

17th Annual
SPRING CHAMPIONSHIPS
MARCH 27 - 29, 2015
SPONSORED BY MARYLAND SUBURBAN SWIM CLUB

SANCTIONED BY USA SWIMMING
 THROUGH POTOMAC VALLEY SWIMMING
 Sanction #PVC-15-62

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| MEET DIRECTOR: | Susie Hehir-Keys 240-475-1309 entries@msscswimming.com |
| MEET REFEREE: | Lynne Gerlach 240-286-23190 gerlach@msscswimming.com |
| OFFICIALS' CHAIR: | Hope Oehler 443-631-7958 qingwaa@yahoo.com |
| MEET LOCATION: | Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, Maryland 301-362-6060 The Fairland Aquatics Center is a 19 lane 25 yard pool. 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) |
| TIMING SYSTEM: | Automatic timing (touch pads primary) will be used for this meet. |
| SCHEDULE: | Friday - All Ages – Timed Finals – Distance Session: Warm-up 4:30 – 5:20 PM, Events: 5:30 PM Saturday and Sunday morning session - 9 - 12 year olds: Warm-up: 7:00 - 7:50 AM, Events: 8:00 AM (50 Minute Warm-up) Saturday and Sunday afternoon sessions - 13 & Over: Warm-up: 12:00 - 12:50 PM Events: 1:00 PM (50 Minute Warm-up). Two courses will be used simultaneously if needed: one for Girls, and one for Boys. |
| ELIGIBILITY: | Open to all USA Swimming registered athletes. If your club was not in the meet last year please contact the Meet Director to inform us that you plan to participate. 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. |

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| <p>RULES:</p> | <p>Current USA Swimming rules shall govern the meet. All events are timed finals. A contestant may enter no more than four individual events and two relays per day.</p> <p>A swimmer may not enter an event if they have equaled or bettered the PVS 14&U JUNIOR OLYMPIC CHAMPIONSHIPS qualifying standard for their age as of 3/12/15. A swimmer who has aged up since March 12, 2015 may not enter an event they were eligible to enter at PVS SHORT COURSE 14 & UNDER JUNIOR OLYMPIC CHAMPIONSHIPS.</p> <p>No 15 and older swimmer may enter an event if they have equaled or bettered the PVS SC JUNIOR CHAMPIONSHIPS qualifying standard for their age as of 3/5/15.</p> <p>If a swimmer is ineligible to swim an event in this meet, that swimmer is also ineligible to swim the corresponding relay leg of that stroke and distance on a relay team..</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>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 in 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>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.</p> <p>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.</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 the 12 &U sessions in Rule 205.3.1F.4</p> <p>No on-deck USA-S registration will be permitted.</p> |
| <p>Inclusion Policy for Swimmers with a Disability</p> | <p>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.</p> |

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| WARM-UP: | The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed. Warm-ups may be assigned at the discretion of the Meet Manager. |
| DECK ACCESS | All USA Swimming registered coaches and officials are required to display current 2015 USA Swimming membership credentials in the deck area. Anyone not displaying proper credentials will be asked to leave the deck area. Parents not working the meet as a deck official, lane timer or other meet position are not permitted on the deck. |
| AWARDS: | Individual Awards: Medals will be awarded to first – tenth place finishers in each event. Events 1&2 will be combined for the 9-10 and 11-12 age groups however they will be broken out to 9-10 and 11-12 ages for awards and points. Events 31&32, 41&42, 81&82 will be broken out 9-10 and 11-12 for the purposes of awards and points. Relay Awards: Medals will be awarded to first - third place teams. Team Awards: Teams will be split into three divisions based on team size determined by the clubs registration numbers with USA Swimming. The top three teams in each division will receive trophies for their placement within their division. |
| SCORING: | Individual Events: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1 Relay Events: 40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2 Teams will be awarded no more than 2 sets of points for a single event. |
| TIMERS: | Participating clubs are required to provide 1 timer for every 25 entries entered in the meet. Friday evening events are considered a distance session and swimmers must provide their own timer. |
| OFFICIALS: | All certified officials wishing to volunteer to work this meet please contact Hope Oehler at qingwaa@yahoo.com by March 16th. Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the scorer's table at the start of the Warm-up. Certified officials, who have not been contacted, should volunteer their services to the Referee. |
| SUPERVISION: | Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. |
| NOTES: | 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. |
| ADMISSION: | There is no admission charge. Programs for each session will be available for \$3.00 each. Working officials and coaches receive a free program. |
| FEES: | Fees for individual events are \$7.00 and \$14.00 per relay. Individual swimmer surcharge \$2.00 Remit one check to cover the entry fees for the entire team. Do not send cash. Telephone entries will not be accepted. Deck entries: \$14.00 (cash only) due at time of entry. Evidence of current USA-S registration will be required for deck entries. Deck entries will be accepted at |

