

**The Rockville-Montgomery Swim Club**  
**And**  
**The City of Rockville Department of Recreation and Parks**  
**Present**

**The Thirty-Fourth Annual**  
**Maryland State Long Course Swimming**  
**Championships**  
**June 3 - 5, 2011**

Sanctioned by United States Swimming  
Through Potomac Valley Swimming

Sanction # PVC-11-71

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| <b>Meet Director:</b>                                  | Mark Eldridge (240) 314-8752 <a href="mailto:meldridge@rockvillemd.gov">meldridge@rockvillemd.gov</a>  |
| <b>Referee/Officials:</b>                              | Jim Garner (301) 977-1222 <a href="mailto:garner@garnerjim.net">garner@garnerjim.net</a>   |
| <b>Location:</b>                                       | <p><b>Montgomery Aquatic Center</b><br/> 5900 Executive Boulevard<br/> Rockville, MD 20852-2756<br/> (240) 777-8070<br/> 8 lanes 50 meter pool<br/> Depth at Starting end: 7' to 17'<br/> Depth at Turn end: 4'</p> <p>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(c) because of the use of a bulkhead. The pool will be measured prior to the start of the meet.</p>  |
| <b>Dates and Times:</b>                                | <p><b><u>Friday, June 3, 2011</u></b><br/> Warm-up: 4:20 – 5:20 pm Events: 5:30 pm</p> <p><b><u>Saturday, June 4 and Sunday, June 5, 2011</u></b><br/> 13-14 &amp; Senior Warm-up: 6:50 – 7:50 am Events: 8:00 am<br/> 10&amp;Un &amp; 11-12 Warm-up: 1:30 – 2:30 pm Events: 2:40 pm</p>   |
| <b>Eligibility:</b>                                    | Open to all PVS registered athletes and invited United States Swimming athletes. Contestants must have equaled or bettered the applicable cut-off times. Entry times and USS memberships are subject to confirmation. NOTE: Entries for the 13-14 and Senior 50 Backstroke, 50 Breaststroke, and 50 Butterfly will accepted from any swimmer who has already qualified for either the 100 or 200 event in the respective stroke .  |
| <b>Inclusion Policy for Swimmers with a Disability</b> | 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 and Manager and the PVS Age Group Chair, Bill Marlin at <a href="mailto:coach_bill@verizon.net">coach_bill@verizon.net</a> . The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. |
| <b>Rules:</b>  | <p>Current United States Swimming Rules shall govern the meet. All events are timed finals. A contestant may enter no more than four individual events per day and no more than seven individual events for the meet. Warm-up / Cool-down breaks will be taken during each session.</p> <p>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,</p>  |

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|                           | <p>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 Sportsmanship policy</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 or the swimmer's legal guardian. (this statement can either be under RULES or SUPERVISION).</p>  |
| <b>Seeding:</b>           | <p>All individual and relay events will be deck seeded using a positive check-in procedure. Please see the check-in schedule below</p> <p>PVS Scratch Policy will be enforced. Athletes who have not checked in prior to the specified time will be scratched from the event. Athletes who have checked in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event.</p>  |
| <b>Positive Check-In:</b> | <p>Positive Check-in Deadlines:</p> <p><u><a href="#">Friday night – Session 1</a></u><br/> Events 1-6 5:00 pm<br/> Events 7-10 6:00 pm<br/> Events 11-16 7:00 pm</p> <p><u><a href="#">Saturday morning – Session 2</a></u><br/> Events 17-28 7:30 am<br/> Events 29-36 8:30 am<br/> Events 37-48 9:30 am</p> <p><u><a href="#">Saturday afternoon – Session 3</a></u><br/> Events 49-58 2:00 pm<br/> Events 59-66 3:00 pm<br/> Events 67-74 3:30 pm</p> <p><u><a href="#">Sunday morning – Session 4</a></u><br/> Events 75-82 7:30 am<br/> Events 83-90 8:30 am<br/> Events 91-98 9:30 am</p> <p><u><a href="#">Sunday afternoon – Session 5</a></u><br/> Events 99-108 2:00 pm<br/> Events 109-124 3:00 pm</p> |
| <b>Warm-up:</b>           | The prescribed Potomac Valley warm-up procedures and safety policies will be followed.   |
| <b>Timers:</b>            | Clubs will be responsible to provide their fair share of timers, and will be assigned lanes by the meet manager.   |
| <b>Officials:</b>         | Certified officials who wish to work at the meet can contact Jim Garner at (301) 977-1222.   |
| <b>Awards:</b>            | <p>Individual Events: Medals through third place for 12 &amp; Under events</p> <p>Relays: Medals for first place, ribbons for second and third in 12 &amp; Under events</p> <p>Age-Group: High point awards for first place and runner-up in each age-group.</p>   |
| <b>Scoring:</b>           | <p>Individual: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1</p> <p>Relays: 40 34 32 30 28 16 24 22 20 18 14 12 10 8 6 4 2</p> <p>No more than 2 relay teams may score for each club in each event.</p>  |

