

**2011 EARLY BIRD LONG COURSE INVITATIONAL**  
**April 30, 2011- May 1, 2011**  
**SPONSORED BY**

**MARYLAND SUBURBAN SWIM CLUB**  
**SANCTIONED BY USA SWIMMING THROUGH**  
**POTOMAC VALLEY SWIMMING**  
**Sanction #PVI-11-62**

<b>MEET DIRECTOR:</b>	Christopher T. Huott 240-417-5569 <a href="mailto:entries@msscswimming.com">entries@msscswimming.com</a>
<b>MEET REFEREE:</b>	Lynne Gerlach 240-286-2319
<b>MEET LOCATION:</b>	<a href="#">Fairland Aquatics Center</a> 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 13' at the start end and 5' at the turn end. All events with the exception of the 50 Meter events will start in the deep end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)
<b>SCHEDULE:</b>	12 & Under Sessions: Warm-up: <b>7:00 – 7:50 AM</b> Events: <b>8:00 AM</b> 13 & Over and Open Sessions: Warm-up: <b>12:50 - 1:50 PM</b> Events: <b>2:00 PM</b>
<b>ELIGIBILITY:</b>	Open to all USA Swimming clubs and registered athletes. If your club would like an invitation to this meet please contact the Meet Director. This meet has no qualifying times. 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. Entries limited to 1 <sup>st</sup> 4500 received.
<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 per day. Deck entries may be accepted on a first come, first served basis, however no new heats will be created. The fee is \$10.00 per individual event. Deck entries for new athletes will be accepted only upon producing their USA

	<p>Swimming Athlete Registration card. Athletes will not be added to the meet without their USA Swimming Athlete Registration card. 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>TIMERS:</b></p>	<p>Participating Clubs are required to provide timers in proportion to their entries. The Deck Meet Director will determine the number of timers per club and lane assignments. The Host Club is required to provide one timer per lane.</p>
<p><b>OFFICIALS:</b></p>	<p>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> prior to April 22. 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.</p>

	<p>Certified officials, who have not been contacted, should volunteer their services to the Referee.</p>
<b>SUPERVISION:</b>	<p>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. 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.</p> <p>Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck.</p> <p>Working Coaches &amp; deck officials are required to display their 2011 or 2011 USA Swimming card.</p> <p>Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck.</p>
<b>ADMISSION:</b>	<p>There is no admission charge. Programs will be available for \$3.00 each. Working officials and coaches will receive a program. If positive check-in is used, there will be no programs for sale. Copies of the program will be posted as it is made available.</p>
<b>FEES:</b>	<p>Fees for individual events are \$6.00. Remit one check to cover the entry fees for the entire team. Do not send cash. Telephone entries will not be accepted. There will be no deck entries accepted at this meet.</p>
<b>AWARDS:</b>	<p>Ribbons will be awarded for 1st through 8th place in the following age groups: 10&amp;Under and 11-12.</p>
<b>ENTRIES:</b>	<p>Short course entry times will be considered conforming times for this meet. Long course entry times must be designated with a capital letter "L". These non-conforming times will be seeded after short course times. 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 <a href="#">"Entry Cover Sheet."</a> The name and phone number of the Club representative submitting the email must be included.</p> <p>INDIVIDUAL OR UNATTACHED ENTRIES WILL ONLY BE ACCEPTED BY delivery to the house 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, "2011 EARLY BIRD LONG COURSE - ****" with the club's initials substituted in place of the asterisks.</p> <p>Optional: Before preparing your entries, events for this meet can</p>

