

2011 All-Freestyle Swim Meet

October 8-9, 2011

Sponsored by Maryland Suburban Swim Club

Sanctioned by USA Swimming
Through Potomac Valley Swimming
Sanction # PVC-12-07

- MEET OBJECTIVE:** This meet is designed to provide coaches and swimmers options for obtaining baseline freestyle times in all freestyle events over a two day period. Swimmers may register for one day or split their events over the two days.
- MEET DIRECTOR:** Christopher T. Huott
240-417-5569
entries@msscswimming.com
- MEET LOCATION:** [Fairland Aquatics Center](#)
13820 Old Gunpowder Road
Laurel, Maryland 20707
301-362-6060
8 lanes, 25 yards; the water depth at both the starting and the turn end ranges from 5" to 6" at the shallow end course to 7" to 13" at the deep course end.
The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).
- MEET REFEREE:** Lynne Gerlach
240-286-2319
gerlach@msscswimming.com
- SCHEDULE:** **Girls Session:** Warm-up 7:00 - 7:50 AM / Events: 8:00 AM

Boys Session: Warm-up 12:00 - 12:50 PM /
Events 1:00 PM

The Meet Director reserves the right to combine the Boys' Session with the Girls' Session if the entry totals are small.

ELIGIBILITY:

Open to all USA Swimming registered athletes and teams. All swimmers must be USA Swimming registered athletes. 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.

RULES:

Current USA Swimming rules shall govern the meet. All events are timed finals. A contestant may enter five events but no more than four individual events per day. **Seed times are short course yards only.** 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 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 [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

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.

In compliance with USA Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; 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 Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.

No on-deck USA-S registration will be permitted.

INCLUSION POLICY:

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.

WARM-UP:

The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed.

- TIMERS:** 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.
- OFFICIALS:** All certified officials wishing to volunteer to work this meet please contact Lynne Gerlach at gerlach@msscswimming.com prior to Monday, October 3, 2011. Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the Officials' table at the start of the Warm-up. Certified officials, who have not been contacted, should volunteer their services to the Referee.
- SUPERVISION:** 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.
- Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck.
- ADMISSION:** There is no admission charge.
- FEES:** Fees for individual events are \$5.00. Neither cash nor telephone entries will be accepted.
- ENTRIES:** 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 "[Entry Cover Sheet](#)." The name and phone number of the Club representative submitting the email must be 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 entries@msscswimming.com, in the subject heading type, "**MSSC All Freestyle Meet - ******" with the club's initials substituted in place of the asterisks.

Optional: Before preparing your entries, events for this meet can be downloaded and imported into Team Manager. The meet events file can be found at ?????

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.

WARNING:

Any club that enters an unregistered athlete, falsifies an entry in any way, or permits unregistered coaches 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.

DEADLINE:

The Meet Director must receive all entries for this meet **NO LATER THAN TUESDAY, SEPTEMBER 27, 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.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatic 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.

MAKE CHECKS

PAYABLE TO: MARYLAND SUBURBAN SWIM CLUB

SEND ENTRIES TO: Maryland Suburban Swim Club
P.O. Box 160
Laurel, Maryland 20725
Attn: Christopher T. Huott

POSITIVE CHECK-IN: All events require positive check-in. Please check at the Officials' table upon arrival.

Events
Saturday, October 8, 2011

Girls Session: Warm-up 7:00 – 7:50 AM Events 8:00 AM

Boys Session: Warm-up 12:00 - 12:50 AM Events 1:00 PM

Women Event #	Events	Men Event #
1	6 & Under 25 Yd Freestyle	18
2	7-8 25 Yd Freestyle	19
3	9-10 Yd 50 Freestyle	20
4	11-12 50 Yd Freestyle	21

5	13 & Over 50 Yd Freestyle	22
6	8 & Under 50 Yd Freestyle	23
7	9-10 100 Yd Freestyle	24
8	11-12 100 Yd Freestyle	25
9	13 & Over 100 Yd Freestyle	26
10	8 & Under 100 Yd Freestyle	27
11	11-12 200 Yd Freestyle	28
12	13 & Over 200 Yd Freestyle	29
13	10 & Under 200 Yd Freestyle	30
14	13 & Over 500 Yd Freestyle	31
15	12 & Under 500 Yd Freestyle	32
16,17#	Open 1000/1650 Yd Freestyle	33,34#
#Swimmers must have obtained a time in the 500 Freestyle NST 7:30.00		

Sunday, October 9, 2011

Girls Session: Warm-up 7:00 – 7:50 AM Events 8:00 AM

Boys Session: Warm-up 12:00 - 12:50 PM Events 1:00 PM

Women Event #	Events	Men Event #
35	6 & Under 25 Yd Freestyle	52
36	7-8 25 Yd Freestyle	53
37	9-10 Yd 50 Freestyle	54
38	11-12 50 Yd Freestyle	55
39	13 & Over 50 Yd Freestyle	56
40	8 & Under 50 Yd Freestyle	57
41	9-10 100 Yd Freestyle	58
42	11-12 100 Yd Freestyle	59
43	13 & Over 100 Yd Freestyle	60
44	8 & Under 100 Yd Freestyle	61
45	11-12 200 Yd Freestyle	62
46	13 & Over 200 Yd Freestyle	63

47	10 & Under 200 Yd Freestyle	64
48	13 & Over 500 Yd Freestyle	65
49	12 & Under 500 Yd Freestyle	66
50,51#	Open 1000/1650 Yard Freestyle	67,68#
#Swimmers must have obtained a time in the 500 Freestyle NST 7:30.00		