



GOVERNMENT OF THE DISTRICT OF COLUMBIA

Department of Parks and Recreation

The United Black Fund Inc.

26TH ANNUAL BLACK HISTORY INVITATIONAL SWIM MEET

February 17th – 19th, 2012

Hosted by the DC Wave Swim Team

Approved by USA Swimming through Potomac Valley Swimming # PVA-12-302

LOCATION:	<p>Takoma Community Center 300 Van Buren Street, N.W. Washington, DC 20011 202-576-9285</p> <p>Two 25-yard, 8 lane courses will be used. Lanes are 7 feet wide. Kiefer lanes and starting blocks are at the deepest ends of the course. Water depth ranges from 7.5 ft to 13 ft. in one course and 5.5 ft to 7.5 ft in the other course, at both the starting and turning end. Stainless steel gutter system. Colorado Timing Systems, multi-lane scoreboard. Continuous warm-up, warm-down will be available during the meet.</p> <p>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C).</p>
MEET DIRECTOR:	<p>Rob Green 202.576.9534 robert.green@dc.gov Rob can be reached Monday through Friday – 9:00 am to 5:00 pm</p>
MEET REFEREE:	<p>Al Betts Al_Betts@usa.com</p>
SCHEDULE:	<p>Session 1 – All Ages: Friday, February 17 <u>COACHES MEETING 3:30 PM; WARM UP 4:30 - 5:20 pm; FIRST EVENT – 5:30 pm</u></p> <p>Sessions 2 & 3 – 11 & Over: Saturday, February 18 <u>WARM UP 7:00 – 8:00 AM; FIRST EVENT 8:10 AM</u></p> <p>Sessions 4 & 5 – 10 & Under: Saturday, February 18 <u>WARM UP 12:30 – 1:30 PM; FIRST EVENT 1:40 PM</u></p> <p>Sessions 6 & 7 – 11 & Over: Sunday, February 19 <u>WARM UP 7:00 – 8:00 AM; FIRST EVENT 8:10 AM</u></p> <p>Sessions 8 & 9 – 10 & Under: Sunday, February 19 <u>WARM UP 12:30 – 1:30 PM; FIRST EVENT 1:40 PM</u></p>

	<p>*Note: Meet manager will determine if session start times will need to be adjusted based on the number of entries received. A time line will be established and forwarded to each team by Friday, February 10th.</p>
AGE GROUPS:	8 and Under, 9-10, 11-12, 13-14, 15 & O.
ELIGIBILITY:	<p>This meet is open to all swimmers. USA Swimming membership is not required for entry into the meet. Priority in acceptance of entries will be given to teams and athletes that swam in the meet the previous year. Any new teams or athletes interested in attending should notify the Meet Director with an estimated number of swimmers.</p> <p><i>*Note: We have set a maximum number of athletes who may enter this meet at 800. Selection will be based on first arrival, first entered in events.</i></p>
INCLUSION POLICY:	<p>PVS and DPR are committed to the Potomac Valley Inclusion Policy for Swimmers with a Disability. 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 competition.</p>
RULES:	<p>Current USA Swimming rules shall govern the meet. All events are timed finals.</p> <p>The "Whistle-Start, No Recall" Rules shall be used at this meet.</p> <p>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.</p> <p>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.</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>For USA Swimming Registered Swimmers: Any Swimmer entered in the meet must be certified by a USA-Swimming member coach as being proficient in performing a racing start or must start each race from the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <p>The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.</p>
ENTRIES:	Each swimmer may enter a maximum of three (3) individual events per day, but not to

exceed more than 8 individual events for the entire meet.

Note: We intend that times from this meet be put into the United States Swimming data base

– to do so, the swimmers should enter their legal names as they are registered with USA Swimming and their correct date of birth. The preferred name feature will be used if they want to be in the meet under a different first name.

Each team shall be limited to two (2) relay teams per event. Each swimmer shall be limited to two (2) relay events for the meet. Lane timing cards (furnished at the session) shall be submitted for each relay team only.

The master entry shall show the name, address, and telephone number of the person responsible for each team's entries.

