

18th Annual
SPRING CHAMPIONSHIPS
MARCH 18 - 20, 2016
SPONSORED BY MARYLAND SUBURBAN SWIM CLUB

SANCTIONED BY USA SWIMMING
 THROUGH POTOMAC VALLEY SWIMMING
 Sanction #PVC-16-69

MEET DIRECTORS:	Susie Hehir-Keys (coaches only) 240-475-1309 keys@msscswimming.com Vanessa Cox (coaches only) 301-325-0780
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 – Distance Session: <ul style="list-style-type: none"> • Warm-up 4:30 – 5:20 PM, Events: 5:30 PM Saturday and Sunday morning session - 11 - 12 Year olds : <ul style="list-style-type: none"> • Warm-up:7:00 - 7:50 AM, Events: 8:00 AM (50 Minute Warm-up) Saturday and Sunday midday session – 9 - 10 Year olds : <ul style="list-style-type: none"> • Warm-up:11:20 AM – 12:00 PM, Events: 12:10 AM(40 Minute W/U Saturday and Sunday afternoon sessions - 13 & Over : <ul style="list-style-type: none"> • Warm-up: 3:10 – 4:00 PM Events: 4:10 PM (50 Minute Warm-up). Dual course (Women/Men) will be used if needed for any session.
ELIGIBILITY:	Open to all USA Swimming registered athletes. If your club was not in the meet last year please contact the Meet Director for an invitation , however priority will be given to returning clubs. 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:	<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. “NT” Entries will be accepted however 9-10 Year olds entering the 200 Backstroke, 200 Breaststroke or 200 Butterfly must have an official time in the corresponding 100 of that stroke to enter with NT.</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 3/10/16. A swimmer who has aged up since March 10, 2016 may not enter an event they were eligible to enter at PVS SHORT COURSE 14 & UNDER JUNIOR OLYMPIC CHAMPIONSHIPS.</p> <p>15 and older swimmers may not enter an event if they have equaled or bettered the PVS SC JUNIOR CHAMPIONSHIPS qualifying standard for that event in their age group as of 3/3/16.</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>

Inclusion Policy for Swimmers with a Disability	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-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 or produce current 2016 USA Swimming membership credentials in the deck area. Anyone without 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. Spectator seating is limited so please be courteous in sharing the space.
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. 9-12 Year Old 200 Backstroke, 200 Breaststroke, 200 Butterfly and the 400 IM will be scored and awarded as 9-12 Year olds. 13 and Over Events will be scored and awarded as 13-14 and 15 and Overs. 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. Please, no chairs on deck except one personal chair per coach. No food from the snack bar will be permitted on deck.
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 \$2.00 each. All attempts will be made to have programs available for each

	<p>session. In the event of the entire/majority session being positive check-in, programs will not be available until after the start of the meet. In the event that programs are not able to be sold, programs will be posted throughout the spectator areas. Working officials and coaches will receive a free program.</p>
FEES:	<p>Fees for individual events are \$7.50 and \$14.00 per relay. Individual swimmer surcharge \$3.00 Remit one check to cover the entry fees for the entire team. Do not send cash. Telephone entries will not be accepted. Deck entries: \$10.00 (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 the discretion of the meet director for empty lanes only. No new heats will be created.</p>
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, "18th 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 48 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 8, 2016.</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	<p>All events 200 yards and greater MAY require positive check-in. Please check the positive check-in table upon arrival.</p>

FRIDAY EVENING DISTANCE SESSION - MARCH 18, 2016
 WARM-UP: 4:30 - 5:20 PM EVENTS: 5:30 PM

Friday evening is considered a distance session:
Swimmers must provide their own timer/counter

GIRLS EVENT #	NO FASTER THAN (SCY)	ALL AGE EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
1	7:00.00R	9-10 year old 500 Yard Freestyle	7:00.00R	2
	6:00.00R	11-12 year old 500 Yard Freestyle	5:56.00R	
3	5:32.700R	13-14 year old 500 Yard Freestyle	5:13.70R	4
5	5:33.00R	15&Over 500 Yard Freestyle	5:08.00R	6
7	2:58.00	9-10 year old 200 Yard IM	2:58.00	8
9	2:33.20	11-12 year old 200 Yard IM	2:33.40	10
11	5:01.00S	9 – 14 year old 400 Yard IM	4:46.60S	12
13	5:08.90S	15&Over 400 Yard IM	4:41.90S	14
15	19:40.00(T1) 20:09.10(T2)	13and Over 1650 Yard Freestyle*	18:50.00(T1) 18:56.80(T2)	16

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 and counter, if needed.
 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- No Slower Than (NST) 8:00.00 in the 500 Freestyle
 S – NST 6:30 in the 400 IM
 T - ONLY the Top 20 swimmers for each gender will swim.
 Events 15/16 T1=13/14 NFT time, T2= 15 and Over NFT
 *NST 21:30.00 for the 1650.

SATURDAY MORNING SESSION - MARCH 19, 2016
WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM

GIRLS EVENT #	NO FASTER THAN (SCY)	11-12 YARD OLD EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
17	NT	11-12 year old 200 Yard Medley Relay	NT	18
19	33.60	11-12 year old 50 Yard Backstroke	33.70	20
21	1:12.60	11-12 year old 100 Yard Butterfly	1:12.30	22
23	2:31.00	9-12 year old 200 Yard Backstroke	2:32.70	24
25	37.50	11-12 year old 50 Yard Breaststroke	37.60	26
27	1:02.50	11-12 year old 100 Yard Freestyle	1:02.40	28
29	2:53.00	9-12 year old 200 Yard Breaststroke	2:53.70	30
31	1:12.20	11-12 year old 100 Yard IM	1:11.30	32
33	NT	11-12 year old 400 Yard Freestyle Relay	NT	34
All events 200 yards or more may require positive check-in.				