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| <b>Supervision:</b>            | Coaches are responsible for the conduct of their swimmers, both at the meet and in the warm-up/warm-down area. Inappropriate behavior will be cause for suspension from the meet and the Montgomery Aquatic Center facility.  |
| <b>Admission:</b>              | There is no admission charge. Heat sheets will be available at no charge.   |
| <b>Fees:</b>                   | Individual Events: \$6.00 Relays: \$10.00<br>Each team is requested to remit one check to cover the entry fees for the entire team. Please do not send cash. Entry fees are due with entries.   |
| <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 the club until the said fine is paid.  |
| <b>Entries:</b>                | Computer disk entries (Hy-Tek) require a meet entry report by <b>SWIMMER</b> and a meet entry report by <b>EVENT</b> from Team Manager. A phone number for the club official contact must be included with the entry. Meet director reserves the right to limit entries.<br><br><b>All Relay-only swimmers must be listed on the meet entry in order to participate in the meet.</b><br><br><b>E-mail entries will be accepted:</b> <ul style="list-style-type: none"> <li>• Attach one report by event, one by name (save as Word for Windows in Team Manager)</li> <li>• Attach commlink file</li> <li>• In body of e-mail give numbers (men, women, total entry) and contact information</li> <li>• Send to <a href="mailto:meldridge@rockvillemd.gov">meldridge@rockvillemd.gov</a></li> </ul> <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>Entry Times:</b>            | <b>Long course entry times will be considered conforming times for this meet.</b> Short course entry times must be designated with a capital letter "Y". These non-conforming times will be seeded after the long course times. Entries that are not submitted on the required forms, are not complete, or are not legible, will not be accepted and will be returned. The Meet Director will not be held responsible if there is not time to properly resubmit the entry.  |
| <b>Deadline:</b>               | <b>All PVS entries will be accepted until Tuesday, May 17 at 6:00 pm.</b> After that, all entries both PVS and non-PVS will be handled on a first-come, first-served basis until the entry deadline of Tuesday, May 24, or until the meet fills to capacity. It is strongly suggested that all PVS teams get their entries in by May 17. Non-PVS teams should submit entries as early as possible. This meet will fill to capacity.   |
| <b>Mail Entries to:</b>        | Mark Eldridge<br>355 Martins Lane<br>Rockville, MD 20850<br>(240) 314-8752  |
| <b>Make Checks Payable to:</b> | RMSC Parents' Club, Inc.  |

**NOTE:** In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, RMSC, The City of Rockville Department of Recreation and Parks and the Montgomery Aquatic Center shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Session 1**  
**Friday Program – 3 June 2011**  
**Warm-up: 4:20 – 5:20 pm    Events: 5:30 pm**

| <b>Girls</b>                                | <b>No Slower than</b> |            |                                  | <b>No Slower Than</b> |            | <b>Boys</b>  |
|---|-----------------------|------------|----------------------------------|-----------------------|------------|--------------|
| <b>Event</b>                                | <b>SCY</b>            | <b>LCM</b> | <b>Event Description</b>         | <b>SCY</b>            | <b>LCM</b> | <b>Event</b> |
| 1   | 6:05.59               | 5:26.29    | 12 & Under 400 Meter Freestyle # | 6:00.99               | 5:21.69    | 2            |
| 3   | 5:37.89               | 5:01.59    | 13-14 400 Meter Freestyle #      | 5:23.99               | 4:48.99    | 4            |
| 5   | 5:15.89               | 4:41.99    | Senior 400 Meter Freestyle #     | 4:54.59               | 4:24.79    | 6            |
| 7   | 2:37.99               | 2:59.69    | 11-12 200 Meter Backstroke       | 2:37.99               | 2:59.69    | 8            |
| 9   | 2:31.69               | 2:50.79    | 13-14 200 Meter Backstroke       | 2:24.69               | 2:43.09    | 10           |
| 11  | 2:19.99               | 2:39.09    | Senior 200 Meter Backstroke      | 2:08.29               | 2:25.39    | 12           |
| 13  | 28.59                 | 32.69      | 13-14 50 Meter Freestyle         | 26.49                 | 30.29      | 14           |
| 15  | 26.79                 | 30.69      | Senior 50 Meter Freestyle        | 23.79                 | 27.09      | 16           |
| # Verification of time required with entry. |                       |            |                                  |                       |            |              |

