



33RD ANNUAL BLACK HISTORY INVITATIONAL SWIM MEET

February 15th - 17th, 2019

Sanction # PVA-19-304

Hosted by:



<p>MEET DIRECTOR Robert M. Green robert.green@dc.gov</p>	<p>MEET REFEREE Mohamed Chouikha mohamed.chouikha@gmail.com</p>	<p>CLUB OFFICIALS CHAIR Erika Livingston erika@aimstutoring.com OFFICIALS SIGN UP LINK</p>
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Facility and Location	<p>Takoma Aquatic Center 300 Van Buren Street, N.W. Washington, DC 20012 (202) 576-9285</p> <p>One 25-yard, 8 lane course, and one 25-yard 6 lane course will be used. The water depth ranges from 7' at the turn end to 13.5' at the starting end. The water depth ranges from 3'8"-6'8" in the warm up/warm down east pool.</p> <p>The competition courses have not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</p> <p>Lanes are 9 feet wide. Stainless steel gutter system. Colorado Timing Systems, multi- lane scoreboard. Continuous warm-up, warm-down will be available during the meet.</p>
Meet Director	<p>Rob Green (202) 256 - 4718 robert.green@dc.gov</p>
Meet Referee	<p>Mohamed Chouikha mohamed.chouikha@gmail.com</p>
Officials Chair	<p>Erika Livingston Erika@aimstutoring.com</p>
Timing System	<p>Automatic timing (touchpads primary) will be used for this meet. Buttons and watches will be used as backups.</p>
Schedule	<ul style="list-style-type: none"> • Session 1 – Friday, February 15th All ages Warm Up – 6:50 am; Events – 8:00 am • BHISM Honoree Dinner & Social – Friday, February 15th • Session 2 & 3 – Saturday, February 16th 13 & Over Warm Up – 6:00 am; Events – 7:20 am • Session 4 & 5 – Saturday, February 16th 12 & Under Warm Up – 12:30 pm; Events – 1:40 pm

	<ul style="list-style-type: none"> • Session 6 & 7 – Sunday, February 17th 13 & Over Warm Up – 6:00 am; Events – 7:20 am • Session 8 & 9 – Sunday, February 17th 12 & Under Warm Up – 12:30 pm; Events – 1:40 pm <p><i>*Note: Meet manager will determine if session start times will need to be adjusted or if age groups need to be moved to a different session based on the number of entries received. A time line will be established and forwarded to each team by Friday, February 8th.</i></p>
Eligibility	<p>This meet is open to all swimmers. USA Swimming membership is not required for entry into the meet. Priority in acceptance of entries will be given to teams and athletes that swam in the meet the previous year. Any new teams or athletes interested in attending should notify the Meet Director with an estimated number of swimmers.</p> <p><i>*Note: We have set a maximum number of athletes who may enter this meet. Selection will be based on first arrival, first entered in events.</i></p>
Inclusion Policy	<p>PVS and DPR are committed to the Potomac Valley Inclusion Policy for Swimmers with a Disability. 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 competition.</p>
Rules	<p>Current USA Swimming rules shall govern the meet. All events are timed finals.</p> <p>No on-deck USA-S registration is permitted.</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, restrooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</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 sessions that include 12 & U events per Rule 205.3.1F.</p> <p>Operation of a drone or any other flying devices 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>
Entries	<p>Each swimmer may enter a maximum of three (3) individual events per day, but not to exceed more than 8 individual events for the entire meet.</p> <p>Note: We intend that times from this meet be put into the United States Swimming database – to do so, the swimmers should enter their legal names as they are registered with USA</p>

Swimming and their correct date of birth. The preferred name feature will be used if they want to be in the meet under a different first name.

Lane timing cards (furnished at the session) shall be submitted for each relay team only.

The master entry shall show the name, address, and telephone number of the person responsible for each team's entry.

Each team is required to provide two volunteer timers for the duration of each session. Depending on the number of teams present, the meet director reserves the right to request teams to contribute a certain amount of timers proportional to their entries. For the 500 Yard Freestyle and 400 Yard I.M events athletes must provide their own timers. These are positive check-in events; swimmers must check in during warm ups to indicate their presence and intent to swim these events.