	<p>be downloaded and then imported into team manager. (download "<a href="#">?????.zip</a>" ) and then go to team manager/file/import/meet events to import events.</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>
<b>WARNING:</b>	Any Club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00 and no further entries will be accepted from that Club until the said fine has been paid.
<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>DEADLINE:</b>	<p>The Meet Director must receive all entries for this meet</p> <p style="text-align: center;"><b>NO LATER THAN TUESDAY, April 19, 2011.</b></p> <p>Important: The above date is the deadline for clubs to submit their entries. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>
<b>MAKE CHECKS PAYABLE TO:</b>	<b>MARYLAND SUBURBAN SWIM CLUB</b>
<b>SEND ENTRIES TO:</b>	<p>Maryland Suburban Swim Club  Attn: Christopher T. Huott  P.O. Box 160  Laurel, MD 20725  Attn: Christopher T. Huott  PHONE #: 240-417-5569</p>
<b>CHECK-IN EVENTS:</b>	<p>Events may require positive check-in. If so, Check-in closing times will be 30 minutes before the start of the session for the first 3 strokes and the remaining events will close 90 minutes after the start of the first event of the session.</p> <p>Session 1 events 1-12 close at 7:30 AM and 13-20 at 9:30 AM  Session 2 events 21-28 close at 1:30 PM and 29-38 at 3:30 PM  Session 3 events 39-50 close at 7:30 AM and 51-58 at 9:30 AM  Session 4 events 59-68 close at 1:30 PM and 69-76 at 3:30 PM</p>

**SATURDAY PROGRAM – April 30, 2011**  
**WARM-UP: 7:00 – 7:50 AM EVENTS: 8:00 AM**

<b>Girls Event #</b>	<b>12 &amp; Under Saturday Session</b>	<b>Boys Event #</b>
1	10 & under 200 Meter IM	2
3	11-12 200 Meter IM	4
5	10 & under 50 Meter Backstroke	6
7	11-12 50 Meter Backstroke	8
9	10 & under 100 Meter Butterfly	10
11	11-12 100 Meter Butterfly	12
13	10 & under 50 Meter Breaststroke	14
15	11-12 50 Meter Breaststroke	16
17	10 & under 100 Meter Freestyle	18
19	11-12 100 Meter Freestyle	20
Events may require positive check-in.		

**SATURDAY PROGRAM – April 30, 2011**  
**WARM-UP: 12:50 - 1:50 PM      EVENTS: 2:00 PM**

<b>Womens Event #</b>	<b>13&amp;Over Saturday Session</b>	<b>Mens Event #</b>
21	Open 200 Meter IM	22
23	13 -14 100 Meter Backstroke	24
25	15 and Over 100 Meter Backstroke	26
27	Open 200 Meter Butterfly	28
29	13-14 100 Meter Breaststroke	30
31	15 and Over 100 Meter Breaststroke	32
33	13-14 100 Meter Freestyle	34
35	15 and Over 100 Meter Freestyle	36
37	Open 400 Meter Freestyle	38
Events may require positive check-in.		

**SUNDAY PROGRAM – May 1, 2011**  
**WARM-UP: 7:00 – 7:50 AM EVENTS: 8:00 AM**

<b>Girls Event #</b>	<b>12Under Sunday Session</b>	<b>Boys Event #</b>
39	10 & under 200 Meter Freestyle	40
41	11-12 200 Meter Freestyle	42
43	10 & under 50 Meter Butterfly	44
45	11-12 50 Meter Butterfly	46
47	10 & under 100 Meter Breaststroke	48
49	11-12 100 Meter Breaststroke	50
51	10 & under 100 Meter Backstroke	52
53	11-12 100 Meter Backstroke	54
55	10 & under 50 Meter Freestyle	56
57	11-12 50 Meter Freestyle	58
Events may require positive check-in.		

**SUNDAY PROGRAM - MAY 1, 2011**  
**WARM-UP: 12:50 - 1:50 PM EVENTS: 2:00 PM**

<b>Womens Event #</b>	<b>13&amp;Over Sunday Session</b>	<b>Mens Event #</b>
59	13 -14 200 Meter Freestyle	60
61	15 and Over 200 Meter Freestyle	62
63	13-14 100 Meter Butterfly	64
65	15 and Over 100 Meter Butterfly	66
67	Open 200 Meter Breaststroke	68
69	Open 200 Meter Backstroke	70
71	13-14 50 Meter Freestyle	72
73	15 and Over 50 Meter Freestyle	74
75	Open 400 Meter IM	76
Events may require positive check-in.		