

# Swim & Rock 2011

November 18 - 20, 2011

Sponsored by SDS

Sanctioned by USA Swimming through Potomac Valley Swimming

Sanction # PVI-12-19

**AMENDED - SEE POSITIVE CHECK-IN GIRLS 100 & OVER EVENTS  
ON SATURDAY PM SESSION 6**

## Meet Location:

Oak Marr Recreation Center, 3134 Jermantown Road, Oakton VA 22124, (703) 281-6501

## Facility:

Oak Marr is a 50-meter pool with 21 lanes of short course pool. We will be running two (2) courses for the meet: 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 is a 7-lane course with a water depth range of 7'3" in lane 1 to 5' in lane 7.

The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C).

11 and over preliminaries sessions and the 10 and under sessions will be swum in two courses, finals sessions will be swum on one course. Lanes will be available for continuous warm-up and warm down throughout the meet for the 11 and over swimmers.

## Special Note:

- Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. **EACH SESSION WILL BE LIMITED TO 600 SWIMMERS. ENTIRES WILL BE ACCEPTED ON A FIRST COME FIRST SERVE BASIS.** The Meet Manager will endeavor to inform invited teams promptly when the meet has been fully subscribed.
- **NO DECK ENTRIES WILL BE ALLOWED. NO EXCEPTIONS.**
- Spectators are not allowed on the pool deck and seating is limited.
- NO RESERVED SEATING IN BLEACHERS – NO Towels saving seats.
- Concessions will not be available at the meet.
- **Swim & Rock T-Shirts will be sold at the meet.**
- **PROGRAMS:** Meet programs will be available to download @ [www.seadevils.org](http://www.seadevils.org) on November 17, 2011. A limited number meet programs will be sold at the meet for \$5.00/and a limited number of Finals programs will available for \$1.00.

## Meet Manager:

Kristy Kellogg at [kkellogg@wthf.com](mailto:kkellogg@wthf.com) & [kmkmlaw@aol.com](mailto:kmkmlaw@aol.com) (Please use both email addresses)

## Officials/Meet Referee: Mike Rubin [mrubin1@cox.net](mailto:mrubin1@cox.net)

All certified officials wishing to volunteer to work this meet please use this link and sign up:

[S&R Officials Sign Up](#)

To receive a complimentary SDS Meet Shirt, you must sign up prior to by Friday, November 11 (and we ask that you work 3 sessions) at the above link. Officials assigned to this meet should sign-in at the Admin table at the start of the Warm-up. Certified officials who have not previously advised of their availability may volunteer their services to the Referee at this time.

**Credentials:** Parents not working the meet as a deck official, volunteer timer, meet volunteer are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on deck. Coaches and Officials should have their current USA Swimming card with them at all times.

## Timers:

Teams will be expected to provide timers in proportion to their entries in each session. Meet Manager will send out a request to clubs for timers based on the number of entries received.

**All swimmers swimming the 500 Free MUST provide their own timers and counters.**

**Schedule:**

**Friday:**

11 & Up	Warm-Ups: 6:30 – 7:50 am	Events Start: 8:00 am
Finals	Warm-ups: 5:00 –5:50 pm	Events Start: 6:00 pm

**Saturday:**

13 & Up	Warm-Ups: 6:30 – 7:50 am	Events Start: 8:00 am
9&10 & 11 & 12 <b>(9&amp;10 Time Finals)</b>	Warm Ups: 11:30-12:30	Events Start: 12:45 pm
Finals:	Warm-ups: 5:00 –5:50 pm	Events Start: 6:00 pm

**Sunday: (All events are time finals)**

13 & Up	Warm-Ups: 6:30 – 7:50 am	Events Start: 8:00 am
9&10 & 11 & 12	Warm Ups: 11:30-12:30	Events Start: 12:45 pm

**Warm Ups:**

The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. For 11 & Older Prelims and 9-10 Sessions, teams will be assigned lanes for warm-ups. Coaches are responsible for monitoring their swimmers during warm-ups and the meet. For Finals, there will be open warm-ups with assigned sprint and pace lanes. **Note:** The Meet Manager reserves the right to modify the warm-ups based on the number of entries. Coaches will be notified by email in such an occurrence.

**Eligibility:**

Open to all USA Swimming registered swimmers from the **invited** teams listed below or individual swimmers at the discretion of the meet manager.  
Athletes shall compete at the age attained on the first day of the meet.  
PV Teams – AAC, HACC, MAKO, SNOW, SDS, YORK, **FISH**  
VA Teams – RAYS, VYAC, VACS, BASS  
Invitations will be sent via email by the Meet Manager.

**Individual/Relay Events:**

Swimmers may enter up to three (3) individual events per day and a maximum of seven (7) individual events for the duration of the meet. Swimmers may also enter a maximum of two (2) relay events.

**Warning:**

Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

**Inclusion Policy for 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.

**Entries/Fees:**

Email entries are preferred. See email address below. Include the entry file from Team Manager, as well as a report by Swimmer and a report by Event.  
Teams entering by mail, please send two computer disks (Hy-Tek).  
Include one meet entry report by swimmer and one report by event.

