

2014 Fall Senior Invitational Swim Meet

Hosted by the Maryland Suburban Swim Club

October 25-26, 2014

Sanctioned by USA Swimming through Potomac Valley Swimming

Sanction #PVC-15-11

Meet Director: Manga Dalizu
240-456-0103
fairlandswim@comcast.net

Meet Referee: Lynne Gerlach
240-286-2319
gerlach@mssscswimming.com

Club Official's Chair: Lynne Gerlach
240-286-2319
Gerlach@mssscswimming.com

MEET LOCATION: [Fairland Aquatics Center](#)
13820 Old Gunpowder Road
Laurel, Maryland 20707
301-362-6060
8 lanes, 25 yards; the water depth at both the starting and the turn end ranges from 5' to 6' at the shallow end course to 7' to 13' at the deep end course. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).

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 the first traffic light onto Old Gunpowder Road. Proceed approximately three (3) miles to pool on the left.

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 Inc. and should be training at the senior level. Swimmers for this meet should be 13&Over unless the 12 & 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 up to the maximum allowed for the meet. Age on October 25, 2014 will determine age for the entire meet.

SCHEDULE:

Day	Session	Warm-up Times	Start Time
Saturday	Session 1	7:00 – 7:50 AM	8:00 AM
	Session 2	1:00 – 1:50 PM	2:00 PM
Sunday	Session 3	8:00 – 8:50 AM	9:00 AM
	Session 4	11:00-11:50 AM	12:00 PM

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 1000 if needed. Swimmers are responsible for providing timer and counter. 1000 Free (Events 23 - 24) will be swum slowest to fastest.

RULES:

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](#).

Effective October 1, 2009: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. For additional information, see the USA Swimming information.

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.

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.

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.

WARM-UPS:

The prescribed Potomac Valley Swimming warm -up procedures and safety policies will be followed. The Meet Director will determine the structure of warm up, including times and lane assignments. There will be lanes open for continuous warm up / warm down throughout the meet.

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 (3) individual events per session but no more than (5) total for the day on Saturday. Swimmers may enter the 1000 Free plus 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 1000 Free will be deck seeded and require positive check in. Please check with the Officials table upon arrival for positive check in requirements. Upon receipt of entries the meet director may choose to swim the 1000 freestyle, 500 freestyle and 400 IM in two courses.

SUPERVISION:

Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.

Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA- S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.

Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Coaches & deck officials are required to display their 2014 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 space limitations we ask that coaches only have personal chairs on deck.

OFFICIALS:

We ask for your team's help in supplying officials for the meet. Anyone in the process of achieving certification through on-deck training is welcome. Contact Lynne Gerlach at gerlach@msscswimming.com . 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 October 22. All teams are responsible for providing timers for their swimmers competing in events 23 & 24 (1000 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 the event.

ENTRIES: Deadline for receipt of entries is Tuesday, October 14, 2014.

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 delivery to the Post Office Box 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 entries@msscswimming.com, in the subject heading type, "2014 Fall Senior Invitational - *****" with the club's initials substituted in place of the asterisks.

NO DECK ENTRIES.

Relay teams must be designated A, B, C, etc. if a team enters more than one relay.
Relay times may be made up using composite times of verifiable times achieved in USA Swimming sanction competition. No falsified relay times shall be used.

E-Mail Entries To: entries@msscswimming.com

FEES: Individual Events..... \$6.00
Athlete Surcharge..... \$1.00
Relay Events..... \$12.00

Make checks payable to: MSSC and to:

**MSSC/Lynne Gerlach
P. O. Box 160
Laurel, MD 20725**

**ORDER OF EVENTS
SESSION 1
SATURDAY PROGRAM -- OCTOBER 25, 2014
WARM-UP: 7:00 – 7:50 AM / EVENTS 8:00 AM**

Women Event #	Events	Men Event #
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 may be required		

SESSION 2
SATURDAY PROGRAM -- OCTOBER 25, 2014
WARM-UP: 1:00 – 1:50 PM / EVENTS 2:00 PM

Women Event #	Events	Men Event #
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 may be required		

SESSION 3
SUNDAY PROGRAM -- OCTOBER 26, 2014
WARM-UP: 8:00-8:50 AM / EVENTS 9:00 AM

Women Event #	Events	Men Event #
23 %	1000 Yard Freestyle	24 %
% - Check-in time is 8:30 AM		

SESSION 4
SUNDAY PROGRAM -- OCTOBER 26, 2014
WARM-UP: 11:00-11:50 AM / EVENTS 12:00 PM

Women Event #	Events	Men Event #
25 %	200 Yard Medley Relay	26 %
27	50 Yard Freestyle	28
29	200 Yard Backstroke	30

31	100 Yard Breaststroke	32
33 #	500 Yard Freestyle	34 #
35 %	400 Yard Freestyle Relay	36 %
% - Positive check – in may be required		