Each team is required to provide two volunteer timers for the duration of each session. Depending on the number of teams present, the meet director reserves the right to request teams to contribute a certain amount of timers proportional to their entries. For the 500 Yard Freestyle and 400 Yard I.M events athletes must provide their own timers. These are positive check-in events, swimmers must check in during warm ups to indicate their presence and intent to swim these events.

Entries may be submitted (1) manually, or (2) via e-mail. Follow the instructions under the appropriate heading below. The immediately following rules apply regardless of method chosen:

Entries must indicate the athlete's legal name and date of birth.

Each club is requested to remit one check to cover the entry fees for the entire team. **Please put the club name on the entry check (if not a club check) and note the number of entries.** Please do not send cash. Meet director has been instructed not to accept telephone or fax entries.

Entries not submitted on the required forms, not complete, not legible or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry. Individual or unattached entries will only be accepted by manual entry sent to the address listed below.

Complete entry packages must be received by 5 PM Tuesday, January 31, 2012.

Incomplete Entry Packages and those received after January 31, 2012, will be returned to the sender.

You are reminded that NO DECK ENTRIES WILL BE ACCEPTED.

Manual Entries:



	<p>Manual entries must be submitted on the entry form and the 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. The entry form shall be completed for each swimmer entering the meet. Entry form must indicate the athlete's legal name and date of birth.</p> <p>Electronic Entries: Electronic entries should be submitted using the Hy-Tek Team Management Program.</p> <p>Files should include:</p> <ol style="list-style-type: none"> 1. Export of meet entries 2. Entry report by name 3. Entry report by event <p>A free version of Team Manager Lite may be obtained from Hy-Tek by going to:</p> <p>http://www.hy-tek.com/downloads.html</p> <p><u>E-mail Entries:</u></p> <p>Club E-mail entries will be accepted provided the transmission time is prior to entry deadline. Attach a report by event and by name (save as Word for Windows in Team Manager). Attach export of meet entry file from Team Manager. In the body of the e-mail give the total number of splashes (men, women, total entry) and contact information (name, phone, e-mail address).</p> <p>Remember to also send entry fee check via USPS to:</p> <p style="text-align: center;">Rob Green 3149 16th Street, NW Washington, DC 20010</p> <p>Clubs submitting by email should submit entries to the meet director (listed below.) Include in the subject heading type, "26th Black History Meet –****" with the club's initials substituted in place of the asterisks. The meet director will acknowledge receipt by return e-mail within 24 hours. Clubs that do NOT receive an acknowledgment of receipt of their entries should call the meet director to confirm receipt.</p>
<p><u>ENTRY TIMES:</u></p>	<p>Swimmers are requested to provide their best times swam in competition as their entry times. If no such times are available, times obtained under the supervision of a coach are acceptable.</p> <p>All entries for events 200 yards and longer <u>must</u> have a verifiable time that is no slower than (NST) the qualifying time listed in the announcement.</p>
<p><u>ENTRY DEADLINE:</u></p>	<p>All entries must be in the Meet Director's hands by 5:00 pm on Tuesday, January 31st, 2012.</p>

As of this date the meet will be officially closed, **no additional entries will be accepted.** The meet will be seeded based on the entries received at that time. Entries will not be considered received until all fees are paid.

This meet will close once the swimmer count reaches 800 athletes. Entries will be seeded on a first come first serve basis. If the total number of entries received exceeds the time available for the various sessions, entries will be returned based on the order of receipt. The Meet Director may limit the number of heats swum in any event if a session time line exceed the time allowed or should the number of entries exceed 800 athletes.

Teams who bring athletes to the meet assuming they will be deck entered will need to explain to the athlete and/or family that they will not get to compete in this meet because they were not entered before the January 31st deadline. There will be no deck entries for this meet.

AWARDS:

Medals will be awarded for 1st through 3rd place for individual and relay events, place ribbons will be awarded for 4th through 8th place in individual events only. Heat winner ribbons will be awarded throughout the meet for individual events to heat winners.

High Point:

Special recognition will be given to the male and female swimmer from each age group who wins two (2) individual events plus accumulates the most points.

