

“FREE” FALL FESTIVAL 2015

Hosted by Elite Rays Swim Club, F.A.S.T. and Maryland Suburban Swim Club

Sanctioned by USA Swimming through Potomac Valley Swimming

Sunday, October 4, 2015

2015 All Freestyle Meet

Hosted by the Maryland Suburban Swim Club

October 4, 2015

Sanction # PVC-16-04

MEET DIRECTOR: Manga Dalizu (240-456-0103) fairlandswim@comcast.net
Elvin Foreman (240-838-1156) eliteraysswim@gmail.com

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

VOLUNTEER COORDINATOR: Merari Cholette (301-938-0250) meraripvs@gmail.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: Semi automatic timing will be used for this meet. Three timers per lane will be required for all 25 yard events. Swimmers in events 1-2, 31-34 are responsible to provide their own timer and counter.

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: **One session/ all age groups: Warm-up 8:00 – 8:50 AM/Events: 9:00 AM. The meet director reserves the right to limit number of entries in order to manage timeline.**

ELIGIBILITY: **This meet is an invitational meet. If your team would like an invitation please contact the meet directors.**
Open to USA Swimming registered athletes. 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.

RULES: Current USA Swimming Rules shall govern the meet. In accordance with Potomac Valley Swimming Policy only those coaches who clearly display current valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet.

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A contestant may enter five (5) events. Seed times are short course yards only. **Deck entries** (\$10 per IE/cash only) will be accepted on a first come- first served basis, however no new heats will be created. Evidence of current USA-S registration will be required for deck entries.

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 and U sessions in Rule 205.3.1F.

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.

The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.

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 supervising their swimmers and keeping their team area clean. Athletes are not permitted in any area of the facility not directly associated with the swim meet.

GENERAL:

Per facility request, no food is allowed on the pool deck except sports drink, water.

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- DECK ACCESS:** All PVS/USAS registered coaches and deck officials are required to display current 2015 USA Swimming membership credentials on 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, volunteer lane timer, or other meet position are not permitted on deck. Marshalls will be stationed around the venue to assist in compliance with this USA Swimming requirement.
- WARM-UPS:** Potomac Valley Swimming Open warm-up procedures and policies will be in effect.
- OFFICIALS:** We ask for your team’s help in supplying deck officials for the meet. Contact Lynne Gerlach at gerlach@msscswimming.com by September 27, 2015. Thank you for your help in advance.
- TIMERS:** Teams will be advised of their timer requirements based on their entry count by September 28, 2015.
- RESULTS:** **Posted to Meet Mobile if cyberspace permits and** on the PVS website <http://www.pvswim.org>
- AWARDS:** 1st -10th place ribbons will be awarded in the following events, 6 and Under, 7-8, 9-10 and 11-12 year old events.
- FEES:** Fees for individual events are \$6.00. Neither cash nor telephone entries will be accepted
Make checks payable to FAST
- DEADLINE:** **Deadline for receipt of entries is Tuesday, September 22, 2015.**
- ENTRIES:** Club entries will be accepted by email in Hytek format. Include 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 in the subject heading type “FREE” Fall Festival 2015 - **** with the club’s initials in place of the asterisks.
- EMAIL ENTRIES TO:** fairlandswim@comcast.net
- WARNING:** Any club that enters an unregistered athlete, falsifies in any way, or permits unregistered coaches to represent them, will be fined a sum of \$100 and no further entries will be accepted from that club until said fine has been paid.
- NOTE:** In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatics Center, the Elite Rays Swim Club, the Fairland Aquatic Swim Team, and the 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.

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SEND PAYMENT TO: FAST

14625 Baltimore Ave # 291

Laurel, MD 20707

REMINDER:

ENTRY FEES ARE DUE WITH MEET ENTRY. ACCEPTANCE OF CLUB ENTRIES IS BASED UPON RECEIPT OF ENTRY FEES.

ORDER OF EVENTS

SUNDAY PROGRAM – OCTOBER 4, 2015		
Warm-up 8:00 – 8:50 AM / Events 9:00 AM		
WOMENS'	EVENTS	MEN'S
1**	13 & Over 500 YD Freestyle	2**
3	6 & U 25 YD Freestyle	4
5	7-8 25 YD Freestyle	6
7	9-10 50 YD Freestyle	8
9	11-12 50 YD Freestyle	10
11	13 & Over 50 YD Freestyle	12
13	8 & Under 50 YD Freestyle	14
15	9-10 100 YD Freestyle	16
17	11-12 100 YD Freestyle	18
19	13 & Over 100 YD Freestyle	20
21	8 & Under 100 YD Freestyle	22
23	9-10 200 YD Freestyle	24
25	11-12 200 YD Freestyle	26
27	13 & Over 200 YD Freestyle	28
29	10 & Under 200 YD Freestyle	30
31**	12 & Under 500 YD Freestyle	32**
33#	Open 1000 YD Freestyle	34#
	**Swimmers must have obtained a time in the 200 yard Freestyle NST 3:30.00 #Swimmers must have obtained a time in the 500 Yard Freestyle NST 7:30.00	

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