SATURDAY MIDDAY SESSION - MARCH 19, 2016
WARM-UP: 11:20 AM – 12:00 PM EVENTS: 12:10 PM

GIRLS EVENT #	NO FASTER THAN (SCY)	9-10 YARD OLD EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
35	NT	9-10 year old 200 Yard Medley Relay	NT	36
37	38.30	9-10 year old 50 Yard Backstroke	38.50	38
39	1:30.40	9-10 year old 100 Yard Butterfly	1:31.00	40
41	43.10	9-10 year old 50 Yard Breaststroke	43.60	42
43	1:12.30	9-10 year old 100 Yard Freestyle	1:12.00	44
45	1:22.10	9-10 year old 100 Yard IM	1:21.80	46
47	NT	9-10 year old 400 Yard Freestyle Relay	NT	48
All events 200 yards or more may require positive check-in.				

SATURDAY AFTERNOON SESSION - MARCH 19, 2016
WARM-UP: 3:10 -4:00 PM EVENTS: 4:10 PM

GIRLS EVENT #	NFT (SCY)	13&OVER EVENTS	NFT (SCY)	BOYS EVENT #
49	NT	13&Over 400 Freestyle Relay	NT	50
51	1:05.00	13-14 100 Yard Backstroke	1:02.40	52
	1:06.60	15&O 100 Yard Backstroke	1:00.40	
53	2:28.00	13-14 200 Yard Butterfly	2:19.10	54
	2:33.00	15&O 200 Yard Butterfly	2:20.00	
55	1:14.50	13-14 100 Yard Breaststroke	1:09.80	56
	1:17.60	15&O 100 Yard Breaststroke	1:09.60	
57	58.00	13-14 100 Yard Freestyle	54.00	58
	57.60	15&O 100 Yard Freestyle	52.00	
59	2:22.50	13-14 200 Yard IM	2:13.60	60
	2:22.30	15&O 200 Yard IM	2:09.20	
61	NT	13&O 800 Freestyle Relay	NT	62
All events 200 yards or more may require positive check-in.				

18th Annual Spring Championship meet information continued...

SUNDAY MORNING SESSION - MARCH 20, 2016
WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM

GIRLS EVENT #	NO FASTER THAN (SCY)	11 -12 YARD OLD EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
63	NT	11 - 12 old 200 Yard Freestyle Relay	NT	64
65	2:16.00	11-12 year old 200 Yard Freestyle	2:15.00	66
67	31.20	11-12 year old 50 Yard Butterfly	32.00	68
69	1:21.20	11-12 year old 100 Yard Breaststroke	1:21.60	70
71	2:49.00	9-12 year old 200 Yard Butterfly	2:44.00	72
73	1:11.00	11-12 year old 100 Yard Backstroke	1:11.00	74
75	28.60	11-12 year old 50 Yard Freestyle	28.40	76
77	NT	11-12 year old 400 Yard Medley Relay	NT	78
All events 200 yards or more may require positive check-in.				

SUNDAY MIDDAY SESSION - MARCH 20, 2016
WARM-UP: 11:20 AM – 12:00 PM EVENTS: 12:10 PM

GIRLS EVENT #	NO FASTER THAN (SCY)	9 -10 YARD OLD EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
79	NT	9-10 year old 200 Yard Freestyle Relay	NT	80
81	2:37.00	9-10 year old 200 Yard Freestyle	2:35.60	82
83	37.10	9-10 year old 50 Yard Butterfly	37.40	84
85	1:33.40	9-10 year old 100 Yard Breaststroke	1:33.40	86
87	1:22.50	9-10 year old 100 Yard Backstroke	1:22.50	88
89	32.70	9-10 year old 50 Yard Freestyle	32.60	90
91	NT	9-10 year old 400 Yard Medley Relay	NT	92
All events 200 yards or more may require positive check-in.				

SUNDAY AFTERNOON SESSION - MARCH 29, 2015
WARM-UP: 3:10 – 4:00 PM EVENTS: 4:10 PM

GIRLS EVENT #	NFT (SCY)	13&OVER EVENTS	NFT (SCY)	BOYS EVENT #
93	NT	13&Over 200 Freestyle Relay	NT	94
95	2:04.00	13-14 200 Yard Freestyle	1:57.00	96
	2:04.70	15&O 200 Yard Freestyle	1:54.00	
97	1:04.60	13-14 100 Yard Butterfly	1:01.00	98
	1:06.20	15&O 100 Yard Butterfly	59.00	
99	2:40.00	13-14 200 Yard Breaststroke	2:31.40	100
	2:43.60	15&O 200 Yard Breaststroke	2:30.70	
101	2:18.00	13-14 200 Yard Backstroke	2:12.50	102
	2:23.00	15&O 200 Yard Backstroke	2:12.60	
103	26.90	13-14 50 Yard Freestyle	25.30	104
	26.90	15&O 50 Yard Freestyle	24.20	
105	NT	13&O 400 Yard Medley Relay	NT	106
All events 200 yards or more may require positive check-in.				