The 10 & Under individual events will be scored as 8 & U and 9 – 10 age-groups. The 12 & Under individual events will be scored as 8 & U, 9 -10 and 11 – 12 age-groups. The 15 & Over events will be scored 15 – 18.

Points will be awarded as follows:

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	14	9 th	9	13 th	4
2 nd	17	6 th	13	10 th	7	14 th	3
3 rd	16	7 th	12	11 th	6	15 th	2
4 th	15	8 th	11	12 th	5	16 th	1

If no female or male swimmer in an age group wins at least two individual events, no award will be given.

Relay events will not be considered in the individual's point total. All events are timed finals. Individual scores through 16th place will be maintained and posted during the meet.

OFFICIALS:

All certified USA Swimming officials wishing to volunteer to work this meet should contact the Meet Referee, Al Betts, at: Al_Betts@usa.com prior to February 12th, 2011. Please include your club affiliation, certifications held, and sessions you wish to work in



	<p>your email message. Certified officials who have not been contacted should volunteer their services to the Meet Referee early during the warm-up period. Officials assigned to this meet should sign in at the results table at the start of warm-up.</p>
<u>TIMERS:</u>	<p>Parents/spectators are encouraged to volunteer to time. If you would like to assist please sign in at the results table during the warm-up period.</p> <p>Athletes are responsible for providing their own timers for the 400 Yard I.M. and for the 500 Yard Freestyle events. Each team is asked to provide two timers per session.</p>
<u>SANCTION:</u>	<p>Documents have been submitted to Potomac Valley Swimming of USA Swimming to have the meet approved. Therefore, USA Swimming should recognize times obtained at this meet for the purpose of qualifying for other meets.</p>
<u>FEES:</u>	<p>Entries fees are to be made payable to the "DC Treasurer". Fees are non-refundable. Entries will not be considered received until all fees are paid.</p> <p>Fees for individual events are \$5.00 and \$10.00 for relay events. In addition, there will be an \$8.00 surcharge per athlete.</p> <p>Each team/club is requested to remit only one check to cover entry fees. Please do not send cash. Entry fees are due no later than Friday, February 3, 2012.</p> <p>Souvenir programs will be available for a cost of \$10.00 (heat sheets will be included with the souvenir program). A concession area will be in operation.</p>
<u>ADMISSION:</u>	<p>There is no admission charge. The public is welcome to attend.</p>
<u>SUPERVISION</u>	<p>Coaches must be registered with USA Swimming. Coaches are responsible for the conduct of their athletes and families and friends, as well as maintaining clean team areas during and following each session. Only athletes, coaches, timers and USA Swimming certified deck officials (trainees) are permitted on the deck. Coaches and deck officials must display valid 2012 USA Swimming credentials. Coaches who present a USAS Coaches certification may request a Coaches Meet Badge (see Sean Link or Al Betts) before the start of your first session.</p> <p>In order to control traffic and to make the meet an enjoyable experience, persons not working the meet as a deck official, timer, or other meet official are not permitted on the deck. You must either have a meet badge or a USA Swimming Coach or Official ID card to be on deck. Volunteers should remain in spectator areas during sessions in which they are not working.</p>
<u>WARM UP:</u>	<p>For the safety of swimmers, current USA Swimming (Potomac Valley) warm up rules shall apply.</p> <p>Warm up shall be conducted under the supervision of a USA Swimming referee. Coaches are required to supervise their swimmers at all times. Unattached swimmers shall be assigned to a coach during warm up to assure proper supervision.</p> <p>Swimmers not obeying the warm up procedures shall be disqualified from their first event at the discretion of the assigned officials.</p> <p>Warm-up lanes will be assigned by meet management to all entered teams. If the lane is</p>



	being used for general warm up, there shall be no diving permitted. Entry shall be feet first from the starting end of the pool only . Lanes may be used for one-way sprints at the referee's discretion. At such time there shall be one-way swimming only. Swimmers must exit at the opposite end of the pool. No pike dives.
RESULTS:	Team Manager and Meet Manager result files, along with meet result reports will be emailed to each club/team. Results will also be posted on the Potomac Valley Website.
NOTE:	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The Washington DC Department of Parks and Recreation, The DC Wave Swim Team and Takoma Community Center shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

