

2017 EARLY BIRD LONG COURSE INVITATIONAL MAY 6-7, 2017

**SPONSORED BY MARYLAND SUBURBAN SWIM CLUB
SANCTIONED BY USA SWIMMING THROUGH POTOMAC VALLEY SWIMMING
Sanction # PVC-17-84**

MEET DIRECTOR:	Manga Dalizu 301-526-6597 fairlandswim@comcast.net
MEET REFEREE:	Lynne Gerlach 240-286-2319 gerlach@msscswimming.com
OFFICIALS CHAIR:	Hope Oehler 443-631-7958 qingwaa@yahoo.com All certified officials wishing to volunteer to work this meet please contact Hope Oehler At qingwaa@yahoo.com by April 30. 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.
MEET LOCATION:	Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, MD 20707 301-362-6060 The meet will be swum in an 8 lane course with a water depth of 13' at the deep end and 5' at the shallow end. 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.
SCHEDULE:	12 & Under Sessions: Warm-up: 7:00 – 7:50 AM Events: 8:00 AM 13 & Over and Open Sessions: Warm-up: 12:50 - 1:50 PM Events: 2:00 PM
ELIGIBILITY:	Open to all USA Swimming clubs and registered athletes. If your club would like an invitation to this meet please contact the Meet Director. This meet has no qualifying times. 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. Entries limited to 1 st 4500 received.
RULES:	Current USA Swimming rules shall govern the meet. All events are timed finals. A contestant may enter no more than four individual events. 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>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>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</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>Deck entries may be accepted at the discretion of the Meet Director. All deck entries must be submitted no later than 30 minutes prior to first event of each session. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. In the event of a significantly over subscribed session, the Meet Director reserves the right to not accept deck entries. Deck entries are \$10 each, payable by cash at time of submission.</p> <p>Evidence of current USA-S registration will be required for deck entries</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>
<p>WARM-UP:</p>	<p>The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed.</p>
<p>TIMERS:</p>	<ul style="list-style-type: none"> • Participating clubs are required to provide a minimum of one timer per 25 entries. • The Meet Director will determine the number of timers per club and lane assignments. • All swimmers must supply a timer when participating in events that are 400m or longer.
<p>SUPERVISION:</p>	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. • Facility guidelines prohibit food from concessions stand to be consumed on the pool deck. Sports drinks and/or water are permitted. • Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck.

	<ul style="list-style-type: none"> • Working Coaches & deck officials are required to display their 2017 USA Swimming card. • Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck. • Meet Marshals shall be positioned around the deck. Please respect their authority.
ADMISSION:	There is no admission charge. Programs will be available for \$2.00 each. Working officials and coaches will receive a program. If positive check-in is used , there will be no programs for sale. Copies of the program will be posted as they become available and will be posted to Meet Mobile.
FEES:	Fees for individual events are \$7.00. There is a \$3.00 per athlete surcharge. Remit one check to cover the entry fees for the entire team. Do not send cash. Telephone entries will not be accepted. Deck entries may be accepted for empty lanes only. No new heats will be created. Deck entries are \$10 cash only payable at time of request.
AWARDS:	Ribbons will be awarded for 1st through 8th place in the following age groups: 10 & Under and 11-12.
ENTRIES:	<ul style="list-style-type: none"> • Short course entry times will be considered conforming times for this meet. • Long course entry times must be designated with a capital letter "L". These non-conforming times will be seeded after short course times. • Please do not submit converted times. • NT" or "No Time" will be allowed • If excessive entries are submitted for the 400 Free (Event #'s 31,32) and the 400 IM (Event #'s 63, 64), these events may be limited to the fastest seeded 6 heats of each event). • Club entries will be accepted by email. Submission of entries by email must include the following files: the Hy-Tek file, The Team Manager Meet Entry Report files (one by SWIMMER and one by EVENT). 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 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 fairlandswim@comcast.net in the subject heading type, "2017 EARLY BIRD LONG COURSE - *****" with the club's initials substituted in place of the asterisks. • 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.
WARNING:	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.
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.
DEADLINE:	The Meet Director must receive all entries for this meet NO LATER THAN TUESDAY, April 25, 2017. 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. Meet entry coordinator: Manga Dalizu 301-526-6597
MAKE CHECKS PAYABLE TO:	MARYLAND SUBURBAN SWIM CLUB
SEND ENTRY FEE TO:	Maryland Suburban Swim Club Attn: Lynne Gerlach P.O. Box 160 Laurel, MD 20725 PHONE #: 240-286-2319
CHECK-IN EVENTS:	Events may require positive check-in. If so, check-in closing times will be 30 minutes before the start of the session for the first 3 strokes and the remaining events will close 90 minutes after the start of the first event of the session. Session 1 events 1-12 close at 7:30 AM and 13-20 at 9:30 AM Session 2 events 21-26 close at 1:30 PM and 27-32 at 3:30 PM Session 3 events 33-44 close at 7:30 AM and 45-52 at 9:30 AM Session 4 events 53-58 close at 1:30 PM and 59-64 at 3:30 PM

Saturday, May 6, 2017
WARM-UP: 7:00 – 7:50 AM EVENTS: 8:00 AM

Women's Event #	12 & Under Saturday Session	Men's Event #
1	10 & under 200 Meter IM	2
3	11-12 200 Meter IM	4
5	10 & under 50 Meter Backstroke	6
7	11-12 50 Meter Backstroke	8
9	10 & under 50 Meter Breaststroke	10
11	11-12 50 Meter Breaststroke	12
13	10 & under 100 Meter Butterfly	14
15	11-12 100 Meter Butterfly	16
17	10 & under 100 Meter Freestyle	18
19	11-12 100 Meter Freestyle	20
Events may require positive check-in.		

Saturday, May 6, 2017
WARM-UP: 12:50 - 1:50 PM EVENTS: 2:00 PM

Women's Event #	13&Over Saturday Session	Men's Event #
21	Open 200 Meter IM	22
23	13 and Over 100 Meter Backstroke	24

25	Open 200 Meter Butterfly	26
27	13 and Over 100 Meter Breaststroke	28
29	13 and Over 100 Meter Freestyle	30
31*L	Open 400 Meter Freestyle	32*L
<p>Events may require positive check-in. *Swimmer must supply own timer. L - May be limited to fastest six (6) heats of each gender</p>		

Sunday, May 7, 2017
WARM-UP: 7:00 – 7:50 AM EVENTS: 8:00 AM

Women's Event #	12 and Under Sunday Session	Men's Event #
33	10 & under 200 Meter Freestyle	34
35	11-12 200 Meter Freestyle	36
37	10 & under 100 Meter Breaststroke	38
39	11-12 100 Meter Breaststroke	40
41	10 & under 100 Meter Backstroke	42
43	11-12 100 Meter Backstroke	44
45	10 & under 50 Meter Butterfly	46
47	11-12 50 Meter Butterfly	48
49	10 & under 50 Meter Freestyle	50
51	11-12 50 Meter Freestyle	52
<p>Events may require positive check-in.</p>		

Sunday, May 7, 2017
WARM-UP: 12:50 - 1:50 PM EVENTS: 2:00 PM

Women's Event #	13&Over Sunday Session	Men's Event #
53	13 and Over 200 Meter Freestyle	54
55	13 and Over 100 Meter Butterfly	56
57	Open 200 Meter Breaststroke	58
59	Open 200 Meter Backstroke	60
61	13 and Over 50 Meter Freestyle	62
63*L	Open 400 Meter IM	64*L
<p>Events may require positive check-in. *Swimmer must supply own timer. L - May be limited to fastest six (6) heats of each gender.</p>		