

# CHRISTMAS CHAMPIONSHIPS 2013

DECEMBER 13-15. 2013

SPONSORED BY MARYLAND SUBURBAN SWIM CLUB

SANCTIONED BY USA SWIMMING THROUGH POTOMAC VALLEY SWIMMING

Sanction # PVC-14-23

<b>MEET DIRECTOR:</b>	Christopher T. Huott 240-417-5569 <a href="mailto:entries@msscswimming.com">entries@msscswimming.com</a>
<b>MEET REFEREE:</b>	Lynne Gerlach 240-286-2319 <a href="mailto:gerlach@msscswimming.com">gerlach@msscswimming.com</a>
<b>OFFICIALS CHAIR:</b>	Lynne Gerlach 240-286-2319 <a href="mailto:gerlach@msscswimming.com">gerlach@msscswimming.com</a>
<b>MEET LOCATION:</b>	<a href="#">Prince George's Sports and Learning Complex</a> 8001 Sheriff Road Landover, Maryland 20785 301-583-2400  Two courses, 8 lanes each, 25 yards: Course #1 has a water depth range of 7'-12' at both the starting and turning ends. Course #2 has a water depth range of 5'-7' at both the starting and turning ends.  The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)
<b>TIMING SYSTEM:</b>	Automatic timing (touchpads primary) will be used for this meet.
<b>IMPORTANT NOTE:</b>	This meet requires many volunteers. Coaches are responsible to ensure their volunteer requirements are fulfilled.
<b>SCHEDULE:</b>	<b>Friday - All Ages – Timed Finals:</b> Warm-up 4:30 – 5:20 PM, Events: 5:30 PM  <b>Saturday and Sunday</b>  <b>13 and Over – Prelims Sessions:</b> Warm-up: 6:30 – 7:20 AM Events: 7:30 AM <b>11 - 12 year olds – Prelims Sessions:</b> Warm-up: 11:00 – 11:50 AM, Events: 12:00 PM <b>10 and Under – Prelims Sessions</b> Warm-up: 3:00 – 3:40 PM, Events 3:50 PM  <b>Finals Sessions:</b> Warm-up: 5:30 – 6:20 PM, Events: 6:30 PM  <b>NOTE:</b> Two courses, one for girls and one for boys, may be used simultaneously for Prelims sessions.
<b>ELIGIBILITY:</b>	Open to all USA Swimming clubs and registered athletes. Please read Meet Announcement carefully. <ul style="list-style-type: none"><li>• Athletes shall compete at the age attained on the first day of the meet. An athlete may only compete in his or her own age division.</li></ul>
<b>RULES:</b>	<ul style="list-style-type: none"><li>• Current USA Swimming rules shall govern the meet.</li><li>• All Friday night events are Timed Finals</li><li>• Swimmers must provide their own timer/counter for the 400 IM and 1650 Freestyle.</li></ul>

- The 1650 yard Freestyle will be swum fast to slow, alternating women's and men's, unless two courses are used.
- The fastest sixteen (16) 13-14 and 15&Over swimmers from the preliminary events will advance to finals. The fastest eight (8) 10 &Under and 11-12 years olds from the preliminary events will advance to finals.
- The 13-14 year olds and 15 & Over swimmers will have an "A" final and a "B" final. The "A" final will be swum first.
- 12 & Under 200 Butterfly, 200 Backstroke and 200 Breaststroke will be timed final events.
- All 8 and under events will be timed finals.
- A contestant may enter no more than three (3) individual events per day and eight (8) events over the course of the meet.
- SEED TIMES SHOULD BE SUBMITTED AS SHORT COURSE YARDS ONLY. "NT" entries will be accepted only if the coach is confident the swimmer is ready to participate in a "Championship" meet format.
- Dive-over starts will at Preliminary and Distance sessions. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

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.

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.

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 the 12 &U sessions in Rule 205.3.1F.

**No on-deck USA-S registration will be permitted.**

**PVS Positive Check in Policy**

For those events requiring positive check-in athletes shall indicate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked in by the specified time will be scratched from the event. Athletes who have checked in, have been seeded and fail to swim the event will be barred from their next scheduled individual event unless excused by the Referee. The Meet director reserves the right to positive check in some or all of the events besides those listed in order to manage the time line of the session.

**"SCRATCH" POLICY**

- If you do not wish to swim in the Final, you may "scratch" from the event by following this procedure:
1. You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" or "B" finals, if scheduled.
  2. You may declare intent to "scratch". You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent". If you declare an "intent to scratch" and do not wish to swim finals, you must confirm your scratch on the Finals Scratch Slip within 30 minutes after the conclusion of your **last** preliminary event of the day or you will be automatically seeded into the event.
  3. If an athlete fails to properly scratch from an event and does not appear for the "Final" event, they "shall be barred from further competition of the remainder of the meet."

