



2022 Christmas Championships

December 2 - 4, 2022

Sanction # PVI-23-33



ENTRY COORDINATOR Manga Dalizu (301) 526-6597 fairlandswim@comcast.net	MEET DIRECTOR David Miller (202) 631-2244 Davidm.miller202@gmail.com	MEET REFEREE Lynne Gerlach (240) 286-2319 gerlach@msscswimming.com	OFFICIALS' CONTACT Hope Oehler (443) 631-7958 gingwaa@yahoo.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-23-33. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Maryland Suburban Swim Club, and Fairland Sports and Aquatics Complex shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
FACILITY	<p style="text-align: center;"><u>Fairland Aquatics Center</u> 13820 Old Gunpowder Road Laurel, Maryland 20707 (301) 362-6060</p> <ul style="list-style-type: none"> The pool at Fairland Aquatics Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 10 lanes, 25 yards, running from wall to wall. Water depth ranges from 5' – 13' at both the start and turn ends. A second, 8 lane, wall to wall 25 yard course with water depth of 5' to 6' may be used. Continuous warm-up will be available if only one course is used. The competition course has not been certified in accordance with current 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. Glass containers are not permitted within the pool area. Camera cell phones are not permitted in the locker rooms. Swimmers should take a cleansing shower before entering the pool for warm up.
ENTRY DEADLINE	<p style="text-align: center;">November 17, 2022 11:59 PM</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> <ul style="list-style-type: none"> Updated times will be accepted until Wednesday, November 23, 2022, however no new entries will be accepted. Entries will be accepted from 2019 returning teams, however once the capacity is reached no new entries will be accepted. Each session is limited to 350 athletes per session per facility policy.

<p>SCHEDULE</p>	<p>Friday - All Ages – Timed Finals: Warm-up 4:30 – 5:20 PM, Events: 5:30 PM</p> <p>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: 1:40 – 2:20 PM, Events: 2:30 PM Finals Sessions: Warm-up: 5:15 – 6:05 PM, Events: 6:15 PM</p> <p>NOTE: The meet director reserves the right to manage the timeline by running <u>Two courses</u> simultaneously for Friday Timed Finals and Prelims sessions, by adjusting session times, or combining the 10&U and 11-12 sessions. Positive check in may also be used.</p> <ul style="list-style-type: none"> • On Saturday and Sunday mornings, no one will be permitted to enter the building until 6:00 am.
<p>ELIGIBILITY</p>	<p>Please read Meet Announcement carefully for new information.</p> <ul style="list-style-type: none"> • Open to athlete from invited USA Swimming clubs and registered athletes. • Entries are limited to 350 athletes per session. • Entries will be accepted on a first come, first served basis from 2019 returning 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. • An athlete may only compete in his or her own age division. • No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.
<p>DISABILITY SWIMMERS</p>	<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 PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete’s coach) is also responsible for notifying the session referee of any disability prior to competition.
<p>TIMING SYSTEM</p>	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used.
<p>RULES</p>	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • No on-deck USA Swimming registration is permitted. • In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per PVS policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • 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 the swimmer’s legal guardian to ensure compliance with this requirement. • 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.

- Dive-over starts will be used.
- 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.

EVENT RULES

- All Friday night events are Timed Finals, will be swum **fast to slow**, and may require positive check in.
- The 500 Yd Freestyle, the 400 IM, and the 1650 Yd Mixed Freestyle will be broken out by age groups and gender for scoring and awards purposes.
- Friday night session is considered a Distance session; **Swimmers must provide their own timer for all events and a counter if desired, for the 500 and 1650 Freestyle events.**
- Entries in the 400 IM, 500 Free and 1650 Free may need to be limited due to time constraints. If necessary, entries will be limited based on verifiable proof of entry time, fast to slow. Any athlete removed will be given the opportunity to enter another event in the meet as long as that entry does not create a new heat or exceed the entry limit per session.
- The fastest twenty (20) 13-14 and 15&Over swimmers from the preliminary events will advance to finals. There will be an “A” final and a “B” final. The “B” final will be swum first.
- The fastest ten (10) 10 and under and the fastest ten (10) 11-12-year-old swimmers from the preliminary events will advance to finals.
- The following 11-12 year old events will be timed final events: 400 IM, 200 Butterfly, 200 Backstroke and 200 Breaststroke.
- 8 and Unders entered in Christmas Champs 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.
- SEED TIMES SHOULD BE SUBMITTED AS SHORT COURSE YARDS ONLY.
- **“NT” entries will NOT be accepted with exception of the 12U 500 Free with a provable “B” standard 200 Free time and the 1650 Free with a provable “B” standard 1000 Free time.**
- **Coaches’ times will not be accepted.**
- **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 Minimum Entry time	Event	Boy’s Minimum Entry time
7:30.00 (10U) 6:40.00 (11-12)	12&U 500 freestyle or	7:30.00 (10U) 6:40.00 (11-12)
“B” time for age group	12U 200 Free time for a NT entry in 500 free	“B” time for age group
5:45.00	13&Over 400 IM	5:45.00
21:30.00 or “B” in 1000 Yd Freestyle	13&Over 1650 Freestyle Or for a NT entry a 100 yd Freestyle time	21:30.00 or “B” in 1000 Yd Freestyle

