

# YORK SWIM CLUB

Presents

## Reindeer Mini Meet

December 3-4 2011

Sanctioned by USA Swimming through  
Potomac Valley Swimming

**Sanction # PVC-12-25**



information below

|                                     |  |
|-------------------------------------|--|
| <b>Meet Director:</b>               | Nancy Monaghan<br><a href="mailto:monaghans@gmail.com">monaghans@gmail.com</a><br>14904 Kamputa Drive<br>Centreville, VA 20120   |
| <b>Meet Referee:</b>                | Ben Holly<br><a href="mailto:benjaminholly@verizon.net">benjaminholly@verizon.net</a>  |
| <b>Club Officials<br/>Chairman:</b> | Ben Holly<br><a href="mailto:benjaminholly@verizon.net">benjaminholly@verizon.net</a>  |
| <b>Meet Location:</b>               | Providence Recreation Center<br>7525 Marc Drive<br>Falls Church VA<br>703-698-1350<br>The meet will be swum in an 8 lane course with depth ranging from 12.5ft in lane 1 to 4 ft in lane 8.<br>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). |
| <b>Schedule:</b>                    | <b>Morning Sessions Girls</b><br>Warm-up 7:00-7:50 AM<br>First Event 8:00 AM<br><b>Afternoon Sessions Boys</b><br>Warm-up 12:15-1:05 PM<br>Events Start 1:15 PM  |
| <b>Awards:</b>                      | Ribbons will be awarded from 1 <sup>st</sup> thru 16 <sup>th</sup> place for individual events, and 1 <sup>st</sup> thru 3 <sup>th</sup> place for relay events. <b><u>Special swim caps awards will be given to the winner of each individual</u></b>   |

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|                                    | <b><u>heat.</u></b>   |
| <b>Eligibility:</b>                | Open to all Potomac Valley Swimming registered athletes but may be limited number of athletes due to time. Entries will be accepted in order of receipt with priority given to teams that participated last year. Athletes must be in good standing with USA Swimming and their respective LSC. Athletes shall compete at the age attained on the first day of meet.  |
| <b>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 Director. 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 USA Swimming rules shall govern the meet. All events are timed finals. A contestant may enter no more than <b>three (3) individual events per day.</b></p> <p><b>*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, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</b></p> <p>.<br/>*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.</p> |
| <b>Warm ups:</b>                   | The prescribed PVS Warm-up procedures and safety policies will be followed.   |
| <b>Admission:</b>                  | There is no admission charge. Programs for each session will be available for a fee. Working officials and coaches receive a free program.  |
| <b>Officials:</b>                  | 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  |



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|                               | volunteer should contact Ben Holly at 703-764-3153 or <a href="mailto:benjaminholly@verizon.net">benjaminholly@verizon.net</a> or speak with the deck referee at the meet.   |
| <b>Timers:</b>                | The host club will provide at least one timer per lane. Participating clubs are requested to provide at least one timer every session the team participates in proportion to their entries. Upon submission of the meet entry, clubs will be notified of the number of timers to be provided. Acceptance of the club entry is based upon compliance with the above..   |
| <b>Deck Entries:</b>          | Deck entries are \$10.00 per individual event and must be submitted <u>with payment</u> no later than 15 minutes prior to the first event of each session. No new heats will be created. First come, first served.   |
| <b>Special Note:</b>          | Special Holiday Meet T-Shirts will be available in limited quantities. No snack bar will be available at this meet. Vending machines are available from the county.  |
| <b>Entry Fees:</b>            | \$5.00 per individual event, \$12.00 for each relay. Make checks payable to "YORK SWIM CLUB".  |
| <b>MEET ENTRY PROCEDURES:</b> | <p><b>General Instructions:</b></p> <p>Entries may be submitted (1) manually, (2) by disk, (3) via email. The following general instructions apply regardless of method chosen.</p> <ul style="list-style-type: none"> <li>• ALL ENTRIES MUST BE RECEIVED BY<br/> <b>5:00PM, Tuesday November 22, 2011</b><br/> <b>NO LATE ENTRIES ACCEPTED</b></li> <li>• <b>Important:</b> 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.</li> <li>• <b>ENTRY FEES:</b> \$5.00 per individual event, \$12.00 for each relay.</li> <li>• Make checks payable to <b>"YORK SWIM CLUB"</b>.</li> <li>• <b>Send entries and checks to</b> Nancy Monaghan<br/> 14904 Kamputa Drive      Centreville, VA 20120 : <ul style="list-style-type: none"> <li>• <b>Email:</b> <a href="mailto:monaghans@gmail.com">monaghans@gmail.com</a></li> <li>• <b>Federal Express /Overnight:</b> Nancy Monaghan      14904 Kamputa Drive<br/> Centreville, VA 20120</li> </ul> </li> <li>• Entry fees are due with each club's meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. No further entries</li> </ul> |

will be accepted from clubs for future meets until all entry fees are paid in full by the club to the meet director

- Relays - Relay cards go directly to the timer in your assigned lane. For award purposes, **PRINT CLEARLY** the names of the relay members on the back on the relay card.

- 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; no further entries will be accepted from the club/team until said fine has been paid.

- **Optional:** 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).

- **Manual Entries**

- For unattached swimmers not affiliated with a USA Swimming club, entries must be provided manually. Provide a list of events, times (if applicable), copy of USA Swimming Registration card, contact information, and a check for the total amount of the entries.

