do not enter athletes with times slower than 21:30.00 for the 1650.</p> |                                 |                                |                                     |                             |

**SATURDAY MORNING SESSION - MARCH 26, 2011**  
**WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM**

| <b>GIRLS<br/>EVENT #</b> | <b>NO FASTER<br/>THAN (SCY)</b> | <b>AGE &amp; EVENT LIST</b>      | <b>NO FASTER<br/>THAN (SCY)</b> | <b>BOYS<br/>EVENT #</b> |
|--------------------------|---------------------------------|----------------------------------|---------------------------------|-------------------------|
| 19                       | NT                              | 9-10 yr old 200 Yd Medley Relay  | NT                              | 20                      |
| 21                       | NT                              | 11-12 yr old 200 Yd Medley Relay | NT                              | 22                      |
| 23                       | 38.60                           | 9-10 yr old 50 Yd Backstroke     | 38.80                           | 24                      |
| 25                       | 34.10                           | 11-12 yr old 50 Yd Backstroke    | 34.10                           | 26                      |
| 27                       | 1:31.20                         | 9-10 yr old 100 Yd Butterfly     | 1:33.20                         | 28                      |
| 29                       | 1:14.30                         | 11-12 yr old 100 Yd Butterfly    | 1:15.00                         | 30                      |
| 31                       | 2:36.00                         | 11-12 yr old 200 Yd Backstroke   | 2:38.00                         | 32                      |
| 33                       | 43.90                           | 9-10 yr old 50 Yd Breaststroke   | 44.60                           | 34                      |
| 35                       | 37.90                           | 11-12 yr old 50 Yd Breaststroke  | 38.10                           | 36                      |
| 37                       | 1:13.70                         | 9-10 yr old 100 Yd Freestyle     | 1:13.20                         | 38                      |
| 39                       | 1:03.30                         | 11-12 yr old 100 Yd Freestyle    | 1:03.50                         | 40                      |

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| 41  | 2:55.00 | 11-12 yr old 200 Yd Breaststroke    | 2:55.20 | 42 |
| 43  | 1:24.20 | 9-10 yr old 100 Yd IM               | 1:23.90 | 44 |
| 45  | 1:13.30 | 11-12 yr old 100 Yd IM              | 1:13.10 | 46 |
| 47  | NT      | 9-10 yr old 400 Yd Freestyle Relay  | NT      | 48 |
| 49  | NT      | 11-12 yr old 400 Yd Freestyle Relay | NT      | 50 |
| All events 200 yards or more may require positive check-in. |         |                                     |         |    |

**SATURDAY AFTERNOON SESSION - MARCH 26, 2011**  
**WARM-UP: 12:00 - 12:50 PM EVENTS: 1:00 PM**

| <b>GIRLS<br/>EVENT #</b>                                    | <b>NFT (SCY)</b> | <b>13&amp;Over EVENTS</b>   | <b>NFT (SCY)</b> | <b>BOYS<br/>EVENT #</b> |
|---|------------------|-----------------------------|------------------|-------------------------|
| 51  | NT               | 13&Over 400 Freestyle Relay | NT               | 52                      |
| 53  | 1:06.40          | 13-14 100 Yd Backstroke     | 1:04.00          | 54                      |
|   | 1:09.70          | 15&O 100 Yd Backstroke      | 1:03.40          |                         |
| 55  | 2:32.10          | 13-14 200 Yd Butterfly      | 2:28.60          | 56                      |
|   | 2:34.20          | 15&O 200 Yd Butterfly       | 2:23.90          |                         |
| 57  | 1:15.60          | 13-14 100 Yd Breaststroke   | 1:11.00          | 58                      |
|   | 1:19.60          | 15&O 100 Yd Breaststroke    | 1:12.30          |                         |
| 59  | 58.50            | 13-14 100 Yd Freestyle      | 55.60            | 60                      |
|   | 59.00            | 15&O 100 Yd Freestyle       | 54.70            |                         |
| 61  | 2:23.70          | 13-14 200 Yd IM             | 2:18.50          | 62                      |
|   | 2:28.80          | 15&O 200 Yd IM              | 2:16.60          |                         |
| 63  | NT               | 13&O 800 Freestyle Relay    | NT               | 64                      |
| All events 200 yards or more may require positive check-in. |                  |                             |                  |                         |

