

March Madness Meet
April 1-3, 2011
Sponsored by YORK Swimming
 Sanctioned by USA Swimming through Potomac Valley Swimming

Sanction #: PVI-11-60

Invited teams are AAC, ASA, FBST, HACC, MACH, RIPS, SDS, TANK, YORK,

Meet Location:	Oak Marr Recreation Center 3134 Jermantown Road Oakton, VA 22124
Facility:	<p>Oak Marr is a 50-meter pool with 21 short course lanes. 15 lanes will be used for competition. 11 and over preliminaries sessions and the 10 and under sessions will be swum in two courses. Finals sessions will be swum in one course. Course #1 is an 8 lane course with a pool depth ranging from 13'6" in lane 1 to 7'3" in lane 8, and Course #2 with a water depth range of 7'3" in lane 1 to 5' in Lane 7.</p> <p>Continuous warm-up/and warm down lanes will be available throughout the meet. "Special Note: Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. The Meet Manager reserves the right to limit entries to enforce this policy. Spectators are not allowed on the pool deck and seating is limited."</p> <p><u>NO SNACK BAR WILL BE AVAILABLE AT THIS MEET.</u></p> <p>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</p>
Meet Manager:	Nancy Monaghan monaghans@gmail.com 14904 Kamputa Drive Centreville, VA 20120
Meet Referee:	Jim Thompson jimthompson5802@aol.com
Schedule:	11 & Older - Prelims Warm-up: 7:00-7:50 AM Events: 8:00 AM 8 & U & 9-10 Timed Finals Warm-up: 1:00-1:50 PM Events: 2:00 PM 11 & Older Finals (Fri.&Sat. Only) Warm-up: 5:00-5:50 PM Events: 6:00 PM
Warm-Ups:	The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. Teams will be assigned lanes for warm-ups. Coaches are responsible for monitoring their swimmers during warm-ups and the meet. Note: The Meet Manager reserves the right to

	<p>modify the warm-ups based on the number of entries. Coaches will be notified by email in such an occurrence.</p>
<p>Eligibility:</p>	<ul style="list-style-type: none"> • <u>Open to all USA Swimming registered swimmers from the invited teams WITH A TIME NOT FASTER THEN THE NFT for any of the events with a NFT TIME.</u> • PVS Teams – AAC, ASA, FBST, HACC, MACH, RIPS, SDS, TANK, TIBU, YORK. • Contestant may enter a maximum of seven (7) individual events and may not participate in more than three (3) individual events per day. • Most individual events will be governed by "NO FASTER THAN" (NFT) time. These NFT times are based on top 8 results from the 2010 Spring Short Course Championship season. • A swimmer can only enter an event in which his/her official USA Swimming time is not faster than the posted NFT time standard. • No time standards apply to 8 and under events and the 12 and under 500 free or the 12 and under 400 IM on Friday April 1st, and sprint events for the 13 and over that are not events held in the Championship Meets.
<p>Competition Rules:</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 Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts. A determination whether to do so will be made shortly after entries for this meet have been processed. Current USA Swimming rules shall govern the meet. No on-deck USA-S registration will be permitted. Top sixteen (16) 11-12's, 13-14's & Senior qualifiers from prelims on Friday and Saturday swim in finals. We will have an "A" final and "B" final and "A" finals will swim first. Sunday is times finals only. All Relays 500 freestyle and 400 IM are timed finals, swum in the prelims. 11 & Older Boys and all 8 & U's will swim in the seven (7) lane pool. 11 & Older girls and all 9-10's will swim in the eight (8) lane pool. Everyone will swim in the eight-lane pool closest to the diving boards for finals.</p>
<p>Positive Check-In</p>	<p>Positive check-in is required for all individual and relay events 400 yds and longer. These events will be seeded on the deck. Swimmers and relay teams not checked in will be scratched from that event. Athletes who have checked-in, been seeded and fail to swim the event will be</p>

