

2013 Winter Senior Swim Meet

Sponsored by Maryland Suburban Swim Club (MSSC)
Sanctioned by USA Swimming through Potomac Valley Swimming
January 12-13, 2013
Sanction # PVC-13-33

MEET DIRECTOR: Christopher T. Huott
(240) 417 -5569
huott@msscswimming.com

**MEET REFEREE/
OFFICIALS CHAIR** Lynne Gerlach
(240)286-2319
gerlach@msscswimming.com

MEET LOCATION: Fairland Aquatics Center
13820 Old Gunpowder Road
Laurel, Maryland 20707
(301)362-6060

The meet will be swum in an 8 lane course with a water depth of 7'-13' at the start end and 7'-13' at the turn end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).

TIMING SYSTEM: Automatic timing (touch pads primary) will be used for this meet.

DIRECTIONS: From I-95 (North of the Capital Beltway) exit Route 212 (Powder Mill Road) East. Turn left at first traffic light onto Old Gunpowder Road. Proceed approximately three (3) miles to pool on left.

SCHEDULE:	Day	Warm-up times	Start time
	Saturday/session 1	7:00-8:00 AM	8:10 AM
	Saturday/session 2	3:30-4:20 PM	4:30 PM
	Sunday/session 3	7:00-7:50 AM	8:00 AM
	Sunday/session 4	10:00-10:50 AM	11:00 AM

Warm-up times will be adjusted if warranted by the number of athletes registered in one of the sessions listed above. Two 8 lane courses will be used for the 1650 if needed. Swimmers are responsible for providing timer and counter. 1650 Free (Events 23-24) will be swum slowest to fastest.

ELIGIBILITY:

Open to all invited teams. If your team is interested in participating in this meet, please contact the meet director to request an invitation.

Swimmers must be registered with USA Swimming and should be training at the Senior level. Swimmers for this meet should be 13 and over unless 12 and under swimmer has achieved USA Swimming "A" time standards in the 13-14 age group. In that case the swimmer may participate in the event where they achieved the time standard and if 3 or more times are achieved at the 13-14 age group then that swimmer may swim the maximum allowed for the meet. Age on January 12, 2013 will determine age for the entire meet.

RULES:

The 2012 USA Swimming Code and Rules will apply. Potomac Valley Safety and Warm-up Procedures will be in effect. In accordance with Potomac Valley Swimming Policy only those coaches who at all times clearly display current valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet.

The Meet Director reserves the right to limit entries in any event, if necessary to prevent too lengthy a session. At the discretion of the Meet Director, individual events 200 yards or shorter may require positive check-in. Please check with the Meet Director upon arrival at the meet Saturday morning.

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](#)

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.

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.

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.

No On-Deck USA-S Registrations will be permitted.

INCLUSION POLICY:

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.

SUPERVISION:

Coaches are responsible for the conduct of their swimmers and should help clean up their team area.

WARM-UPS:

If you would like to swim an extra half hour, please contact the Meet Director for approval. Without prior approval, your team cannot enter the water until the designated warm-up time.

MEET FORMAT:

All events will be **TIMED FINALS**. All entry times must have been achieved in USA Swimming sanctioned or approved competition. Swimmers may enter three (3) individual events per session but no more than five (5) total for the day on Saturday. Swimmers may enter the 1650 Free plus three (3) events on Sunday. Swimmers may participate in 2 relays per session.

ENTRY TIMES:

Coaches should not submit made-up times.

SEEDING:

All relays, 400 IM, 500 Free and 1650 Free will be deck seeded and require positive check-in. Upon receipt of entries the meet director may choose to swim the 1650 Freestyle, 500 Freestyle and 400 IM in two courses. Positive check-in for relay events are at the following times:

8:15 AM Saturday for the 200 and 800 Free Relays

4:30 PM Saturday for the 400 Medley Relay

10:45 AM Sunday for the 200 Medley Relay and 400 Free Relay

Check in for the following individual events are:

4:00 PM Saturday for the 400 IM

5:00 PM Saturday for the 500 Free

7:30 AM Sunday for the 1650 Free

OFFICIALS:

We ask of your team's help in supplying deck officials for the meet. Anyone in the process of achieving certification through on-deck training

is welcome. Contact Lynne Gerlach at Gerlach@msscswimming.com by January 8, 2013. Thank you for your help in advance.