**SUNDAY MORNING SESSION - MARCH 27, 2011**  
**WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM**

| <b>GIRLS<br/>EVENT #</b> | <b>NO FASTER<br/>THAN (SCY)</b> | <b>9 -12 YEAR OLD EVENTS</b>       | <b>NO FASTER<br/>THAN (SCY)</b> | <b>BOYS<br/>EVENT #</b> |
|--------------------------|---------------------------------|------------------------------------|---------------------------------|-------------------------|
| 65                       | NT                              | 9-10 yr old 200 Yd Freestyle Relay | NT                              | 66                      |
| 67                       | NT                              | 11 - 12 old 200 Yd Freestyle Relay | NT                              | 68                      |
| 69                       | 2:43.00                         | 9-10 yr old 200 Yd Freestyle       | 2:43.00                         | 70                      |
| 71                       | 2:18.50                         | 11-12 yr old 200 Yd Freestyle      | 2:18.50                         | 72                      |
| 73                       | 37.80                           | 9-10 yr old 50 Yd Butterfly        | 38.90                           | 74                      |
| 75                       | 32.60                           | 11-12 yr old 50 Yd Butterfly       | 32.60                           | 76                      |
| 77                       | 1:35.50                         | 9-10 yr old 100 Yd Breaststroke    | 1:36.40                         | 78                      |

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| 79  | 1:22.00 | 11-12 yr old 100 Yd Breaststroke | 1:24.20 | 80 |
| 81  | 2:53.00 | 11-12 yr old 200 Yd Butterfly    | 2:41.00 | 82 |
| 83  | 1:24.20 | 9-10 yr old 100 Yd Backstroke    | 1:24.80 | 84 |
| 85  | 1:12.50 | 11-12 yr old 100 Yd Backstroke   | 1:12.80 | 86 |
| 87  | 33.00   | 9-10 yr old 50 Yd Freestyle      | 32.60   | 88 |
| 89  | 28.80   | 11-12 yr old 50 Yd Freestyle     | 28.60   | 90 |
| 91  | NT      | 9-10 yr old 400 Yd Medley Relay  | NT      | 92 |
| 93  | NT      | 11-12 yr old 400 Yd Medley Relay | NT      | 94 |
| All events 200 yards or more may require positive check-in. |         |                                  |         |    |

**SUNDAY AFTERNOON SESSION - MARCH 27, 2011**  
**WARM-UP: 12:00 - 12:50 PM EVENTS: 1:00 PM**

| <b>GIRLS<br/>EVENT<br/>#</b>                                | <b>NFT (SCY)</b> | <b>13&amp;Over EVENTS</b>   | <b>NFT (SCY)</b> | <b>BOYS<br/>EVENT #</b> |
|---|------------------|-----------------------------|------------------|-------------------------|
| 95  | NT               | 13&Over 200 Freestyle Relay | NT               | 96                      |
| 97  | 2:06.40          | 13-14 200 Yd Freestyle      | 2:00.00          | 98                      |
|   | 2:10.50          | 15&O 200 Yd Freestyle       | 1:58.00          |                         |
| 99  | 1:06.50          | 13-14 100 Yd Butterfly      | 1:04.30          | 100                     |
|   | 1:08.70          | 15&O 100 Yd Butterfly       | 1:01.50          |                         |
| 101   | 2:42.10          | 13-14 200 Yd Breaststroke   | 2:37.00          | 102                     |
|   | 2:51.20          | 15&O 200 Yd Breaststroke    | 2:38.20          |                         |
| 103   | 2:23.50          | 13-14 200 Yd Backstroke     | 2:16.80          | 104                     |
|   | 2:30.00          | 15&O 200 Yd Backstroke      | 2:18.10          |                         |
| 105   | 27.10            | 13-14 50 Yd Freestyle       | 25.70            | 106                     |
|   | 27.80            | 15&O 50 Yd Freestyle        | 25.30            |                         |
| 107   | NT               | 13&O 400 Yd Medley Relay    | NT               | 108                     |
| All events 200 yards or more may require positive check-in. |                  |                             |                  |                         |