	barred from their next scheduled individual event.
Meet Scratch Policy	<p>If you do not wish to swim in the Finals, you may “Scratch” from the event by following the proper procedure: You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A” finals or “B” finals, if scheduled.</p> <p>You may declare intent to “scratch.” You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for “intent.” You must rescind or “pull” this intent on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically scratched. If an athlete fails to properly scratch from an event and does not appear for the Final event, they shall be barred from their first event on the next day.</p>
Rules	<ul style="list-style-type: none"> • The use of equipment capable of taking pictures (i.e. cell phones, cameras, PDS’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 Sportsmanship policy. • 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.
Swimmers with a Disability:	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.
Relays:	Teams may enter ONLY two (2) relays per event.
Scoring:	Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 16, 14, 12, 10, 8, 6, 4, 2
Awards:	Medals 1st through 8th place Ribbons for 9 th through 16th for individual events and 1st through 3rd place for relays. SPECIAL MARCH MADNESS SWIM CAPS FOR ALL INDIVIDUAL EVENT WINNERS
Officials:	Officials assigned to this meet should sign in at the recording table 10 minutes before the start of the warm-ups. Certified officials who have not been contacted and would like to volunteer should contact Jim Thompson at 703-435-3124 or jimthompson5802@aol.com , or speak with the deck referee at the meet.

<p>Entries:</p>	<ul style="list-style-type: none"> • Teams must enter on computer disk (Hy-Tek). Please send two disks. Include one meet entry report by swimmer and one report by event. • Submit the Hy-Tek commlink II file with an "entry cover sheet". Attach the team manager meet entry report files, one by swimmer and one by event. Include the name, phone number, and email address of club representative submitting the disk. • Attach the "meet entries" export file from Hy-Tek Meet Manager. Also attach a meet entry report by swimmer and a meet entry report by event. Create these reports in Team Manager and save as Word for Windows files. • In body of e-mail, give entry numbers (girls, boys, relays, total) and contact information (e-mail, phone, officials contact). • Submit entries to the Meet Manager, Nancy Monaghan at monaghans@gmail.com . In the subject heading please indicate "2011March Madness Meet - #####" with the club's initials substituted in place of the number symbols. If the club is submitting entires from more than one location, please add the location to the heading with the club initials. <u>Check payments must be received at the address listed prior to the start of the meet.</u> • Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgment should contact the Meet Director by other than e-mail to confirm receipt. <p>Before preparing your entries, events for this meet can be downloaded and then imported into team manager (go to team manager/file/import/meet events).</p>
<p>Fees:</p>	<p>Fees for individual events are \$5.00; relay events are \$12.00 and a \$2.00 surcharge for each athlete. Each club is requested to remit one check to cover the entry fees for the entire team. Late (deck) entries are \$10.00 per individual event and must be submitted no later than 30 minutes prior to the first event of each session. Evidence of current USA-S registration will be required for deck entries. This can be done by presenting a copy of the athlete's USA-S athlete registration card.</p>
<p>Checks:</p>	<p>MAKE CHECKS PAYABLE TO: "YORK SWIM CLUB".</p>
<p>Entry Deadline:</p>	<p>All entries must be received no later than 5:00 PM, Tuesday March 22, 2011 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>Mail Entries to:</p>	<p>Nancy Monaghan 14904 Kamputa Drive Centreville, VA 20120 : Email: monaghans@gmail.com</p>
<p>Note</p>	<p>In granting this sanction it is understood and agreed that USA</p>

Swimming, Potomac Valley Swimming, Oak Marr Recreation Center, and York 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.

March Madness Meet

Friday April 1, 2011

11 and Older Prelim Session

Warm-up: 7:00 AM Events: 8:00 AM

Girls Event #	NFT	Event	NFT	Boys Event #
1	2:07.00	11-12 200 Free @	2:05.00	2
3	2:00.00	13-14 200 Free @	1:52.00	4
5	1:57.00	Senior 200 Free@	1:45.00	6
7	35.00	11-12 50 Breast	34.00	8
9		13-14 50 Breast		10
11		Senior 50 Breast		12
13	1:06.00	11-12 100 Fly	1:04.00	14
15	1:01.00	13-14 100 Fly	58.00	16
17	1:00.00	Senior 100 Fly	54:00	18
19	1:08.00	11-12 100 IM	1:05.00	20
21		13-14 100 IM		22
23		Senior 100 IM		24
25		12 and under 500 Free#		26
27	5:20.00	13-14 500 Free #	5:07.00	28
29	5:13.00	15 and over 500 #	4:49.00	30
31		12 and under 400 IM*		32
33	4:53.00	13-14 400 IM*	4:33.00	34
35	4:50.00	15 and over 400 IM*	4:25.00	36