**Session 2**  
**Saturday Morning Program – 4 June 2011**  
**Warm-up: 6:50 – 7:50 am    Events: 8:00 am**

| <b>Girls</b> | <b>No Slower than</b> |            |                                    | <b>No Slower Than</b> |            | <b>Boys</b>  |
|--------------|-----------------------|------------|------------------------------------|-----------------------|------------|--------------|
| <b>Event</b> | <b>SCY</b>            | <b>LCM</b> | <b>Event Description</b>           | <b>SCY</b>            | <b>LCM</b> | <b>Event</b> |
| 17           |                       |            | 13-14 200 Meter Freestyle Relay    |                       |            | 18           |
| 19           |                       |            | Senior 200 Meter Freestyle Relay   |                       |            | 20           |
| 21           | 2:28.59               | 2:47.79    | 13-14 200 Meter Butterfly          | 2:22.69               | 2:41.19    | 22           |
| 23           | 2:17.69               | 2:38.59    | Senior 200 Meter 200 Butterfly     | 2:05.99               | 2:23.89    | 24           |
| 25           | 2:48.59               | 3:11.19    | 13-14 200 Meter Breaststroke       | 2:39.99               | 3:01.79    | 26           |
| 27           | 2:36.89               | 3:00.19    | Senior 200 Meter Breaststroke      | 2:22.89               | 2:42.89    | 28           |
| 29           | 59.79                 | 1:08.09    | 13-14 100 Meter Freestyle          | 57.29                 | 1:05.19    | 30           |
| 31           | 56.39                 | 1:04.19    | Senior 100 Meter Freestyle         | 50.69                 | 57.99      | 32           |
| 33           |                       |            | 13-14 50 Meter Backstroke          |                       |            | 34           |
| 35           |                       |            | Senior 50 Meter Backstroke         |                       |            | 36           |
| 37           |                       |            | 13-14 50 Meter Butterfly           |                       |            | 38           |
| 39           |                       |            | Senior 50 Meter Butterfly          |                       |            | 40           |
| 41           |                       |            | 13-14 50 Meter Breaststroke        |                       |            | 42           |
| 43           |                       |            | Senior 50 Breaststroke             |                       |            | 44           |
| 45           | 2:25.99               | 2:45.09    | 13-14 200 Meter Individual Medley  | 2:18.99               | 2:38.39    | 46           |
| 47           | 2:15.99               | 2:35.79    | Senior 200 Meter Individual Medley | 2:03.99               | 2:20.89    | 48           |

### Session 3

#### Saturday Afternoon Program – 4 June 2011

Warm-up: 1:30 – 2:30 pm      Events: 2:40 pm

| Girls<br>Event | No Slower than |         | Event Description                   | No Slower Than |         | Boys<br>Event |
|----------------|----------------|---------|-------------------------------------|----------------|---------|---------------|
|                | SCY            | LCM     |                                     | SCY            | LCM     |               |
| 49             | 2:52.99        | 3:10.19 | 11-12 200 Meter Butterfly           | 2:49.99        | 3:12.09 | 50            |
| 51             | 3:03.99        | 3:28.59 | 10 & Un 200 Meter Individual Medley | 3:03.99        | 3:28.59 | 52            |
| 53             | 2:40.29        | 3:01.19 | 11-12 200 Meter Individual Medley   | 2:36.29        | 2:56.69 | 54            |
| 55             | 41.39          | 46.59   | 10 & Un 50 Meter Backstroke         | 40.69          | 45.79   | 56            |
| 57             | 34.89          | 39.39   | 11-12 50 Meter Backstroke           | 34.09          | 38.39   | 58            |
| 59             | 1:41.09        | 1:54.29 | 10 & Un 100 Meter Breaststroke      | 1:41.09        | 1:54.29 | 60            |
| 61             | 1:23.89        | 1:35.19 | 11-12 100 Meter Breaststroke        | 1:21.79        | 1:32.89 | 62            |
| 63             | 33.59          | 38.09   | 10 & Un 50 Meter Freestyle          | 33.09          | 37.59   | 64            |
| 65             | 29.79          | 33.89   | 11-12 50 Meter Freestyle            | 29.29          | 33.19   | 66            |
| 67             | 1:28.09        | 1:39.19 | 10 & Un 100 Meter Butterfly         | 1:27.99        | 1:39.09 | 68            |
| 69             | 1:14.09        | 1:23.49 | 11-12 100 Meter Butterfly           | 1:12.49        | 1:21.59 | 70            |
| 71             | -----          | -----   | 10 & Un 200 Meter Medley Relay      | -----          | -----   | 72            |
| 73             | -----          | -----   | 11-12 200 Meter Medley Relay        | -----          | -----   | 74            |