Entries must be submitted electronically via e-mail. Follow the instructions under the appropriate heading below.

Entries must indicate the athlete's legal name and date of birth. Each club is requested to remit one check to cover the entry fees for the entire team. Please put the club name on the entry check (if not a club check) and note the number of entries. Do not send cash. Meet director has been instructed not to accept telephone or fax entries.

Entries not submitted on the required forms, not complete, not legible or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry.

NO DECK ENTRIES WILL BE ACCEPTED.

Electronic entries files should include:

- Export of meet entries
- Entry report by name
- Entry report by event

Send entry fee check via USPS to:

**Takoma Aquatic Center
Attn: Rob Green
300 Van Buren Street, NW
Washington, DC 20012**

Checks must be made payable to the "DC Treasurer".

Clubs submitting by email should submit entries to the meet director (listed above.) Include in the subject heading type, "33rd Black History Meet -****" with the club's initials substituted in place of the asterisks. The meet director will acknowledge receipt by return e-mail within 24 hours. Clubs that do NOT receive an acknowledgment of receipt of their entries should call the meet director to confirm receipt.

<p>Qualifying Times and NT Policy</p>	<p>Qualifying time standards will be used for all events 100 yards and longer. Events 200 yards and longer will use a minimum B time standard, 100's will use a minimum C time standard. There is no qualifying time standard for 50's however, no NT times will be accepted. All 50 yard events require an entry time.</p> <p>Coaches should provide best times swam in competition for their swimmers as entry times. If no such times are available, times obtained under the supervision of a coach may be accepted.</p>																																								
<p>Entry Deadline</p>	<p>The final day to submit entries is Friday, January 25th, 2019.</p> <p>As of this date, the meet will be officially closed and no additional entries will be accepted. The meet will be seeded based on the entries received at that time. Entries are not considered as received until all fees are paid.</p> <p>Entries will be seeded on a first come first serve basis. If the total number of entries received exceeds the time available for the various sessions, entries will be returned based on the order of receipt. The Meet Director may limit the number of heats swam in any event if a session time line exceeds the time allowed or should the number of entries exceed 1100 athletes.</p> <p>There will be no deck entries for this meet.</p>																																								
<p>Scoring and Awards</p>	<p>Medals will be awarded for 1st through 3rd place for individual and relay events, place ribbons will be awarded for 4th through 8th place in individual events only. Heat winner ribbons will be awarded throughout the meet for individual events to heat winners.</p> <p><u>High Point:</u></p> <p>Special recognition will be given to the male and female swimmer from each age group who accumulates the most points.</p> <p>The 12 & Under individual events will be scored as 8 & U, 9 & 10, and 11 & 12 age groups. The 13 & Over events will be scored 13 & 14 and 15 - 18 respectively.</p> <p><i>Points will be awarded as follows:</i></p> <table border="1" data-bbox="399 1402 1403 1591"> <thead> <tr> <th>Place</th> <th>Points</th> <th>Place</th> <th>Points</th> <th>Place</th> <th>Points</th> <th>Place</th> <th>Points</th> </tr> </thead> <tbody> <tr> <td>1st</td> <td>20</td> <td>5th</td> <td>14</td> <td>9th</td> <td>9</td> <td>13th</td> <td>4</td> </tr> <tr> <td>2nd</td> <td>17</td> <td>6th</td> <td>13</td> <td>10th</td> <td>7</td> <td>14th</td> <td>3</td> </tr> <tr> <td>3rd</td> <td>16</td> <td>7th</td> <td>12</td> <td>11th</td> <td>6</td> <td>15th</td> <td>2</td> </tr> <tr> <td>4th</td> <td>15</td> <td>8th</td> <td>11</td> <td>12th</td> <td>5</td> <td>16th</td> <td>1</td> </tr> </tbody> </table> <p>Relay events will not be considered in the individual's point total. All events are timed finals. Individual scores through 16th place will be maintained and posted during the meet.</p>	Place	Points	Place	Points	Place	Points	Place	Points	1 st	20	5 th	14	9 th	9	13 th	4	2 nd	17	6 th	13	10 th	7	14 th	3	3 rd	16	7 th	12	11 th	6	15 th	2	4 th	15	8 th	11	12 th	5	16 th	1
Place	Points	Place	Points	Place	Points	Place	Points																																		
1 st	20	5 th	14	9 th	9	13 th	4																																		
2 nd	17	6 th	13	10 th	7	14 th	3																																		
3 rd	16	7 th	12	11 th	6	15 th	2																																		
4 th	15	8 th	11	12 th	5	16 th	1																																		