Fees for individual events are \$7.00; relay events are \$10.00.  
Each club is requested to remit one check to cover the entry fees for the entire team.

**Optional:**

Before preparing your entries, events for this meet can be downloaded and then imported into Team Manager (download zipfile), unzip it and then go to team manager/file/import/meet events). To download as a file, you may need in Netscape to right click on the mouse and select "Save Link As" and with Microsoft Explorer right click on the mouse and select "Save Target As".

**Entry Deadline:**

- All entries must be received no later than **5:00 PM, Thursday, November 10th**. Each session will be limited to 600 swimmers. Entries will be accepted on a first come first serve basis. The Meet Manager will endeavor to inform invited teams promptly when the meet has been fully subscribed.

**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.

**Submit Meet Entry Fee Payments to:**

Kristy Kellogg  
(SDS – Swim and Rock 2010)  
9322 Elk Drive  
Springfield, VA 22153

Email Meet Entries to: [admin@seadevils.org](mailto:admin@seadevils.org) & [kmkmlaw@aol.com](mailto:kmkmlaw@aol.com)

Meet Directors are requested to acknowledge receipt by return email within 24 hours. Coaches submitting entries that do NOT receive an acknowledgement should contact the Meet Director by calling: 703-627-6876 (Coaches only please).

**Competition Rules:**

Current USA Swimming rules shall govern the meet.

For 11-12 Age Group

A Final - Top eight (8) qualifiers from prelims swim in finals.

For 13-14 & 15-18 Age Group

A & B Finals - Top sixteen (16) qualifiers from prelims swim in finals session. Order of Finals is B, A.

**Exceptions:**

The 13-14 500 Free and 13-14 and 15-18 400 IM will swim as follows:

All entrants in the 500 Free and the 400 IM will swim in Prelims in the appropriate session. Top eight (8) qualifiers in each age group will advance to the A Finals.

The 11-12 500 Free will swim as Timed Finals in the Friday Prelims Session.

There will be a 10 Minute Break prior to the 500 Free.

**Rules:**

Regarding Swimsuits – Will apply see Amended USA Swimming Rules & Regulations Regarding Swimwear Effective October 1, 2009 – See USA Swimming Regs: 102.9 – 205.10.

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.

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.

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.

**Dive-Over Starts:**

The Meet Manager has determined that Dive-Over Starts will be used at all morning preliminary and afternoon timed final sessions. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.

**Bulkheads** -- Pool management has requested that we limit the number of people standing on the bulkheads. As a result access to the bulkheads will be limited as follows:

- During Competition – Please limit to Coaches that are coaching swimmers in that event;
- Swimmers shall not be allowed on the bulkheads during the meet.

**Withdrawing from Finals:**

PVS scratch rules apply for swimmers scratching finals. If a swimmer fails to properly scratch from a final event and does not appear for the final, he/she will be barred from further competition for the remainder of the meet, unless excused by the Referee.

**PVS Positive Check-in Policy:**

Athletes who have not been checked-in prior to the specified time will be scratched from the event. Athletes who have been checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Referee.

**Relay Entries:** All Relays are timed finals. All Relays will be swum fastest to slowest. All relay entries must be turned in 20 minutes before meet starts.

**Positive Check-in:**

All events 200 and up will be positive check-in. Positive check-in times may be adjusted.

**Friday**

- Events # 1, 2, 3, 4, 5, 6 – 7:30 AM
- Events # 17, 18, 19, 20, 21, 22 – 7:45 AM
- Events # 23, 24, 25, 26 – 8:15 AM
- Events: 23 & 24 will swim slowest to fastest in Prelims session.
- Events: 25 & 26 Time Finals swum fastest to slowest.

**Saturday**

- Events # 31, 32, 33, 34 – 7:30 AM
- Events #35, 36, 37, 38 – 7:45 AM
- Events #43 & 44 – 8:15 AM
- Events #43 & 44 will swim slowest to fastest in Prelims session.
- Events #69, 70, 71, 72, **73, 75 – 12:00 pm**
- Events #77, 78, 85, **87, 89, 91 – 12:15 pm**

**Sunday**

- Events # 49, 50, 51, 52 – 7:30 AM
- Events # 57, 58, 59, 60 – 7:45 AM
- Events # 97, 98, 99, 100 – 12:00 pm
- Events # 117 & 118 – 12:15 pm
- Events # 117 & 118 Time Finals swum fastest to slowest.

\*Meet Manager reserves the right to have positive check-in for all events.

**Awards:**

All swimmers entered in an individual event will receive a Swim & Rock 2011 swim cap.

**Individual Events:**

Medals 1<sup>st</sup> through 8<sup>th</sup> place and ribbons 9<sup>th</sup> through 16<sup>th</sup> place.

**Relays:**

Ribbons 1<sup>st</sup> through 8<sup>th</sup> place for relays.

**NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Oak Marr Rec Center and Sea Devils Swimming shall be free**

from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Friday 11-12, 13-14 & 15-18 Session		
Girls and Boys Prelims on separate courses, Finals on One course		
Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM		
Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
1*	13-14 200 Breast	2*
3*	15 -18 200 Breast	4*
5*	11-12 200 Breast	6*
7	13-14 100 Fly	8
9	15 -18 100 Fly	10
11	11-12 100 Fly	12
13	13-14 50 Free	14
15	15-18 50 Free	16
17*	13-14 200 IM	18*
19*	15-18 200 IM	20*
21*	11-12 200 IM	22*
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
23*%\$	13-14 500 Free	24*%\$
25*@\$	11-12 500 Free	26*@\$

\* - Positive Check-In event, see Meet Announcement for closing time.  
 \$ - Swimmers must provide their own timers during Prelims & Finals Sessions.  
 @ - Timed Finals swum fastest to slowest in Prelims Session.  
 % - Swum slowest to fastest in Prelims Session. Top 8 finishers in Prelims swim Finals Session.

Saturday 13 & Older Prelims Session		
Girls and Boys Prelims on separate courses, Finals on One course		
Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM		
Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
27@	13-14 200 Free Relay	28@
29@	15-18 200 Free Relay	30@
31*%	13-14 400 IM	32*%
33*%	15-18 400 IM	34*%
35*	13-14 200 Free	36*
37*	15-18 200 Free	38*
39	13-14 100 Back	40
41	15-18 100 Back	42
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
43*%\$	15-18 500 Free	44*%\$

\* - Positive Check-In event, see Meet Announcement for closing time.  
 @ - Timed Finals swum fastest to slowest in Prelims Session.  
 \$ - Swimmers must provide their own timers during Prelims & Finals Sessions.  
 % - Swum slowest to fastest in Prelims Session. Top 8 finishers in Prelims swim Finals Session.

<b>Saturday 9-10 (Timed Finals) 11 &amp; 12 Prelims Session</b> <b>Girls and Boys on separate courses</b> <b>POSITIVE CHECK-IN FOR GIRLS 100 &amp; OVER EVENTS</b>		
<b>(9&amp;10) Timed Finals &amp; (11&amp;12) Prelims Warm-up: 11:30 - 12:30 PM Events: 12:45 PM</b> <b>(11&amp;12) Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM</b>		
Girls Event #	Event	Boys Event #
65@	11-12 200 Medley Relay	66@
67	9-10 200 Medley Relay	68
69*	11-12 200 Free	70*
71*	9-10 200 Free	72*
73*	11-12 100 Breast	74
75*	9-10 100 Breast	76
77*	11-12 200 Fly	78*
79	9-10 50 Fly	80
81	11-12 50 Free	82
83	9-10 50 Free	84
85*	11-12 100 IM	86
87*	9-10 100 IM	88
89*	11-12 100 Back	90
91*	9-10 100 Back	92
* - Positive Check-In event, see Meet Announcement for closing time. @ - Timed Finals swum fastest to slowest in Prelims Session.		

<b>Sunday 13 &amp; Older Timed Finals Session</b> <b>Girls and Boys Separate courses</b> <b>Time Finals Warm-up: 6:30 - 7:50 AM Events: 8:00 AM</b>		
Girls Event #	Event	Boys Event #
45	15-18 200 Medley Relay	46
47	13-14 200 Medley Relay	48
49*	15-18 200 Back	50*
51*	13-14 200 Back	52*
53	15-18 100 Free	54
55	13-14 100 Free	56
57*	15-18 200 Fly	58*
59*	13-14 200 Fly	60*
61	15-18 100 Breast	62
63	13-14 100 Breast	64
* - Positive Check-In event, see Meet Announcement for closing time.		

<b>Sunday 9-10 &amp; 11-12 Timed Finals Session</b> <b>Girls and Boys on separate courses</b>		
<b>(9&amp;10) Timed Finals &amp; (11&amp;12) Prelims Warm-up: 11:30 - 12:30 PM Events: 12:45 PM</b> <b>(11&amp;12) Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM</b>		
Girls Event #	Event	Boys Event #
93	11-12 200 Free Relay	94
95	9-10 200 Free Relay	96
97*	11-12 200 Back	98*
99*	9-10 200 IM	100*
101	11-12 50 Breast	102
103	9-10 50 Breast	104
105	11-12 100 Free	106
107	9-10 100 Free	108
109	11-12 50 Back	110
111	9-10 50 Back	112
113	11-12 50 Fly	114
115	9-10 100 Fly	116
<b>10 MINUTE BREAK</b>	<b>10 MINUTE BREAK</b>	<b>10 MINUTE BREAK</b>
117*@\$	9-10 500 Free	118*@\$
* - Positive Check-In event, see Meet Announcement for closing time. @ - Timed Finals swum fastest to slowest. \$ - Swimmers must provide their own timers during Timed Finals.		

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