



ERSC 2013

Spring Championship Invitational

Sunday April 21, 2013

USA Swimming through Potomac Valley Swimming
Sanction # PVT-13-106

Meet Director	Elvin Foreman eliteraysswim@gmail.com 301.456.5444 301.938.0250
Meet Referee	Mohamed Chouikha mohamed.chouikha@gmail.com
Club Officials Chair	Mike Miller michaelt.miller@dc.gov 202.631.2249
Facility	Prince George's Community College Robert Bickford Natatorium 301 Largo Road, Largo, Maryland 301-3220980 One 25-yard course will be used during each. Warm-up / warm-down lane will be available throughout the meet. Water depth ranges from 6'9" to 6'12" at both the starting end and turning end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)
Timing System	Semi-Automatic (buttons as primary) will be used for this meet.
Schedule	Warm-up: 9:00-9:30am / Events: 9:40am ** Meet Director reserves the right to adjust times after entries are received
Eligibility	Open to invited USA Swimming teams. Swimmers shall compete at the age attained on Sunday, April 21, 2013

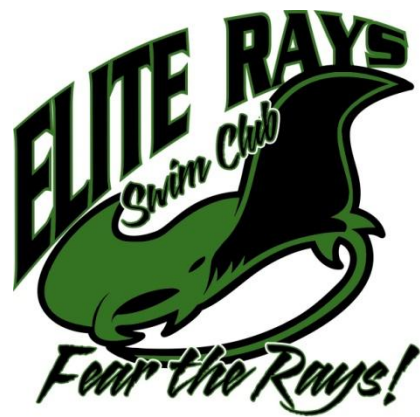


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Rules	<p>Current USA Swimming rules shall govern the meet.</p> <p>Swimmers may only participate in their own age group events or open events.</p> <p>Swimmers may enter a maximum of 3 individual events during the entire meet.</p> <p>Only short course times are applicable.</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>Except where venue facilities require otherwise, changing into our out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</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 12 &U sessions in Rule 205.3.1F.</p>
Awards	<p>Medals will be awarded for first through third place. Ribbons will be awarded for fourth to eighth place. Team trophies will be awarded to the top three scoring teams at the conclusion of the meet.</p>
Scoring	<p>Scoring will be according to USAS rules for triangular meets (102.25) as follows: 1st – 6, 2nd -4, 3rd – 3, 4th – 2, 5th – 1, 6th - 0</p>



**STRONG MIND, STRONG BODY,
STRONG SELF, STRONG TEAM**

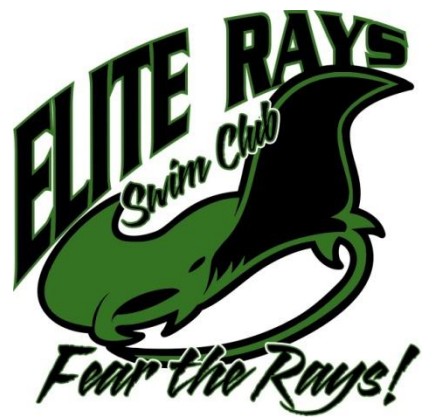
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Disability Swimmers	PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the Board of Directors . Athletes with disabilities are welcome to participate, and are asked to provide advance notice of desired 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.
Deck Entries	<p>Deck Entries are \$10.00 per individual event. Deck entries will only be done during warm-ups prior to the beginning of the meet events.</p> <p>Swimmers will be entered into open lanes in the existing heats on a first come first served basis. No extra heats will be created.</p> <p>Evidence of current USA-S registration will required for all deck entries. This can be done by presenting a copy of your USA-S athlete registration card.</p>
Warm Up	The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.
Supervision	<p>Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas. Coaches & deck officials are required to display their valid 2013 USA Swimming credentials.</p> <p>Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.</p> <p>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 within 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>
Meet Programs	Meet programs will be made available at www.eliterraysswimclub.net by Friday, April 19, 2013, 12pm.



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<p>Officials & Timers</p>	<p>All certified officials wishing to volunteer to work this meet should contact Mike Miller with any questions at michaelt.miller@dc.gov 202.631.2249. Please sign up via this link ERSC Meet Volunteer Sign Up</p> <p>Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede during warm-up.</p> <p>Each participating club is requested to provide at least two officials and 8 timers per session. Please sign up via this link at ERSC Meet Volunteer Sign Up</p>
<p>Entry Fees</p>	<p>\$6.00 per individual event \$4.00 Facility surcharge per swimmer</p>
<p>Entry Procedure</p>	<p>Teams should provide entries as follows:</p> <p>Send e-mail to Elvin Foreman at: eliteraysswim@gmail.com Use as subject line - ERSC Spring Champs Meet Entry. Include with your commlink file one report by name and one by event. Create these reports in HyTek Team Manager and save as Word for Windows files. A PDF file is also required.</p> <p>In the body of your email, provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact). Entry Deadline: Tuesday, April 2nd, 2013 by 5pm</p>



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Entry Procedure cont'd	<p>Important: The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.</p> <p>The above date is the deadline for teams to submit their entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers. Check with your team for this</p> <p>Other Registration Details: Entries directly from individual team members will not be accepted. Entries by phone or fax entries will not be accepted. Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.</p> <p>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.</p> <p>Each participating team is requested to remit one check to cover the entry fee for the entire team. Please make checks payable to "ERSC". Please do not send cash.</p> <p>Entry fees are due with each team's entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.</p> <p>Send Entries To: ERSC Elvin Foreman 150 Old Post Office Road #155 Waldorf, MD 20604</p>
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Timed Finals

Warm-up: 9:00-9:30am / Events: 9:40am

Girls Event#	Event	Boys Event#
1	Open 100 Freestyle	2
3	8 and Under 25 Butterfly	4
5	12 and Under 50 Butterfly	6
7	Open 100 Butterfly	8
9	8 and under 25 Backstroke	10
11	12 and Under 50 Backstroke	12
13	Open 100 Backstroke	14
15	12 and Under 100 IM	16
17	Open 200 IM	18
19	8 and Under 25 Freestyle	20
21	10 and Under 50 Freestyle	22
23	11 and Over 50 Freestyle	24
25	8 and Under 25 Breaststroke	26
27	12 and Under 50 Breaststroke	28
29	Open 100 Breaststroke	30
31	Open 200 Freestyle	32

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Prince George's Community College Robert Bickford Natatorium and Elite Rays Swim Club, LLC. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event