



CHRISTMAS CHAMPIONSHIPS 2017

DECEMBER 1 - 3, 2017

SPONSORED BY MARYLAND SUBURBAN SWIM CLUB

Held under the Sanction of USA Swimming through Potomac Valley Swimming

#PVC-18-28

MEET DIRECTOR:	Manga Dalizu 301-526-6597 fairlandswim@comcast.net
MEET REFEREE:	Lynne C. Gerlach 240-286-2319 gerlach@msscswimming.com
OFFICIALS CONTACT:	Hope Oehler 443-631-7958 gingwaa@yahoo.com
MEET LOCATION:	Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, Maryland 20707 301-362-6060 10 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).
TIMING SYSTEM:	Automatic timing (touchpads primary) will be used for this meet.
THIS YEAR	In the spirit of the season and to give back to the sport of swimming, the host club will make a donation to the USA Swimming Foundation in the name of the highest scoring team.
IMPORTANT NOTE:	This meet requires many volunteers. Coaches are responsible for ensuring their volunteer requirements are fulfilled.
SCHEDULE:	Friday - All Ages – Timed Finals: Warm-up 4:30 – 5:20 PM, Events: 5:30 PM Saturday and Sunday 13 and Over – Prelims Sessions: Warm-up: 6:30 – 7:30 AM Events: 7:40 AM 11-12 Year Olds – Prelims Sessions: Warm-up: 10:30 – 11:20 AM, Events: 11:30 AM 10 and Under – Prelims Sessions: Warm-up: 2:15 – 2:45 PM, Events: 2:50 PM

Finals Sessions:
 Warm-up: 5:15 – 6:05 PM, Events: 6:15 PM
NOTE: The meet director reserves the right to manage the timeline by running Dual Course if entries warrant. Positive check in may also be used.

ELIGIBILITY: Open to invited USA Swimming clubs and registered athletes. For safety reasons, M-NCPPC limits the number of swimmers and overall number of persons in the facility. Entries will be accepted on a first come, first serve basis from last year’s teams. The Meet Director will endeavor to inform teams promptly when the meet has been fully subscribed.

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.
 - All Friday night events are Timed Finals, will be swum fast to slow, and may require positive check in. The 500 Freestyle, the 400 IM and the 1650 yard Mixed Freestyle will be combined events but broken out for scoring and awards purposes. Two courses may be used.
 - Friday night session is considered a Distance session; **Swimmers must provide their own timer for all events and a counter if desired, for the 1650 Freestyle events.**
 - Entries in the 400 IM, 500 Free and 1650 Free may be limited due to time constraints. If necessary, entries will be limited based on verifiable proof of entry time, fast to slow. Athletes removed will be given the opportunity to enter another event in the meet as long as that entry does not exceed the limit per session.
 - All 13-14 and 15&Over events will have an ‘A’ and ‘B’ Final (Top 20).
 - All 11-12 and 10&Under events will have an ‘A’ Final (Top 10).
 - 12 and Under events - 400 IM, 200 Fly, 200 Back, 200 Breast are Timed Finals.
 - 8 and Under athletes MUST have provable times.
 - A contestant may enter no more than three (3) individual events per day and eight (8) events over the course of the meet.
 - SCY times will be the conforming times for this meet.
 - **“NT” entries will NOT be accepted with exception of the 12U 500 Free, where a provable 200 Free time is required.**
 - **Minimum entry standards must be equal to or faster than in the following events (please include proof of time on the Meet Entry Report.)**

Girl’s Qualifying time	Event	Boy’s Qualifying time
6:40.00 7:00.00	12&U 500 freestyle 11 – 12 10 & Under or	6:40.00 7:00.00
“BB” time for age group	12U 200 Free time for a NT entry in 500 free	“BB” time for age group
5:45.00	13&Over 400 IM	5:45.00
21:30.00	13&Over 1650 Freestyle	21:30.00

	<p>Dive-over starts will be used at Preliminary and Distance sessions. Coaches and Officials should review Protocol for Dive-Over Starts.</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) is 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>Deck changes are prohibited.</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 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.</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.</p> <p style="text-align: center;">No on-deck USA-S registration will be permitted.</p>
<p>PVS Positive Check in Policy</p>	<ul style="list-style-type: none"> • For those events requiring positive check- in athletes shall indicate their intention to swim the event on the forms provided at the scratch table. • Athletes who have not checked in by the specified time will be scratched from the event. • Athletes who have checked in, have been seeded and fail to swim the event will be barred from their next scheduled individual event unless excused by the Referee. • The Meet director reserves the right to positive check in some or all of the events besides those listed in order to manage the time line of the session.
<p>"SCRATCH" POLICY</p>	<p>If you do not wish to swim in the Final, you may "scratch" from the event by following this procedure:</p> <ol style="list-style-type: none"> 1. You must fill out and sign a Scratch Slip within 30 minutes of the announcement of qualifiers. 2. You may declare intent to scratch. You must fill out and sign a Scratch Slip within 30 minutes of the announcement of qualifiers, marking the intent space. If you declare an intent to scratch and do not wish to swim finals, you must confirm your scratch on the Scratch Slip within 30 minutes after your last preliminary event of the day or you will be automatically seeded into the event. 3. Any athlete who fails to properly scratch from an event and does not appear for the Finals event, shall be barred from further competition for the remainder of the meet.