@ # * POSITIVE CHECK IN TIME

@Events 1-6 7:30am
#Events 25-30 8:30 am
***Events 31-36 9:00am**

Saturday, April, 2, 2011
11 and Older Prelim Session
Warm-up: 7:00 AM Events: 8:00 AM

Girls Event #	NFT	Event	NFT	Boys Event #
37		11-12 200 Medley Relay		38
39		13-14 200 Medley Relay		40
41		15-18 200 Medley Relay		42
43	1:06.00	11-12 100 Back	1:01.00	44
45	1:02.00	13-14 100 Back	57.00	46
47	59.00	Senior 100 Back	54.00	48
49	30.00	11-12 50 Fly	29.00	50
51		13-14 50 Fly		52
53		Senior 50 Fly		54
55	1:17.00	11-12 100 Breast	1:13.00	56
57	1:12.00	13-14 100 Breast	1:06.00	58
59	1:10.00	Senior 100 Breast	1:02.00	60
61	27.00	11-12 50 Free	26.00	62
63	26.00	13-14 50 Free	24.00	64
65	25.00	Senior 50 Free	22.00	66

@ All Relays will swim in the prelims session.

Saturday, April 12, 2008
9-10 AND 8 & Under Timed Final Session
Warm-up: 1:00 PM Events: 2:00 PM

Girls Event #	NFT	Event	NFT	Boys Event #
67		8 & U 100 Medley Relay		68
69		9-10 200 Medley Relay		70
71		8 & Under 100 Free		72
73	2:23.00	9-10 200 Free @	2:23.00	74
75		8 & Under 50 Breast		76
77	1:26.00	9-10 100 Breast	1:26.00	78
79		8 Year Old 25 Back		80
81	34.00	9-10 50 Back	35.00	82
83		8 & Under 50 Fly		84
85	1:25.00	9-10 100 Fly	1:16.00	86
87		8 Year Old 25 Free		88
89	1:14.00	9-10 100 IM	1:16.00	90
91	29.00	9-10 50 Free	30.00	92
		@ POSITIVE CHECK IN TIME 1:30pm EVENTS 73-74		

Sunday, April 13, 2008
11 and Older Timed Final Session
ALL EVENTS ARE TIMED FINALS ON SUNDAY
Warm-up: 7:00 AM Events: 8:00 AM

Girls Event #	NFT	Events	NFT	Boys Event #
93		11-12 200 Free Relay		94
95		13-14 200 Free Relay		96
97		15-18 200 Free Relay		98
99	2:21.00	11-12 200 IM @	2:20.00	100
101	2:15.00	13-14 200 IM @	2:06.00	102
103	2:14.00	Senior 200 IM @	2:04.00	104
105	31.00	11-12 50 Back	31.00	106
107		13-14 50 Back		108
109		Senior 50 Back		110
111	58.00	11-12 100 Free	56.00	112
113	55.00	13-14 100 Free	51.00	114
115	54.00	Senior 100 Free	49.00	116
		@ POSITIVE CHECK IN TIME 7:30AM EVENTS 93-98		

Sunday, April 13, 2008
9-10 AND 8 & Under Timed Final Session
Warm-up: 1:00 PM Events: 1:45 PM

Girls Event #	NFT	Event	NFT	Boys Event #
117		8 & U 100 Free Relay		118
119		9-10 200 Free Relay		120
121		8 & Under 100 IM		122
123	2:41.00	9-10 200 IM @	2:44.00	124
125		7 & Under 25 Fly		126
127		8 Year Old 25 Fly		128
129	33.00	9-10 50 Fly	33.00	130
131		7 & Under 25 Breast		132
133		8 Year Old 25 Breast		134
135	39.00	9-10 50 Breast	40.00	136
137		7 & Under 25 Back		138
139		8 & Under 50 Back		140
141	1:13.00	9-10 100 Back	1:14.00	142
143		7 & Under 25 Free		144
145		8 & Under 50 Free		146
147	1:05.00	9-10 100 Free	1:04.00	148

@ POSITIVE CHECK IN TIME
EVENTS 123-124 1:30pm