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| | the discretion of the meet director for empty lanes only. No new heats will be created. |
| ENTRIES: | <p>Club entries will be accepted by email. Submission of entries by email must include the following files: the Hy-Tek Commlink II file and The Team Manager Meet Entry Report file (by NAME). 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, "17th Annual SPRING CHAMPIONSHIPS - ****" with the club's initials substituted in place of the asterisks.</p> <p>Optional: Before preparing your entries, events and SCY QT's for this meet can be downloaded and then imported into team manager (go to team manager/file/import/meet events). This meet events file is available for download at "???.zip".</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> |
| DEADLINE: | <p>The Meet Director must receive all entries for this meet NO LATER THAN TUESDAY, MARCH 10, 2015.</p> <p>Important: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p> |
| MAKE CHECK PAYABLE & SEND ENTRIES TO: | <p>Maryland Suburban Swim Club P.O. Box 160 Laurel, Maryland 20725 Attn: Lynne Gerlach</p> |
| POSITIVE CHECK-IN | All events 200 yards and greater MAY require positive check-in. Please check the positive check-in table upon arrival. |

FRIDAY EVENING DISTANCE SESSION - MARCH 27, 2015
WARM-UP: 4:30 - 5:20 PM EVENTS: 5:30 PM

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|------------------------------|---------------------------------|-----------------------|-------------------------------------|-----------------------------|
| GIRLS EVENT # | NO FASTER THAN (SCY) | ALL AGE EVENTS | NO FASTER THAN (SCY) | BOYS EVENT # |
|------------------------------|---------------------------------|-----------------------|-------------------------------------|-----------------------------|

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|---|-----------|--------------------------------|-----------|----|
| 1 | 7:00.00R | 9-10 yr old 500 Yd Freestyle | 7:00.00R | 2 |
| | 6:04.00R | 11-12 yr old 500 Yd Freestyle | 5:56.00R | |
| 3 | 5:35.00R | 13-14 yr old 500 Yd Freestyle | 5:18.00R | 4 |
| 5 | 5:33.20R | 15&Over 500 Yd Freestyle | 5:09.30R | 6 |
| 7 | 2:58.00 | 9-10 yr old 200 Yd IM | 2:58.00 | 8 |
| 9 | 2:33.40 | 11-12 yr old 200 Yd IM | 2:34.00 | 10 |
| 11 | 5:04.00S | 14&Under 400 Yd IM | 4:50.00S | 12 |
| 13 | 5:08.90S | 15&Over 400 Yd IM | 4:25.46S | 14 |
| 15 | 19:40.00T | 13-14 yr old 1650 Yd Freestyle | 19:00.00T | 16 |
| 17 | 20:09.10T | 15&Over 1650 Freestyle | 17:23.50T | 18 |
| <p>All Events on Friday Evening may require positive check-in. This session is considered a distance session for the purposes of timers. Swimmers must provide their own timer. Events 1&2 will be combined for the 9-10 and 11-12 age groups however they will be broken out to 9-10 and 11-12 ages for awards and points R- times Slower than 8:00.00 will not be entered in the 500 Freestyle S – times Slower Than 6:30 will not be entered in the 400 IM T - ONLY the Top 10 swimmers for each gender will swim. Events 15/16 and 17/18 will be swum as a combined events, fast to slow. Do not enter athletes with times slower than 21:30.00 for the 1650.</p> | | | | |