<b>INCLUSION POLICY FOR 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>WARM-UP:</b>	The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed. The Meet Director reserves the right to modify the warm-up times and structure, if necessary.
<b>AWARDS:</b>	Individuals Awards: Medals will be awarded to first – eighth place in the “A” final. Ribbons will be awarded to first - eighth place in the “B” final. Medals will be awarded to first – eighth place in the 11-12 year old finals and in the 10&Under finals. All timed finals events will be awards medals to first to eighth place. The 500 yd. Freestyle will be broken into 11-12 year olds and 10&Under for the purposes of medals.
<b>TIMERS:</b>	Participating clubs are required to provide timers in proportion to their entries. The Meet Director will determine the number of timers per club and lane assignments. Teams will be notified of their volunteer requirements prior to start of meet. Please note that the 8&Under events will require three timers per lane.
<b>OFFICIALS:</b>	All <b>certified</b> officials wishing to volunteer to work this meet please contact Lynne Gerlach at <a href="mailto:gerlach@msscswimming.com">gerlach@msscswimming.com</a> prior to November 23rd. Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the Officials' table at the start of warm-up. Certified officials, who have not been contacted, should volunteer their services to the Referee.
<b>SUPERVISION:</b>	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Coaches & deck officials are required to display their 2013/4 USA Swimming card. Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck. Due to limited deck space, <b>there will be no chairs on deck.</b>
<b>ADMISSION &amp; CONCESSIONS:</b>	There is no admission charge. The meet program will be sold \$12.00. The program will include coupons for a free program for the finals session. Working officials and coaches will receive a program. Concessions will be available for purchase on the main level of the PG Sports Complex. The Club hospitality table, located off of the pool deck will available to all coaches, officials and other meet volunteers.
<b>FEES:</b>	Fees for individual events are \$8.00. Remit one check to cover the entry fees for the entire team. Do not send cash. Telephone entries will not be accepted. There will be no deck entries accepted at this meet.
<b>ENTRIES:</b>	<p>Club entries will be accepted by email by the deadline below. Submission of entries by email must include the following files: the Hy-Tek Commlink file, The Team Manager Meet Entry Report files (one by SWIMMER and one by EVENT) and an "<a href="#">Entry Cover Sheet</a>." In the body of your email provide entry number (girls, boys, totals) Include contact information (club name, email, phone, officials contact. <b>IMPORTANT:</b> please include cell phone number for coach during prelims and finals in case a swimmer scratches into finals and needs to be notified. <b>INDIVIDUAL OR UNATTACHED ENTRIES WILL ONLY BE ACCEPTED BY</b> delivery to the address below and will not be accepted by e-mail, 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 <a href="mailto:entries@msscswimming.com">entries@msscswimming.com</a>, in the subject heading type, CHRISTMAS CHAMPIONSHIPS 2013 - ***** with the club's initials substituted in place of the asterisks.</p> <p>Optional: Before preparing your entries, events for this meet can be downloaded and then imported into team manager. (download "<a href="#">?????.zip</a>" ) and then go to team manager/file/import/meet events to import events.</p> <p>Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.</p> <p>The Meet Director reserves the right to limit entries, require positive check in for any event or use a dual course set up in order to prevent lengthy sessions.</p>

<b>WARNING:</b>	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 and no further entries will be accepted from that Club until the said fine has been paid.
<b>NOTES:</b>	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Prince George's Sports and Learning Complex 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 the event.
<b>DEADLINE:</b>	The Meet Director must receive all entries for this meet <b>NO LATER THAN TUESDAY, December 3, 2013.</b>  Important: The above date is the deadline for clubs to submit their entries. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.
<b>MAKE CHECKS PAYABLE TO:</b>	<b>MARYLAND SUBURBAN SWIM CLUB</b>
<b>SEND ENTRIES TO:</b>	Maryland Suburban Swim Club Attn: Christopher T. Huott P.O. Box 160 Laurel, MD 20725 Attn: Christopher T. Huott