Send entries to:

Rob Green

3149 16th Street, NW

Washington, DC 20010

202.576.9534

robert.green@dc.gov

SESSION 1: FRIDAY AFTERNOON DISTANCE SESSION

Friday – February 17th, 2012

Warm Up 4:30 – 5:30 pm; First Event 5:40 pm

FEMALE EVENT #	NO SLOWER THAN (NST)	EVENTS	NO SLOWER THAN (NST)	MALE EVENT #
1	2:43.19Y	12 & Under 200 Freestyle	2:38.89Y	2
3	6:51.79Y	14 & Under 500 Freestyle	6:31.09Y	4
5	6:45.29Y	15 & Over 500 Freestyle	6:18.59Y	6
7	3:03.79Y	12 & U 200 Individual Medley	3:03.09Y	8
9	6:10.79Y	13-14 400 Individual Medley	5:50.59Y	10
11	6:01.49Y	15 & Over 400 Individual Medley	5:33.19Y	12

For individual events 500 Yard Freestyle and the 400 Yard Individual Medley, athletes must enter with a “NOT SLOWER THAN” verifiable qualifying time.

The 12 & Under 200 yard events will be scored by age-groups (8 & Under, 9 – 10, and 11 -12).

The 13 & Under 500 yard event will be scored by age-groups (8 & Under, 9 – 10, 11 – 12 and 13-14).



SESSIONS 2 & 3: 11 & OVER SATURDAY MORNING SESSION

Saturday – February 18th, 2012

Warm Up 7:00 – 8:00 am; First Event 8:10 am

FEMALE EVENT #	NO SLOWER THAN (NST)	EVENTS	NO SLOWER THAN (NST)	MALE EVENT #
13		11-12 50 Backstroke		14
15		13-14 100 Backstroke		16
17		15 & Over 100 Backstroke		18
19		11-12 100 Butterfly		20
21	2:53.39Y	13-14 200 Butterfly	2:43.69Y	22
23	2:48.59Y	15 & Over 200 Butterfly	2:35.59Y	24
25		11-12 50 Breaststroke		26
27		13-14 100 Breaststroke		28
29		15 & Over 100 Breaststroke		30
31		11-12 100 Freestyle		32
33		13-14 100 Freestyle		34
35		15 & Over 100 Freestyle		36
37	2:55.49Y	13-14 200 Individual Medley	2:43.69Y	38
39	2:51.49Y	15 & Over 200 Individual Medley	2:37.69Y	40
41		11-12 200 Medley Relay		42
43		OPEN 400 Medley Relay		44

SESSIONS 4 & 5: 10 & UNDER SATURDAY AFTERNOON SESSION

Saturday – February 18th, 2012

Warm Up 12:30 – 1:30 pm; First Event 1:40 pm

FEMALE EVENT #	NO SLOWER THAN (NST)	EVENTS	NO SLOWER THAN (NST)	MALE EVENT #
45		10 & U 100 Individual Medley		46
47		8 & Under 25 Breaststroke		48
49		9-10 50 Breaststroke		50
51		8 & Under 50 Backstroke		52
53		9-10 100 Backstroke		54



55		8 & Under 25 Butterfly		56
57		9-10 50 Butterfly		58
59		8 & Under 50 Freestyle		60
61		9-10 100 Freestyle		62
63		8 & Under 100 Medley Relay		64
65		10 & Under 200 Medley Relay		66