SATURDAY MORNING SESSION - MARCH 28, 2015
WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM

| GIRLS EVENT # | NO FASTER THAN (SCY) | 9-12 YEAR OLD EVENTS | NO FASTER THAN (SCY) | BOYS EVENT # |
|---|---------------------------------|-------------------------------------|---------------------------------|-------------------------|
| 19 | NT | 9-10 yr old 200 Yd Medley Relay | NT | 20 |
| 21 | NT | 11-12 yr old 200 Yd Medley Relay | NT | 22 |
| 23 | 38.30 | 9-10 yr old 50 Yd Backstroke | 38.50 | 24 |
| 25 | 33.60 | 11-12 yr old 50 Yd Backstroke | 33.70 | 26 |
| 27 | 1:30.40 | 9-10 yr old 100 Yd Butterfly | 1:31.00 | 28 |
| 29 | 1:12.60 | 11-12 yr old 100 Yd Butterfly | 1:12.30 | 30 |
| 31 | 2:33.00 | 9-12 yr old 200 Yd Backstroke | 2:33.70 | 32 |
| 33 | 43.10 | 9-10 yr old 50 Yd Breaststroke | 43.60 | 34 |
| 35 | 37.50 | 11-12 yr old 50 Yd Breaststroke | 37.60 | 36 |
| 37 | 1:12.30 | 9-10 yr old 100 Yd Freestyle | 1:12.00 | 38 |
| 39 | 1:02.50 | 11-12 yr old 100 Yd Freestyle | 1:02.40 | 40 |
| 41 | 2:53.00 | 9-12 yr old 200 Yd Breaststroke | 2:53.70 | 42 |
| 43 | 1:22.10 | 9-10 yr old 100 Yd IM | 1:21.80 | 44 |
| 45 | 1:12.20 | 11-12 yr old 100 Yd IM | 1:11.30 | 46 |
| 47 | NT | 9-10 yr old 400 Yd Freestyle Relay | NT | 48 |
| 49 | NT | 11-12 yr old 400 Yd Freestyle Relay | NT | 50 |
| <p align="center">All events 200 yards or more may require positive check-in.</p> | | | | |

SATURDAY AFTERNOON SESSION - MARCH 28, 2015
WARM-UP: 12:00 - 12:50 PM EVENTS: 1:00 PM

| GIRLS EVENT # | NFT (SCY) | 13&OVER EVENTS | NFT (SCY) | BOYS EVENT # |
|---|------------------|-----------------------------|------------------|-------------------------|
| 51 | NT | 13&Over 400 Freestyle Relay | NT | 52 |
| 53 | 1:05.80 | 13-14 100 Yd Backstroke | 1:02.70 | 54 |
| | 1:07.00 | 15&O 100 Yd Backstroke | 1:00.70 | |
| 55 | 2:30.70 | 13-14 200 Yd Butterfly | 2:22.80 | 56 |
| | 2:33.00 | 15&O 200 Yd Butterfly | 2:22.10 | |
| 57 | 1:15.10 | 13-14 100 Yd Breaststroke | 1:10.50 | 58 |
| | 1:17.70 | 15&O 100 Yd Breaststroke | 1:10.20 | |
| 59 | 58.10 | 13-14 100 Yd Freestyle | 54.00 | 60 |
| | 57.90 | 15&O 100 Yd Freestyle | 52.00 | |
| 61 | 2:23.70 | 13-14 200 Yd IM | 2:15.70 | 62 |
| | 2:22.30 | 15&O 200 Yd IM | 2:09.80 | |
| 63 | NT | 13&O 800 Freestyle Relay | NT | 64 |
| All events 200 yards or more may require positive check-in. | | | | |

