



**GOVERNMENT OF THE DISTRICT OF COLUMBIA**  
**Department of Parks and Recreation**  
**and**  
**The United Black Fund Inc.**

**27<sup>TH</sup> ANNUAL BLACK HISTORY INVITATIONAL SWIM MEET**  
**February 15<sup>th</sup> – 17<sup>th</sup>, 2013**

*Hosted by:*



**Approved by USA Swimming through Potomac Valley Swimming # PVA-13-302**

<b>LOCATION:</b>	<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. The water depth ranges from 7' to 13.5' in the west pool for both the starting and turning ends. The water depth ranges from 5'-6'8" in the east pool.</p> <p>The competition courses have not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</p> <p>One 25 yard, 5 lane continuous warm up/warm down pool will be available. Water depth ranges from 3'8" to 5'. There will be no diving or starts allowed in the warm up/warm down pool.</p> <p>Lanes are 7 feet wide. Stainless steel gutter system. Colorado Timing Systems, multi-lane scoreboard. Continuous warm-up, warm-down will be available during the meet. Automatic timing (touch pads primary) will be used for this meet.</p>
<b>MEET DIRECTOR:</b>	<p>Rob Green 202.576.9534 <a href="mailto:robert.green@dc.gov">robert.green@dc.gov</a> Rob can be reached Monday through Friday – 9:00 am to 5:00 pm</p>
<b>MEET REFEREE:</b>	<p>Mohamed Chouikha <a href="mailto:mohamed.chouikha@gmail.com">mohamed.chouikha@gmail.com</a></p>



<p><b><u>SCHEDULE:</u></b></p>	<p>Session 1 – All Ages: Friday, February 15  <b><u>COACHES MEETING 3:30 PM; WARM UP 4:30 - 5:30 pm; FIRST EVENT – 5:40 pm</u></b></p> <p>Sessions 2 &amp; 3 – 11 &amp; Over: Saturday, February 16  <b><u>WARM UP 7:00 – 8:00 AM; FIRST EVENT 8:10 AM</u></b></p> <p>Sessions 4 &amp; 5 – 10 &amp; Under: Saturday, February 16  <b><u>WARM UP 1:00 – 2:00 PM; FIRST EVENT 2:10 PM</u></b></p> <p>Sessions 6 &amp; 7 – 11 &amp; Over: Sunday, February 17  <b><u>WARM UP 7:00 – 8:00 AM; FIRST EVENT 8:10 AM</u></b></p> <p>Sessions 8 &amp; 9 – 10 &amp; Under: Sunday, February 17  <b><u>WARM UP 1:00 – 2:00 PM; FIRST EVENT 2:10 PM</u></b></p> <p><i>*Note: Meet manager will determine if session start times will need to be adjusted or if age groups need to be moved to a different sessions based on the number of entries received. A time line will be established and forwarded to each team by Friday, February 8<sup>th</sup>.</i></p>
<p><b><u>AGE GROUPS:</u></b></p>	<p>8 and Under, 9-10, 11-12, 13-14, 15 &amp; O.</p>
<p><b><u>ELIGIBILITY:</u></b></p>	<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 many enter this meet at 800. Selection will be based on first arrival, first entered in events.</i></p>
<p><b><u>INCLUSION POLICY:</u></b></p>	<p>PVS and DPR are committed to the <a href="#">Potomac Valley Inclusion Policy for Swimmers with a Disability</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 competition.</p>
<p><b><u>RULES:</u></b></p>	<p>Current USA Swimming rules shall govern the meet. All events are timed finals.</p> <p>a. 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</p>

	<p>(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><b>b. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</b></p> <p>c. 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> <p>d. 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 &amp; U events per Rule 205.3.1F.</p>
<p><b>ENTRIES:</b></p>	<p><b><u>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.</u></b></p> <p><b>Note: We intend that times from this meet be put into the United States Swimming data base</b>  <b>– 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.</b></p> <p><b><u>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.</u></b></p> <p>The master entry shall show the name, address, and telephone number of the person responsible for each team's entries.</p> <p><b><u>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.</u></b></p> <p>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:</p>

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 29<sup>th</sup>, 2013.**

**Incomplete Entry Packages and those received after January 29<sup>th</sup>, 2013, will be returned to the sender.**

**You are reminded that NO DECK ENTRIES WILL BE ACCEPTED.**

**Manual Entries:**

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.

**Electronic Entries:**

Electronic entries should be submitted using the Hy-Tek Team Management Program.

Files should include:

1. Export of meet entries
2. Entry report by name
3. Entry report by event

A free version of **Team Manager Lite** may be obtained from **Hy-Tek** by going to:

<http://www.hy-tek ltd.com/downloads.html>

**E-mail Entries:**

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><b>Remember to also send entry fee check via USPS to:</b>  <b>Rob Green</b>  <b>Aquatics Division</b>  <b>1480 Girard Street, NW</b>  <b>Washington, DC 20009</b></p> <p>Clubs submitting by email should submit entries to the meet director (listed below.) Include in the subject heading type, "27th 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><b><u>ENTRY TIMES:</u></b></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><b>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.</b></p>
<p><b><u>ENTRY DEADLINE:</u></b></p>	<p>All entries must be in the Meet Director's hands by 5:00 pm on Tuesday, January 29<sup>th</sup>, 2013.</p> <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.</p> <p><b>This meet will close once the swimmer count reaches 800 athletes.</b> 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.</p> <p>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 29<sup>th</sup> deadline. There will be no deck entries for this meet.</p>
<p><b><u>AWARDS:</u></b></p>	<p>Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place for individual and relay events, place ribbons will be awarded for 4<sup>th</sup> through 8<sup>th</sup> place in individual events only. Heat winner ribbons will be awarded throughout the meet for individual events to heat winners.</p> <p><b><u>High Point:</u></b></p> <p>Special recognition will be given to the male and female swimmer from each</p>