Officials	<p>All certified USA Swimming officials wishing to volunteer to work this meet should complete the OFFICIALS SIGN UP or contact the DC Wave Officials Chair, Erika Livingston at Erika@aimstutoring.com prior to February 15th, 2019.</p> <p>Please include your club affiliation, certifications held, and sessions you wish to work in your email message. Certified officials who have not been contacted should volunteer their services to the Meet Referee early during the warm-up period. Officials assigned to this meet should sign in at the results table at the start of warm-up.</p>
Timers	<p>Athletes are responsible for providing their own timers for the 400 Yard I.M. and for the 500 Yard Freestyle events. Each team is asked to provide timers for each session in which they have athletes swimming. The meet director will assign timer requirements by team once all entries have been received.</p>
Sanction	<p>Documents have been submitted to Potomac Valley Swimming of USA Swimming to have the meet approved. Therefore, USA Swimming should recognize times obtained at this meet for the purpose of qualifying for other meets.</p>
Fees	<p>Entries fees are to be made payable to the “DC TREASURER”. Fees are non-refundable. Entries will not be considered received until all fees are paid.</p> <p>Fees for individual events are \$5.00 and \$10.00 for relay events. In addition, there will be an \$8.00 surcharge per athlete. Each team/club must send only one check or money order to cover entry fees.</p> <p style="text-align: center;">NO CASH PAYMENTS WILL BE ACCEPTED.</p> <p style="text-align: center;">Entry fees are due no later than Friday, February 8th, 2019.</p>
Admission	<p>There is no admission charge however; spectators must reserve seating online in advance. Maximum spectator capacity inside the facility is 700 occupants.</p>
Supervision	<p>Coaches are responsible for the conduct of their athletes and families and friends, as well as maintaining clean team areas during and following each session. Only athletes, credentialed coaches, timers and USA Swimming certified deck officials and/or trainees are permitted on the deck.</p>
Meet Credentials	<p>Certified USA Swimming coaches and officials must display valid 2019 USA Swimming deck pass during check-in to receive meet credentials. Coaches are required to display 2019 BHISM Meet Credentials at all times while on deck. Credentials will be checked before each session to gain access to the deck and hospitality room.</p> <p>Teams will be issued coaches credentials based on the number of swimmers entered in the meet.</p> <ul style="list-style-type: none"> • 1-10 swimmers..... 1 credential • 11-20 swimmers..... 2 credentials • 21-40 swimmers..... 3 credentials • 41-60 swimmers..... 4 credentials • 61-100 swimmers..... 5 credentials • 100+ swimmers..... 10 credentials <p>Additional coach’s credentials can be purchased at the team check-in table for \$10.00.</p>

Warm Ups	<p>For the safety of swimmers, current Potomac Valley Swimming warm up rules shall apply.</p> <p>Warm up shall be conducted under the supervision of a USA Swimming referee. Coaches are required to supervise their swimmers at all times.</p>
Results	<p>Team Manager and Meet Manager result files, along with meet result reports will be emailed to each club/team. Results will also be posted on the Potomac Valley Swimming Website.</p>
Liability	<p>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Takoma Aquatic Center, and DC Wave Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>

TEAM ENTRY FORM

Team Name and Code:						
Head Coach:						
Team Address:						
City/State/Zip Code:						
Team Phone:						
Email:						
Cell:						
Entry Counts	8&U	9-10	11-12	13-14	15&O	Total
# of Female Swimmers						
# of Female Entries						
# of Female Relays						
# of Male Swimmers						
# of Male Entries						
# of Male Relays						
Entry Fees						
Surcharge	Total # of swimmers X \$8.00 =					
Individual Entries	Total # of Individual Entries X \$5.00 =					
Relay Entries	Total # of Relays X \$10.00 =					
Total						