SESSIONS 6 & 7: 11 & OVER SUNDAY MORNING SESSION

Sunday – February 19th, 2012

Warm Up 7:00 – 8:00 am; First Event 8:10 am

FEMALE EVENT #	NO SLOWER THAN (NST)	EVENTS	NO SLOWER THAN (NST)	MALE EVENT #
67		11-12 100 Individual Medley		68
69	2:36.09Y	13-14 200 Freestyle	2:26.09Y	70
71	2:32.09Y	15 & Over 200 Freestyle	2:20.09Y	72
73		11-12 50 Butterfly		74
75		13-14 100 Butterfly		76
77		15 & Over 100 Butterfly		78
79		11-12 100 Breaststroke		80
81	3:14.59Y	13-14 200 Breaststroke	3:02.39Y	82
83	3:09.99Y	15 & Over 200 Breaststroke	2:55.09Y	84
85		11-12 50 Freestyle		86
87		13-14 50 Freestyle		88
89		15 & Over 50 Freestyle		90
91		11-12 100 Backstroke		92
93	2:51.79Y	13-14 200 Backstroke	2:41.29Y	94
95	2:47.89Y	15 & Over 200 Backstroke	2:34.39Y	96
97		11-12 200 Freestyle Relay		98
99		OPEN 400 Freestyle Relay		100

SESSIONS 8 & 9: 10 & UNDER SUNDAY AFTERNOON SESSION

Sunday – February 19th, 2012

Warm Up 12:30 – 1:30 pm; First Event 1:40 pm

FEMALE EVENT #	NO SLOWER THAN (NST)	EVENTS	NO SLOWER THAN (NST)	MALE EVENT #
101		8 & Under 25 Freestyle		102
103		9-10 50 Freestyle		104
105		8 & Under 50 Breaststroke		106
107		9-10 100 Breaststroke		108
109		8 & Under 25 Backstroke		110



111		9-10 50 Backstroke		112
113		8 & Under 50 Butterfly		114
115		9-10 100 Butterfly		116
117		8 & Under 100 Freestyle Relay		118
119		10 & Under 200 Freestyle Relay		120

INDIVIDUAL ENTRY FORM

TEAM NAME: _____

Name of Swimmer:

Last: _____ First: _____ MI: _____

Swimmers Age on the First Day of the Meet (02/17/12): _____

Date of Birth (MM/DD/YYYY): _____

USA Swimming Registration Number (If registered): _____

	Event	Event #	Entry Time
Ex.	9-10 Girls 100 Freestyle	53	1:21.59
1			
2			
3			
4			
5			
6			
7			
8			

Entry Fees:

of Swimmers: _____ X \$8.00 = _____

of Individual Events: _____ X \$5.00 = _____

Total: \$ _____



TEAM ENTRY FORM

Team Information:

Team Name: _____

Team Abbreviation: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Head Coach: _____

Asst. Coach: _____

Asst. Coach: _____

Asst. Coach: _____

Work Phone: _____ Cell Phone: _____

E-Mail: _____

<u>Entry Counts:</u>	8 & U	9-10	11-12	13-14	15 & O	Total
# of Female Swimmers						
# of Female Individual Events						
# of Female Relay Events						
# of Male Swimmers						
# of Male Individual Events						
# of Male Relay Events						

Entry Fees:

of Swimmers: _____ X \$8.00 = _____

of Individual Events: _____ X \$5.00 = _____ Total: \$ _____

of Relay Events: _____ X \$10.00 = _____



LOCAL HOTEL INFORMATION

Comfort Inn Silver Spring – 1.3 mi

7990 Georgia Avenue
Silver Spring, MD 20910
(301) 565-3444

Courtyard by Marriott Silver Spring Downtown – 2.3 mi

8506 Fenton Street
Silver Spring, MD 20910 USA
Phone: 1-301-589-4899
Fax: 1-301-589-4898
Sales: 1-240-533-9861

Hilton Washington DC/Silver Spring – 2.4 mi

8727 Colesville Road
Silver Spring, MD 20910
Tel: 1-301-589-5200
Fax: 1-301-588-1841

Homewood Suites by Hilton Silver Spring – 2.4 mi

8728 Colesville Road
Silver Spring, MD 20910
Tel: 1-301-565-0005
Fax: 1-301-588-5889

Hampton Inn Silver Spring – 2.4 mi

8728-A Colesville Road
Silver Spring, MD 20910
Tel: 1-301-588-5887
Fax: 1-301-588-5889

Courtyard by Marriott Washington, DC/U.S. Capitol – 5.0 mi

1325 2nd Street NE



Washington, DC 20002

Phone: 1-202-898-4000

Fax: 1-202-898-4001

Sales: 1-800-440-8027

Toll-free: 1-800-321-2211