TIMERS: Teams will be assigned the number of timers based on their entry count. If needed, each team will be contacted as to their assigned lanes for timers by January 8, 2013. All teams are responsible for providing their own timers for their swimmers in events 23 & 24 (1650 Free).

RESULTS: Results will be posted on the PVS website <http://www.pvswim.org>

GENERAL: Meet programs will be sold for \$10.00 and will include all sessions of the meet.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatics Center and Maryland Suburban Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

ENTRIES: **Deadline for receipt of entries is January 2, 2013.**
Club entries will be accepted by email. Submission of entries by email must include the following files: the Hy-Tek Commlink II file. The Team Manager Meet Entry Report files (one by SWIMMER and one by EVENT) and an "Entry Cover Sheet." The name and phone number of the club representative submitting the email must be included. **INDIVIDUAL OR UNATTACHED ENTRIES WILL ONLY BE ACCEPTED BY DEIVERY TO THE POST OFFICE BOX BELOW AND WILL NOT BE ACCEPTED BY EMAIL,** unless those swimmers are training with a club and that club is submitting their entries in the required above Hy-Tek format. Clubs submitting by email may submit entries to entries@msscswimming.com In the subject heading type 2013 Winter Senior Meet - **** with the club's initials in place of the asterisks. **NO DECK ENTRIES.**
Individual Events....\$6.00
Relay Events.....\$12.00
Make checks payable to MSSC

**SEND PAYMENT TO: MSSC
CHRISTOPHER T. HUOTT
P. O. BOX 160
LAUREL, MD 20725**

EMAIL ENTRIES TO: entries@msscswimming.com

ORDER OF EVENTS:

SESSION 1		
SATURDAY PROGRAM – JANAUARY 12, 2013		
WARM-UP 7:00 – 8:00 AM / EVENTS 8:10 AM		
1 %	200 YARD FREESTYLE RELAY	2 %
3	100 YARD BUTTERFLY	4
5	200 YARD FREESTYLE	6
7	200 YARD INDIVIDUAL MEDLEY	8
9	100 YARD BACKSTROKE	10
11%	800 YARD FREESTYLE RELAY	12%
%Positive check in for the 200 and 800 Yard Freestyle relays closes at 8:15 AM		

SESSION 2		
SATURDAY PROGRAM – JANAUARY 12, 2013		
WARM-UP 3:30 – 4:20 PM / EVENTS 4:30 PM		
13%	400 YARD INDIVIDUAL MEDLEY	14%
15	200 YARD BREASTSTROKE	16
17	100 YARD FREESTYLE	18
19	200 YARD BUTTERFLY	20
21%	400 YARD MEDLEY RELAY	22%
%Positive check in for the 400 Yard IM closes at 4:00 PM.		
%Positive check in for the 400 Medley Relay closes at 4:30 PM		

SESSION 3		
SUNDAY PROGRAM – JANUARY 13, 2013		
WARM –UP 7:00 – 7:50 AM / EVENTS 8:00 AM		
23%	1650 YARD FREESTYLE	24%
%Positive check in for the 1650 closes at 7:30 AM		

SESSION 4		
SUNDAY PROGRAM – JANUARY 13, 2013		
WARM-UP 10:00 – 10:50 AM / EVENTS 11:00 AM		
25%	200 YARD MEDLEY RELAY	26%
27	50 YARD FREESTLYE	28
29	200 YARD BACKSTROKE	30
31	100 BREASTSTROKE	32
33	500 YARD FREESTYLE	34
35%	400 YARD FREESTLYE RELAY	36%
%Positive check in for the Medley Relay and the Freestyle Relay closes at 10:45 AM Sunday.		
%Positive check in for the 500 Freestyle closes at 5:00 PM Saturday afternoon		