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 will be followed. The Meet Director reserves the right to modify the warm-ups, if necessary.
AWARDS:	Medals will be awarded to first – tenth place for all age groups. Ribbons will be awarded to eleventh – twentieth place for 13 – 14 & 15 and Overs. All timed final events will be awarded medals first – tenth place. The 12 and Under 500 Freestyle will be broken into 10 and Under and 11-12 year olds for awards and scoring purposes.
SCORING:	Individual Events: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1 No more than 2 athletes per team per event can score.
TIMERS:	Participating clubs are required to provide timers in proportion to their entries.; one timer is required for each 25 entries. Teams will be notified of their volunteer requirements prior to start of meet.
OFFICIALS:	All certified officials wishing to volunteer to work this meet please contact Hope Oehler at gingwaa@yahoo.com prior to Friday, November 26th. 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.
SUPERVISION:	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. • Due to limited deck space, there will be NO chairs on deck except for coaches. • Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. • Coaches and Officials should show proof of current USA Swimming membership if requested. <p style="color: red;">Parents not working the meet are not permitted on deck. Please cooperate with Meet Marshals.</p>
ADMISSION & CONCESSIONS:	<ul style="list-style-type: none"> • There is no admission charge. • Meet programs will be sold for \$12.00. The program will include coupons for a free program for the finals session. • Concessions will be available in the facility lobby. • In keeping with facility policy NO snack bar food will be permitted on the pool deck with the exception of water/sports drinks. • Hospitality will be available to coaches, officials and other meet volunteers.
FEES:	Fees for individual events are \$8.50. There is a \$3.00 surcharge per athlete. Remit one check to cover the entry fees for the entire team. <u>Do not send cash</u> . Telephone entries will not be accepted.

<p>ENTRIES:</p>	<p>Entries should be sent via email. Entries must be received by the deadline below. Entry file should contain zip / commlink file, and entry reports by name and by event Send entries to fairlandswim@comcast.net Subject heading should be CHRISTMAS CHAMPIONSHIPS 2017 – "*****" (CLUB NAME) There will be no deck entries accepted at this meet.</p> <p>In the body of your email provide;</p> <ul style="list-style-type: none"> - entry number (girls, boys, totals) - officials contact - cell phone # of coach on deck <p>INDIVIDUAL ENTRIES WILL ONLY BE ACCEPTED BY email and checks can be delivered to the address below</p> <p>Meet Directors will acknowledge receipt of entries within 48 hours. Contact Meet Director if you do not receive acknowledgement.</p>
<p>DEADLINE:</p>	<p>ENTRIES MUST BE RECEIVED NO LATER THAN TUESDAY, November 21, 2017.</p>
<p>WARNING:</p>	<p>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.</p>
<p>NOTES:</p>	<p>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Sports and Aquatics Complex 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.</p>
<p>MAKE CHECKS PAYABLE TO:</p>	<p style="text-align: center;">MARYLAND SUBURBAN SWIM CLUB</p>
<p>SEND ENTRY FEES TO:</p>	<p>Maryland Suburban Swim Club P.O. Box 160 Laurel, MD 20725 Attn: Lynne Gerlach</p>

FRIDAY, DECEMBER 1, 2017 - TIMED FINALS SESSION
WARM-UP: 4:30 – 5:20 PM EVENTS: 5:30 PM

Girls Event #	TIMED FINALS SESSION ALL AGES – DISTANCE*	Boys Event #
1(S)	12 and Under 500 YD Freestyle	2 (S)
3 (S)	13-14 500 YD Freestyle	4 (S)
5 (S)	15&Over 500 YD Freestyle	6 (S)
7	12 and Under 200 YD IM	8
9	13 and Over 400 YD IM	10
11/13(T)	13&O Mixed 1650 YD Freestyle	12/14(T)
*swimmer must provide own timer/or counter S – See RULES above for 12 & Under 500 parameters. Times slower that 5:45.00 for the 400 IM will not be entered. T - Times slower than 21:30.00 in the 1650 Freestyle will not be entered		

Morning 13&Over Prelims Session
Saturday, December 2, 2017
WARM-UP: 6:30 – 7:30 AM EVENTS: 7:40 AM

Girls Event #	13&Over Events	Boys Event #
19	15&Over 200 YD Freestyle	20
21	13-14 200 YD Freestyle	22
27	15&Over 100 YD Butterfly	28
29	13-14 100 YD Butterfly	30
37	15&Over 200 YD Breaststroke	38
39	13-14 200 YD Breaststroke	40
45	15&Over 200 YD Backstroke	46
47	13-14 200 YD Backstroke	48
53	15&Over 100 YD Freestyle	54
55	13-14 100 YD Freestyle	56