### FRIDAY, DECEMBER 13, 2013 - TIMED FINALS SESSION

**WARM-UP: 4:30 – 5:20 PM EVENTS: 5:30 PM**

Girls Event #	TIMED FINALS SESSION ALL AGES	Boys Event #
1 (S)	12 and Under 500 yd Freestyle	2 (S)
3 (S)	13-14 500 yd Freestyle	4 (S)
5 (S)	15&Over 500 yd Freestyle	6 (S)
7	10&Under 200 yd IM	8
9	11-12 200 yd IM	10
11*	13-14 400 yd IM	12*
13*	15&Over 400 yd IM	14*
15*(T)	13-14 1650 yd Freestyle	16* (T)
17* (T)	15&Over 1650 yd Freestyle	18* (T)
<p>*swimmer must provide own timer/or counter Session may require positive check-in. S – Times <b>slower</b> than 8:00.00 will not be entered in the 500 Freestyle. T – ONLY the Top 16 swimmers from each gender will swim/ Times <b>slower</b> than 21:30.00 will not be entered in the 1650 Freestyle.</p>		

### SATURDAY, DECEMBER 14, 2013

**13&OVER PRELIMS SESSION - WARM-UP: 6:30 – 7:20 AM EVENTS: 7:30 AM**

Girls Event #	13&Over Events	Boys Event #
25	13-14 200 yd Freestyle	26
27	15&Over 200 yd Freestyle	28
33	13-14 100 yd Butterfly	34
35	15&Over 100 yd Butterfly	36

43	13-14 200 yd Breaststroke	44
45	15&Over 200 yd Breaststroke	46
51	13-14 100 yd Freestyle	52
53	15&Over 100 yd Freestyle	54
61	13-14 200 yd Backstroke	62
63	15&Over 200 yd Backstroke	64

**11-12 YEAR OLD PRELIMS SESSION - WARM-UP: 11:00 – 11:50 AM EVENTS: 12:00 PM**

Girls Event #	11-12 year old events	Boys Event #
23	11-12 200 yd. Freestyle	24
31	11-12 50 yd. Butterfly	32
37*	12&Under 400 yd. IM	38*
41	11-12 100 yd. Breaststroke	42
49	11-12 50 yd. Freestyle	50
55*	12&Under 200 yd Butterfly	56*
59	11-12 100 yd. Backstroke	60
	*TIMED FINALS	

**10 & UNDER PRELIMS SESSION - WARM-UP: 3:00 – 3:40 PM EVENTS: 3:50 PM**

Girls Event #	10 & Under events	Boys Event #
19*	8&Under 25 yd. Breaststroke	20*
21	10&Under 200 yd. Freestyle	22
29	10&Under 50 yd. Butterfly	30
39	10&Under 100 yd. Breaststroke	40
47	10&Under 50 yd. Freestyle	48
57	10&Under 100 yd. Backstroke	58
65*	8&Under 25 yd. Backstroke	66*
	*TIMED FINAL	

**SUNDAY, DECEMBER 15, 2013**

**MORNING 13&OVER PRELIMS SESSION - WARM-UP: 6:30 – 7:20 AM EVENTS: 7:30 AM**

Girls Event #	13&Over Events	Boys Event #
73	13-14 200 yd IM	74
75	15&Over 200 yd IM	76
81	13-14 100 yd Backstroke	82

83	15&Over 100 yd Backstroke	84
91	13-14 200 yd Butterfly	92
93	15&Over 200 yd Butterfly	94
99	13-14 100 yd Breaststroke	100
101	15&Over 100 yd Breaststroke	102
109	13-14 50 yd Freestyle	110
111	15&Over 50 yd Freestyle	112

**11-12 YEAR OLD PRELIMS SESSION - WARM-UP: 11:00 – 11:50 AM EVENTS: 12:00 PM**

<b>Girls Event #</b>	<b>11-12 year old Events</b>	<b>Boys Event #</b>
71	11-12 100 yd. IM	72
79	11-12 50 yd. Backstroke	80
85*	12&Under 200 yd. Breaststroke	86*
89	11-12 100 yd. Butterfly	90
97	11-12 50 yd. Breaststroke	98
103*	12&Under 200 yd Backstroke	104*
107	11-12 100 yd Freestyle	108

**10 & UNDER PRELIMS SESSION - WARM-UP: 3:00 – 3:40 PM EVENTS: 3:50 PM**

<b>Girls Event #</b>	<b>10 &amp; Under Events</b>	<b>Boys Event #</b>
67*	8 &Under 25 yd. Freestyle	68*
69	10&Under 100 yd. IM	70
77	10&Under 50 yd. Backstroke	78
87	10&Under 100 yd. Butterfly	88
95	10&Under 50 yd. Breaststroke	96
105	10&Under 100 yd. Freestyle	106
113*	8&Under 25 yd. Butterfly	114*
	*TIMED FINAL	