- Manual entries from clubs must be submitted on the PVS [master entry sheet](#). Also submit a completed "[entry cover sheet](#)". Signature and phone number of a club official must be included with entry for validation of entries. Teams entering 5 or more athletes in this format will need to pay a \$1.00 surcharge per swimmer.

- Forward to the address listed above in the General Instructions.

- **E-mail Entries**

- 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 [nancy@yorkswim.com](mailto:nancy@yorkswim.com) . In the subject heading please indicate "Reindeer Mini Meet - ####"



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|                                 | <p>with the club's initials substituted in place of the number symbols. If the club is submitting entries from more than one location, please add the location to the heading with the club initials. <b><u>Check payments must be received at the address listed above prior to the start of the meet.</u></b></p> <ul style="list-style-type: none"> <li>• 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.</li> </ul>   |
| <p><b>Note</b></p>              | <p>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Providence REC 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</p>  |
| <p><b>Holiday Toy Drive</b></p> | <p>York Swim Club invites coaches, volunteers, swimmers and families from <u>all teams</u> participating in the 2011 Reindeer Mini Meet to contribute to our Second Annual Holiday Toy Drive. All toys will be donated to our local chapter of the Marine Toys for Tots Foundation, which provides new toys for needy children at Christmastime. Please join us in supporting underprivileged children in our community!</p> <ul style="list-style-type: none"> <li>• Only new, unwrapped toys will be accepted.</li> <li>• Toys suitable for babies, children, and teens of all ages may be donated.</li> <li>• Collection boxes will be located in Providence Recreation Center's lower-level lobby near the stairs during all four sessions of the meet on December 3 and 4.</li> <li>• We collected 109 toys during our inaugural toy drive last year and have a goal of collecting 200+ toys this year!</li> <li>• Please contact York Coach Lindsey Leake (<a href="mailto:lindsey@yorkswim.com">lindsey@yorkswim.com</a>) if you have any questions.</li> </ul> <p>Thank you in advance for your contribution!</p> <div data-bbox="737 1661 1154 1841" data-label="Image"> </div> |

## YORK SWIM CLUB Reindeer Mini Meet

| <b>Saturday Program</b>            |                                 |                                   |
|------------------------------------|---------------------------------|-----------------------------------|
| <b>Girls</b>                       | <b>December 3</b>               | <b>Boys</b>                       |
| <b>Warm ups<br/>7:00-7:50am</b>    | <b>Sessions 1-2</b>             | <b>Warm ups 12:15-<br/>1:05pm</b> |
| <b>Events Start at<br/>8:00 AM</b> |                                 | <b>Events Start at<br/>1:15pm</b> |
| <b>Event #</b>                     | <b>Events</b>                   | <b>Event #</b>                    |
| 1                                  | 8 years old 100 Freestyle Relay | 2                                 |
| 3                                  | 7 & under 100 Freestyle Relay   | 4                                 |
| 5                                  | 8 years old 50 Backstroke       | 6                                 |
| 7                                  | 7 and under 50 Backstroke       | 8                                 |
| 9                                  | 6 and under 25 Backstroke       | 10                                |
| 11                                 | 8 year old 25 yard Butterfly    | <b>12</b>                         |
| 13                                 | 7 & under 25 yard Butterfly     | 14                                |
| 15                                 | 8 year old 25 Freestyle         | 16                                |
| 17                                 | 7 year old 25 Freestyle         | 18                                |
| 19                                 | 6 & under 25 Freestyle          | 20                                |
| 21                                 | 8 year old 50 Breaststroke      | 22                                |
| 23                                 | 7 and under 50 Breaststroke     | 24                                |
| 25                                 | 8 and under 100 IM              | 26                                |

**SPECIAL NOTE:** It has been rumored that a special envoy from the North Pole may make a special appearance.

## York Swim Club Reindeer Mini Meet

| Girls                             | Sunday Program               | Boys                              |
|-----------------------------------|------------------------------|-----------------------------------|
| <b>Warm Ups<br/>7:00-7:50am</b>   | <b>December 4</b>            | <b>Warm Ups<br/>12:15-1:05pm</b>  |
| <b>Events Start<br/>At 8:00am</b> | <b>Sessions 3-4</b>          | <b>Events Start<br/>At 1:15pm</b> |
| Event #                           | Events                       | Event #                           |
| 27                                | 8 year old 100 Medley Relay  | 28                                |
| 29                                | 7 and Under 100 Medley Relay | 30                                |
| 31                                | 9 year old 100 IM            | 32                                |
| 33                                | 8 and under 100 Free         | 34                                |
| 35                                | 7 & under 50 Butterfly       | 36                                |
| 37                                | 8 years old 50 Butterfly     | 38                                |
| 39                                | 9 year old 50 Butterfly      | 40                                |
| 41                                | 7 and under 50 Freestyle     | 42                                |
| 43                                | 8 year old 50 yard Freestyle | 44                                |
| 45                                | 9 year old 50 yard Freestyle | 46                                |
| 47                                | 7 and under 25 Breaststroke  | 48                                |
| 49                                | 8 year old 25 Breaststroke   | 50                                |
| 51                                | 9 year old 50 Breaststroke   | 52                                |
| 53                                | 7 and under 25 Backstroke    | 54                                |
| 55                                | 8 year old 25 Backstroke     | 56                                |
| 57                                | 9 year old 50 Backstroke     | 58                                |