

EARLY BIRD LONG COURSE MEET

May 4 -5, 2019

SPONSORED BY MARYLAND SUBURBAN SWIM CLUB
HELD UNDER THE SANCTION OF USA SWIMMING
THROUGH POTOMAC VALLEY SWIMMING
Sanction #PVC-19-88

MEET DIRECTOR Manga Dalizu 301-526-6597 fairlandswim@comcast.net	MEET REFEREE Lynne Gerlach 240-286-2319 gerlach@msscswimming.com	MEET OFFICIALS' CONTACT Hope Oehler 443-631-7958 gingwaa@yahoo.com
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FACILITY:	Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, Maryland 20707 301-362-6060 <ul style="list-style-type: none"> • 8 lanes, 50 meters; Shallow end is 5' and the deep end is 13'. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). • Facility Rules: <ul style="list-style-type: none"> ○ Swimmers are not to leave the pool deck without appropriate attire. ○ No glass containers are permitted within the pool area. ○ No camera cell phones are permitted in the locker rooms. ○ Swimmers are asked to take a cleansing shower before entering the pool for warm up.
TIMING SYSTEM:	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used for this meet.
ENTRY DEADLINE:	The Meet Director must receive all entries for this meet NO LATER THAN Tuesday, April 23, 2019 Updated times will be accepted until Tuesday, April 23, 2019, however no new entries will be accepted. 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. Entries will be accepted from 2018 returning teams, however once the capacity is reached no new entries will be accepted.
IMPORTANT NOTE:	This meet requires many volunteers. <ul style="list-style-type: none"> • 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. • Coaches are responsible for their volunteer requirements for their club.
OFFICIALS:	<ul style="list-style-type: none"> • All certified officials are welcome to volunteer; Please contact Hope Oehler at gingwaa@yahoo.com prior to Friday, April 26, 2019. <ul style="list-style-type: none"> ○ 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 contacted the Officials contact are also welcome to volunteer to the Referee.

SCHEDULE:	<p style="text-align: center;">12 & Under Sessions: Warm-up: 7:00 – 7:50 AM Events: 8:00 AM</p> <p style="text-align: center;">13 & Over / OPEN Sessions: Warm-up: 12:50 - 1:50 PM Events: 2:00 PM</p>
ELIGIBILITY:	<p style="text-align: center;">Please read Meet Announcement carefully for new information.</p> <ul style="list-style-type: none"> • Open to invited USA Swimming clubs and registered athletes. In order to comply with facility capacity limits, the M-NCPPC limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. Entries will be accepted on a first come, first serve basis from last year's (2018) teams. The Meet Director will endeavor to inform teams promptly when the meet has been fully subscribed. Once capacity per session is reached, no new entries can be accepted. • Athletes shall compete at the age attained on the first day of the meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • 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.
RULES:	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern the meet. • 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, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • 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. • Deck changes are prohibited. • 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 swimmer's legal guardian to ensure compliance with this requirement. • 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. • No on-deck USA-S registration will be permitted.
EVENT RULES:	<ul style="list-style-type: none"> • A contestant may enter no more than four individual events per day. • Deck entries will be accepted however no new heats will be created. • Deck Entry fee is \$10.00 per individual event, cash only please.
POSITIVE CHECK IN:	<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 CHECK IN 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 the events in addition those listed to manage the time line of the session. • 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.

	<ul style="list-style-type: none"> • Session 1 events 1-12 close at 7:30 AM and 13-20 at 9:30 AM • Session 2 events 21-28 close at 1:30 PM and 29-38 at 3:30 PM • Session 3 events 39-50 close at 7:30 AM and 51-58 at 9:30 AM • Session 4 events 59-68 close at 1:30 PM and 69-76 at 3:30 PM
WARM-UP:	<ul style="list-style-type: none"> • The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed. • The Meet Director reserves the right to modify the warm-up times and structure, if necessary.
SUPERVISION	<ul style="list-style-type: none"> • Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up. • Coaches are responsible for the conduct of their swimmers and families and for cleaning up their team areas. • Due to limited deck space, there will be NO chairs on deck except for coaches. • A heated tent will be available on the pool patio. Please take advantage of this additional team area to reduce deck crowding.
CREDENTIALS:	<ul style="list-style-type: none"> • Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. • Working Coaches & deck officials are required to display or produce their 2019 USA Swimming credentials on Deck Pass. • <u>Parents not working the meet in an official capacity may NOT be on the deck as per USA Swimming rules.</u>
FEES:	<ul style="list-style-type: none"> • Fees for individual events are 7.50. There is a \$3.00 surcharge per athlete. • Remit one check to cover the entry fees for the entire team. Do not send cash.
REMINDER:	<ul style="list-style-type: none"> • Entry fees are due with each club's meet entry prior to the start of the meet. • No further entries will be accepted from clubs for future meets until all entry fees are paid in full by the club to the meet director.
SCORING:	<ul style="list-style-type: none"> • This meet will not be scored.
AWARDS:	<ul style="list-style-type: none"> • Ribbons will be awarded for 1st through 8th place in the following age groups: 10 & Under and 11-12.
ADMISSION/ CONCESSIONS:	<ul style="list-style-type: none"> • There is no admission charge. • Programs may be available for \$2.00 each or will be available for purchase on meet mobile. • 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 available on Meet Mobile, if possible. • <u>Concessions for spectators will be available for purchase in the facility lobby. In keeping with facility policy NO snack bar food will be permitted on the pool deck except for water/sports drinks.</u> • The Club hospitality table, located on the pool deck will available to all coaches, officials and other meet volunteers.
ENTRY DEADLINE:	<ul style="list-style-type: none"> • Tuesday, April 23, 2019

ENTRY PROCEDURES:	<ul style="list-style-type: none"> • Hy-Tek Entries should be submitted by email to the Meet Director at fairlandswim@comcast.net • Include in the subject of the email "2019 EBLC - ****" with the club's initials in place of the asterisks. • In the body of your email provide entry number (girls, boys, totals) Include contact information (club name/site name if applicable, email, phone, officials contact. • Entries from individual team members will not be accepted. • Entries by phone or FAX will not be accepted. • INDIVIDUAL OR UNATTACHED ENTRIES WILL BE ACCEPTED BY delivery to the address below. • Meet Directors will acknowledge receipt by return e-mail within 48 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director. • 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.
MAKE CHECKS PAYABLE TO:	MARYLAND SUBURBAN SWIM CLUB
ENTRY FEES:	MARYLAND SUBURBAN SWIM CLUB P.O. Box 160 Laurel, MD 20725 Attn: Lynne Gerlach
NOTES:	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.

Saturday, May 4, 2019
WARM-UP: 7:00 – 7:50 AM, EVENTS: 8:00 AM

Women's Event #	12&U 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

Sunday, May 5, 2019
WARM-UP: 7:00 – 7:50 AM, EVENTS: 8:00 AM

Women's Event #	12&U 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

Saturday, May 4, 2019
WARM-UP: 12:50 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	Open 400 Meter Freestyle	32

Sunday, May 5, 2019
WARM-UP: 12:50 PM , EVENTS: 2:00 PM

Women's Event #	13 and Over Sunday sessions	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	Open 400 Meter IM	64