SUNDAY MORNING SESSION - MARCH 29, 2015
WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM

| GIRLS EVENT # | NO FASTER THAN (SCY) | 9 -12 YEAR OLD EVENTS | NO FASTER THAN (SCY) | BOYS EVENT # |
|---|---------------------------------|------------------------------------|---------------------------------|-------------------------|
| 65 | NT | 9-10 yr old 200 Yd Freestyle Relay | NT | 66 |
| 67 | NT | 11 - 12 old 200 Yd Freestyle Relay | NT | 68 |
| 69 | 2:37.00 | 9-10 yr old 200 Yd Freestyle | 2:35.60 | 70 |
| 71 | 2:16.00 | 11-12 yr old 200 Yd Freestyle | 2:15.00 | 72 |
| 73 | 37.30 | 9-10 yr old 50 Yd Butterfly | 37.40 | 74 |
| 75 | 32.20 | 11-12 yr old 50 Yd Butterfly | 32.20 | 76 |
| 77 | 1:33.60 | 9-10 yr old 100 Yd Breaststroke | 1:33.40 | 78 |
| 79 | 1:21.50 | 11-12 yr old 100 Yd Breaststroke | 1:22.50 | 80 |
| 81 | 2:50.00 | 9-12 yr old 200 Yd Butterfly | 2:44.00 | 82 |
| 83 | 1:22.50 | 9-10 yr old 100 Yd Backstroke | 1:22.50 | 84 |
| 85 | 1:11.00 | 11-12 yr old 100 Yd Backstroke | 1:11.00 | 86 |
| 87 | 32.70 | 9-10 yr old 50 Yd Freestyle | 32.60 | 88 |
| 89 | 28.60 | 11-12 yr old 50 Yd Freestyle | 28.40 | 90 |
| 91 | NT | 9-10 yr old 400 Yd Medley Relay | NT | 92 |
| 93 | 4:55.00 | 11-12 yr old 400 Yd Medley Relay | 4:55.00 | 94 |
| All events 200 yards or more may require positive check-in. | | | | |

SUNDAY AFTERNOON SESSION - MARCH 29, 2015
WARM-UP: 12:00 - 12:50 PM EVENTS: 1:00 PM

| GIRLS EVENT # | NFT (SCY) | 13&OVER EVENTS | NFT (SCY) | BOYS EVENT # |
|---|----------------------|-----------------------------|------------------|-------------------------|
| 95 | NT | 13&Over 200 Freestyle Relay | NT | 96 |
| 97 | 2:05.90 | 13-14 200 Yd Freestyle | 1:59.40 | 98 |
| | 2:06.20 | 15&O 200 Yd Freestyle | 1:55.20 | |
| 99 | 1:05.50 | 13-14 100 Yd Butterfly | 1:02.30 | 100 |
| | 1:07.00 | 15&O 100 Yd Butterfly | 1:00.00 | |
| 101 | 2:42.10 | 13-14 200 Yd Breaststroke | 2:35.90 | 102 |
| | 2:44.80 | 15&O 200 Yd Breaststroke | 2:32.90 | |
| 103 | 2:21.20 | 13-14 200 Yd Backstroke | 2:16.00 | 104 |
| | 2:24.70 | 15&O 200 Yd Backstroke | 2:15.60 | |
| 105 | 27.00 | 13-14 50 Yd Freestyle | 25.50 | 106 |
| | 27.10 | 15&O 50 Yd Freestyle | 24.40 | |
| 107 | NT | 13&O 400 Yd Medley Relay | NT | 108 |
| All events 200 yards or more may require positive check-in. | | | | |