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 <sup>st</sup>	20	5 <sup>th</sup>	14	9 <sup>th</sup>	9	13 <sup>th</sup>	4
2 <sup>nd</sup>	17	6 <sup>th</sup>	13	10 <sup>th</sup>	7	14 <sup>th</sup>	3
3 <sup>rd</sup>	16	7 <sup>th</sup>	12	11 <sup>th</sup>	6	15 <sup>th</sup>	2
4 <sup>th</sup>	15	8 <sup>th</sup>	11	12 <sup>th</sup>	5	16 <sup>th</sup>	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 16<sup>th</sup> 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](mailto:Al_Betts@usa.com) prior to February 14th, 2013. Please include your club affiliation, certifications held, and sessions you wish to work in 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.

**TIMERS:**

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.

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.

**SANCTION:**

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><b><u>FEES:</u></b></p>	<p><b>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.</b></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. Each team/club is requested to remit only one check or money order to cover entry fees. <b>NO CASH PAYMENTS WILL BE ACCEPTED.</b></p> <p><b>Entry fees are due no later than Friday, February 8<sup>th</sup>, 2013.</b></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>
<p><b><u>ADMISSION:</u></b></p>	<p>There is no admission charge. The public is welcome to attend.</p>
<p><b><u>SUPERVISION</u></b></p>	<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 2013 USA Swimming credentials. Coaches who present a USAS Coaches certification may request a Coaches Meet Badge (see Rob Green 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>
<p><b><u>WARM UP:</u></b></p>	<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 being used for general warm up, there shall be no diving permitted. Entry shall be feet first from the starting end of the pool <b>only</b>. 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.</p>



<b>RESULTS:</b>	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.
<b>LIABILITY:</b>	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Takoma Aquatic Center and DC Wave Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Send entries to:**

**Rob Green**  
**Aquatics Division**  
**1480 Girard Street, NW**  
**Washington, DC 20009**  
**202.576.9534**  
[robert.green@dc.gov](mailto:robert.green@dc.gov)

**SESSION 1: FRIDAY AFTERNOON DISTANCE SESSION**

*Friday – February 15<sup>th</sup>, 2013*

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

<b>FEMALE EVENT #</b>	<b>NO SLOWER THAN (NST)</b>	<b>EVENTS</b>	<b>NO SLOWER THAN (NST)</b>	<b>MALE EVENT #</b>
<b>1</b>	<b>2:41.19Y</b>	12 & Under 200 Freestyle	<b>2:37.19Y</b>	<b>2</b>
<b>3</b>	<b>6:51.79Y</b>	14 & Under 500 Freestyle	<b>6:29.49Y</b>	<b>4</b>
<b>5</b>	<b>6:41.29Y</b>	15 & Over 500 Freestyle	<b>6:14.69Y</b>	<b>6</b>
<b>7</b>	<b>3:02.49Y</b>	12 & U 200 Individual Medley	<b>3:00.99Y</b>	<b>8</b>
<b>9</b>	<b>6:08.49Y</b>	13-14 400 Individual Medley	<b>5:44.99Y</b>	<b>10</b>
<b>11</b>	<b>5:58.49Y</b>	15 & Over 400 Individual Medley	<b>5:31.39Y</b>	<b>12</b>

**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 16<sup>th</sup>, 2013

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

<b>FEMALE EVENT #</b>	<b>NO SLOWER THAN (NST)</b>	<b>EVENTS</b>	<b>NO SLOWER THAN (NST)</b>	<b>MALE EVENT #</b>
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	2:52.39Y	13-14 200 Butterfly	2:40.39Y	22
23	2:46.79Y	15 & Over 200 Butterfly	2:33.29Y	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	2:53.19Y	13-14 200 Individual Medley	2:41.89Y	38
39	2:48.89Y	15 & Over 200 Individual Medley	2:34.29Y	40
41		11-12 200 Medley Relay		42
43		OPEN 400 Medley Relay		44

## **SESSIONS 4 & 5: 10 & UNDER SATURDAY AFTERNOON SESSION**

Saturday – February 16<sup>th</sup>, 2013

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

<b>FEMALE EVENT #</b>	<b>NO SLOWER THAN (NST)</b>	<b>EVENTS</b>	<b>NO SLOWER THAN (NST)</b>	<b>MALE EVENT #</b>
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 17<sup>th</sup>, 2013

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	2:33.89Y	13-14 200 Freestyle	2:24.49Y	70
71	2:30.79Y	15 & Over 200 Freestyle	2:18.29Y	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	3:13.99Y	13-14 200 Breaststroke	3:00.49Y	82
83	3:09.99Y	15 & Over 200 Breaststroke	2:52.79Y	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	2:48.39Y	13-14 200 Backstroke	2:38.39Y	94
95	2:44.79Y	15 & Over 200 Backstroke	2:31.59Y	96
97		11-12 200 Freestyle Relay		98
99		OPEN 400 Freestyle Relay		100

## SESSIONS 8 & 9: 10 & UNDER SUNDAY AFTERNOON SESSION

Sunday – February 17<sup>th</sup>, 2013

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: \_\_\_\_\_

<b><u>Entry Counts:</u></b>	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

### **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