Morning 13&Over Prelims Session
Sunday, December 3, 2017
WARM-UP: 6:30 – 7:30 AM EVENTS: 7:40 PM

Girls Event #	13&Over Events	Boys Event #
63	15&Over 200 YD IM	64
65	13-14 200 YD IM	66
73	15&Over 100 YD Backstroke	74
75	13-14 100 YD Backstroke	76
81	15&Over 200 YD Butterfly	82
83	13-14 200 YD Butterfly	84
89	15&Over 100 YD Breaststroke	90
91	13-14 100 YD Breaststroke	92
97	15&Over 50 YD Freestyle	98
99	13-14 50 YD Freestyle	100

11-12 Year old Prelims Session
Saturday, December 2, 2017
WARM-UP: 10:30- 11:20 AM EVENTS: 11:30 AM

Girls Event #	Events	Boys Event #
23	11-12 200 YD Freestyle	24
31	11-12 50 YD Butterfly	32
35*	12 and Under 400 YD IM	36*
41	11-12 100 YD Breaststroke	42
49	11-12 100 YD Backstroke	50
57	11-12 50 YD Freestyle	58
61*	12 and Under 200 YD Butterfly	62*
	*Timed final	

11-12 Year Old Prelims Session
Sunday, December 3, 2017
WARM-UP: 10:30 - 11:20 AM EVENTS: 11:30 AM

Girls Event #	Events	Boys Event #
67*	12 and Under 200 YD Breaststroke	68*
69	11-12 100 YD IM 11-12	70
77	50 YD Backstroke	78
85	11-12 100 YD Butterfly	86
93	11-12 50 YD Breaststroke	94
101	11-12 100 YD Freestyle	102
105*	12&Under 200 YD Backstroke	106*
	*Timed final	

10 and Under Prelims Session
Saturday, December 2, 2017
WARM-UP: 2:15 – 2:45 PM, Events 2:50 PM

Girls Event #	Events	Boys Event #
25	10 and Under 200 YD Freestyle	26
33	10 and Under 50 YD Butterfly	34
43	10 and Under 100 YD Breaststroke	44
51	10 and Under 100 YD Backstroke	52
59	10 and Under 50 YD Freestyle	60

10 and Under Prelims Session
Sunday, December 3, 2017
WARM-UP: 2:15 – 2:45 PM, Events 2:50 PM

Girls Event #	Events	Boys Event #
71	10 and Under 100 YD IM	72
79	10 and Under 50 YD Backstroke	80
87	10 and Under 100 YD Butterfly	88
95	10 and Under 50 YD Breaststroke	96
103	10 and Under 100 YD Freestyle	104

SATURDAY FINALS
WARM-UP: 5:15 – 6:05 PM EVENTS: 6:15 PM

Girls Event #	Events	Boys Event #
19	15&Over 200 YD Freestyle	20
21	13-14 200 YD Freestyle	22
23	11-12 200 YD Freestyle	24
25	10 and Under 200 YD Freestyle	26
27	15&Over 100 YD Butterfly	28
29	13-14 100 YD Butterfly	30
31	11-12 100 YD Butterfly	32
33	10 and Under 100 YD Butterfly	34
37	15&Over 200 YD Breaststroke	38
39	13-14 200 YD Breaststroke	40
41	11-12 100 YD Breaststroke	42
43	10 and Under 100 YD Breaststroke	44
45	15&Over 200 YD Backstroke	46
47	13-14 200 YD Backstroke	48
49	11-12 100 YD Backstroke	50
51	10 and Under 100 YD Backstroke	52
53	15&Over 100 YD Freestyle	54
55	13-14 100 YD Freestyle	56
57	11-12 100 YD Freestyle	58
59	10 and Under 50 YD Freestyle	60

SUNDAY FINALS
WARM-UP: 5:15 – 6:05 PM EVENTS: 6:15 PM

Girls Event #	Events	Boys Event #
63	15&Over 200 YD IM	64
65	13-14 200 YD IM	66
69	11-12 100 YD IM	70
71	10 and Under 100 IM	72
73	15&Over 100 YD Backstroke	74
75	13-14 100 YD Backstroke	76
77	11-12 50 YD Backstroke	78
79	10 and Under 50 YD Backstroke	80
81	15&Over 200 YD Butterfly	82
83	13-14 200 YD Butterfly	84
85	11-12 100 YD Butterfly	86
87	10 and Under 100 YD Butterfly	88
89	15&Over 100 YD Breaststroke	90
91	13-14 100 YD Breaststroke	92
93	11-12 50 Breaststroke	94
95	10 and under 50 Breaststroke	96
97	15&Over 50 YD Freestyle	98
99	13-14 50 YD Freestyle	100
101	11-12 100 Freestyle	102
103	10 and Under 100 Freestyle	104