EVENTS SCHEDULE

QT	Session 1 - Friday, February 15th			QT
NST (SCY)	Women	Events	Men	NST (SCY)
3:38.49	1	10 & Under 200 IM	2	3:35.49
3:00.69	3	11 & 12 200 IM	4	2:57.59
6:05.79	5	13 & 14 400 IM	6	5:41.79
5:57.59	7	OPEN 400 IM	8	5:29.09
3:23.09	9	10 & Under 200 Breaststroke	10	3:14.89
3:23.09	11	11 & 12 200 Breaststroke	12	3:14.89
2:50.09	13	13 & 14 200 Butterfly	14	2:38.29
2:46.79	15	OPEN 200 Butterfly	16	2:31.39
3:00.89	17	10 & Under 200 Butterfly	18	2:56.59
3:00.89	19	11 & 12 200 Butterfly	20	2:56.59
2:56.59	21	10 & Under 200 Backstroke	22	2:52.69
2:56.59	23	11 & 12 200 Backstroke	24	2:52.69
6:49.39	25	13 & 14 500 Freestyle	26	6:26.59
6:40.69	27	OPEN 500 Freestyle	28	6:12.59
8:26.09	29	10 & Under 500 Freestyle	30	8:16.69
7:09.09	31	11 & 12 500 Freestyle	32	6:57.29

QT	Session 2 & 3 - Saturday, February 16th			QT
NST (SCY)	Women	Events	Men	NST (SCY)
-	33	13-14 400 Freestyle Relay	34	-
-	35	Open 400 Freestyle Relay	36	-
2:51.49	37	13 & 14 200 IM	38	2:39.99
2:48.19	39	OPEN 200 IM	40	2:32.69
-	41	13 & 14 50 Freestyle	42	-
-	43	OPEN 50 Freestyle	44	-
1:31.99	45	13 & 14 100 Backstroke	46	1:28.99
1:25.89	47	OPEN 100 Backstroke	48	1:21.89
2:33.19	49	13 & 14 200 Freestyle	50	2:22.99
2:29.89	51	OPEN 200 Freestyle	52	2:17.29
1:40.49	53	13 & 14 100 Breaststroke	54	1:36.29
1:34.19	55	OPEN 100 Breaststroke	56	1:28.89
-	57	13-14 200 Medley Relay	58	-
-	59	Open 200 Medley Relay	60	-

<i>QT</i>	<i>Session 4 & 5 – Saturday, February 16th</i>			<i>QT</i>
<i>NST (SCY)</i>	<i>Women</i>	<i>Events</i>	<i>Men</i>	<i>NST (SCY)</i>
<i>2:18.99</i>	<i>61</i>	<i>8 & Under 100 IM</i>	<i>62</i>	<i>2:18.99</i>
<i>1:42.59</i>	<i>63</i>	<i>9 & 10 100 IM</i>	<i>64</i>	<i>1:42.59</i>
<i>1:24.39</i>	<i>65</i>	<i>11 & 12 100 IM</i>	<i>66</i>	<i>1:24.39</i>
<i>-</i>	<i>67</i>	<i>8 & Under 50 Freestyle</i>	<i>68</i>	<i>-</i>
<i>-</i>	<i>69</i>	<i>9 & 10 50 Freestyle</i>	<i>70</i>	<i>-</i>
<i>-</i>	<i>71</i>	<i>11 & 12 50 Freestyle</i>	<i>72</i>	<i>-</i>
<i>2:21.99</i>	<i>73</i>	<i>8 & Under 100 Breaststroke</i>	<i>74</i>	<i>2:21.99</i>
<i>1:58.09</i>	<i>75</i>	<i>9 & 10 100 Breaststroke</i>	<i>76</i>	<i>2:00.59</i>
<i>1:42.99</i>	<i>77</i>	<i>11 & 12 100 Breaststroke</i>	<i>78</i>	<i>1:49.99</i>
<i>2:00.99</i>	<i>79</i>	<i>8 & Under 100 Butterfly</i>	<i>80</i>	<i>2:00.99</i>
<i>1:55.99</i>	<i>81</i>	<i>9 & 10 100 Butterfly</i>	<i>82</i>	<i>1:55.99</i>
<i>1:41.79</i>	<i>83</i>	<i>11 & 12 100 Butterfly</i>	<i>84</i>	<i>1:41.79</i>
<i>1:51.49</i>	<i>85</i>	<i>8 & Under 100 Backstroke</i>	<i>86</i>	<i>2:01.49</i>
<i>1:41.79</i>	<i>87</i>	<i>9 & 10 100 Backstroke</i>	<i>88</i>	<i>1:51.79</i>
<i>1:37.89</i>	<i>89</i>	<i>11 & 12 100 Backstroke</i>	<i>90</i>	<i>1:41.59</i>
<i>-</i>	<i>91</i>	<i>10 & Under 200 Freestyle Relay</i>	<i>92</i>	<i>-</i>
<i>-</i>	<i>93</i>	<i>11-12 200 Freestyle Relay</i>	<i>94</i>	<i>-</i>