### Session 4

#### Sunday Morning Program – 5 June 2011

Warm-up: 6:50 – 7:50 am      Events: 8:00 am

| Girls<br>Event | No Slower than |         | Event Description                  | No Slower Than |         | Boys<br>Event |
|----------------|----------------|---------|------------------------------------|----------------|---------|---------------|
|                | SCY            | LCM     |                                    | SCY            | LCM     |               |
| 75             |                |         | 13-14 200 Meter Medley Relay       |                |         | 76            |
| 77             |                |         | Senior 200 Meter Medley Relay      |                |         | 78            |
| 79             | 5:05.19        | 5:40.89 | 13-14 400 Meter Individual Medley  | 4:55.99        | 5:32.19 | 80            |
| 81             | 4:49.99        | 5:25.59 | Senior 400 Meter Individual Medley | 4:23.99        | 4:55.89 | 82            |
| 83             | 1:08.39        | 1:17.39 | 13-14 100 Meter Butterfly          | 1:04.39        | 1:12.59 | 84            |
| 85             | 1:02.19        | 1:10.99 | Senior 100 Meter Butterfly         | 56.99          | 1:04.89 | 86            |
| 87             | 1:09.99        | 1:19.89 | 13-14 100 Meter Backstroke         | 1:05.09        | 1:13.29 | 88            |
| 89             | 1:04.49        | 1:12.69 | Senior 100 Meter Backstroke        | 58.79          | 1:06.89 | 90            |
| 91             | 1:18.69        | 1:29.49 | 13-14 100 Meter Breaststroke       | 1:13.19        | 1:23.29 | 92            |
| 93             | 1:13.99        | 1:24.49 | Senior 100 Meter Breaststroke      | 1:05.99        | 1:15.69 | 94            |
| 95             | 2:07.79        | 2:24.99 | 13-14 200 Meter Freestyle          | 2:00.99        | 2:18.39 | 96            |
| 97             | 1:59.99        | 2:16.79 | Senior 200 Meter Freestyle         | 1:49.99        | 2:05.59 | 98            |

## Session 5

### Sunday Afternoon Program – 5 June 2011

**Warm-up: 1:30 – 2:30 pm      Events: 2:40 pm**

| Girls<br>Event | No Slower than |         | Event Description                 | No Slower Than |         | Boys<br>Event |
|----------------|----------------|---------|-----------------------------------|----------------|---------|---------------|
|                | SCY            | LCM     |                                   | SCY            | LCM     |               |
| 99             | 2:59.99        | 3:23.59 | 11-12 200 Meter Breaststroke      | 2:59.99        | 3:23.59 | 100           |
| 101            | 2:40.09        | 3:00.89 | 10 & Un 200 Meter Freestyle       | 2:37.59        | 2:58.19 | 102           |
| 103            | 2:20.19        | 2:38.39 | 11-12 200 Meter Freestyle         | 2:17.29        | 2:35.59 | 104           |
| 105            | 39.09          | 44.19   | 10 & Un 50 Meter Butterfly        | 39.59          | 44.39   | 106           |
| 107            | 32.99          | 37.59   | 11-12 50 Meter Butterfly          | 32.39          | 36.59   | 108           |
| 109            | 1:27.79        | 1:38.89 | 10 & Un 100 Meter Backstroke      | 1:25.59        | 1:36.39 | 110           |
| 111            | 1:15.79        | 1:25.39 | 11-12 100 Meter Backstroke        | 1:13.39        | 1:22.89 | 112           |
| 113            | 44.79          | 50.79   | 10 & Un 50 Meter Breaststroke     | 44.59          | 50.49   | 114           |
| 115            | 38.49          | 43.79   | 11-12 50 Meter Breaststroke       | 37.89          | 43.09   | 116           |
| 117            | 1:15.79        | 1:25.69 | 10 & Un 100 Meter Freestyle       | 1:16.09        | 1:26.09 | 118           |
| 119            | 1:04.59        | 1:13.39 | 11-12 100 Meter Freestyle         | 1:03.19        | 1:11.79 | 120           |
| 121            | -----          | -----   | 10 & Un 200 Meter Freestyle Relay | -----          | -----   | 122           |
| 123            | -----          | -----   | 11 -12 200 Meter Freestyle Relay  | -----          | -----   | 124           |