	<i>Session 6 & 7 – Sunday, February 17th</i>			<i>QT</i>
	<i>Women</i>	<i>Events</i>	<i>Men</i>	
<i>-</i>	<i>95</i>	<i>13-14 400 Medley Relay</i>	<i>96</i>	<i>-</i>
<i>-</i>	<i>97</i>	<i>Open 400 Medley Relay</i>	<i>98</i>	<i>-</i>
<i>2:47.29</i>	<i>99</i>	<i>13 & 14 200 Backstroke</i>	<i>100</i>	<i>2:44.09</i>
<i>2:37.09</i>	<i>101</i>	<i>OPEN 200 Backstroke</i>	<i>102</i>	<i>2:29.89</i>
<i>1:15.99</i>	<i>103</i>	<i>13 & 14 100 Freestyle</i>	<i>104</i>	<i>1:12.99</i>
<i>1:13.89</i>	<i>105</i>	<i>OPEN 100 Freestyle</i>	<i>106</i>	<i>1:09.19</i>
<i>3:11.99</i>	<i>107</i>	<i>13 & 14 200 Breaststroke</i>	<i>108</i>	<i>2:58.39</i>
<i>3:08.19</i>	<i>109</i>	<i>OPEN 200 Breaststroke</i>	<i>110</i>	<i>2:48.69</i>
<i>1:27.99</i>	<i>111</i>	<i>13 & 14 100 Butterfly</i>	<i>112</i>	<i>1:23.79</i>
<i>1:23.89</i>	<i>113</i>	<i>OPEN 100 Butterfly</i>	<i>114</i>	<i>1:17.59</i>
<i>-</i>	<i>115</i>	<i>13-14 200 Freestyle Relay</i>	<i>116</i>	<i>-</i>
<i>-</i>	<i>117</i>	<i>Open 200 Freestyle Relay</i>	<i>118</i>	<i>-</i>

Session 8 & 9 - Sunday, February 17th				
	Women	Events	Men	
-	119	8 & Under 50 Butterfly	120	-
-	121	9 & 10 50 Butterfly	122	-
-	123	11 & 12 50 Butterfly	124	-
3:19.19	125	10 & Under 200 Freestyle	126	3:06.69
2:41.19	127	11 & 12 200 Freestyle	128	2:35.69
-	129	8 & Under 50 Backstroke	130	-
-	131	9 & 10 50 Backstroke	132	-
-	133	11 & 12 50 Backstroke	134	-
1:50.99	135	8 & Under 100 Freestyle	136	1:53.99
1:48.99	137	9 & 10 100 Freestyle	138	1:45.89
1:30.99	139	11 & 12 100 Freestyle	140	1:38.99
-	141	8 & Under 50 Breaststroke	142	-
-	143	9 & 10 50 Breaststroke	144	-
-	145	11 & 12 50 Breaststroke	146	-
-	147	10 & Under 200 Medley Relay	148	-
-	149	11-12 200 Medley Relay	150	-