POSITIVE CHECK IN

- 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 not be seeded into 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 Entry Coordinator, in conjunction with the Meet Director, reserve the right to positive check in some or all the events in order to manage the timeline of the session.

WITHDRAWING FROM FINALS	<p>If you do not wish to swim in the Final, you may “scratch” from the event by following this procedure:</p> <ul style="list-style-type: none"> ○ You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A” or “B” finals, if scheduled. ○ You may declare intent to “scratch”. You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for “intent”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch on the Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event. <ul style="list-style-type: none"> ● If an athlete fails to properly scratch from an event and does not appear for the “Final” event, they shall be barred from further competition of the remainder of the meet.
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. ● Continuous warm-up will be available ONLY if single course is used. ● 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. ● Swimmers are required to take a shower before entering 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.
SEEDING	<ul style="list-style-type: none"> ● All events will be pre-seeded except for those that may require positive check in.
SCORING	<ul style="list-style-type: none"> ● Individual Events: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1 ● Teams will be awarded no more than 2 sets of points for a single event.
AWARDS	<ul style="list-style-type: none"> ● Medals will be awarded to first – tenth place in the “A” final. ● “B” Final will be awarded Ribbons (places 11-20). ● All timed final events will be awarded medals first – tenth. ● Events 1&2, 3&4, 5&6, 7&8 will be broken out by age group for scoring and awards. ● Event 9 will be broken out by age group and gender for scoring and awards.
PROGRAMS	<ul style="list-style-type: none"> ● Programs will be available on Meet Mobile. ● Working officials and coaches will receive a program.
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 current USA Swimming credentials on the USA Swimming App. ● Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck. Please cooperate with the meet marshals.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> ● There is no admission charge. ● All Swimmers and spectators should enter the facility through pool lobby. Coaches and Officials only may use the side entrance to pool deck. ● Concessions will not be available ● The Club hospitality table, located on the pool deck will available to all coaches, officials and other meet volunteers. ● Spectator seating is limited to 150 people. ● The meet will be live streamed on the MSSC YouTube Channel: https://youtube.com/channel/UCiZFrNCUiOgi2WEZD9zIHng

OFFICIALS	<ul style="list-style-type: none"> • Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. • Officials interested in volunteering should contact Hope Oehler, gingwaa@yahoo.com. • Officials who volunteer for three or more sessions prior to the deadline of 11.18.22 will receive a complimentary Christmas Champs polo shirt. No additional orders will be placed after 11.18.22. Shirts must be picked up at meet. Shirts will not be mailed. • Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive official briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> • Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. See link below: • https://www.signupgenius.com/go/10C0F4CA8A922A7F85-2022
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Entry Coordinator, Manga Dalizu • Include in the subject of the email, "2022 Christmas Champs - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. • Include in entry email: entry file, report of entries by name, report of entries by event. • In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). • Entries directly from individual team members will not be accepted. • Entries by phone or fax will not be accepted. • The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. • Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.
DECK ENTRIES	<ul style="list-style-type: none"> • There will be no deck entries accepted at this meet.
ENTRY FEES	<p style="text-align: center;">Per Swimmer Surcharge: \$12.50 Relay event fee: N/A Individual event fee: \$10.00</p> <ul style="list-style-type: none"> • Make checks payable to MSSC. Checks may be mailed to: PO Box 2658, Laurel, MD 20709 • Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. • Remit one check to cover the entry fees for the entire team. Do not send cash. • Telephone entries will not be accepted.

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FRIDAY, December 2, 2022- TIMED FINALS SESSION

WARM-UP: 4:30 – 5:20 PM EVENTS: 5:30 PM

**Swimmers must provide own timer for all events,
and counter, if desired, for 500 and 1650 YD Freestyle**

Girls Event #	TIMED FINALS SESSION ALL AGES – DISTANCE*	Boys Event #
1(S)	12 and Under 500 YD Freestyle	2 (S)
3 (S)	13 & Over 500 YD Freestyle	4 (S)
5	12 and Under 200 YD IM	6
7\$	13 and Over 400 YD IM	8\$
9#	13&O Mixed 1650 YD Freestyle	9#
<p>(S) 10U - NST 7:30.00 (S) 11-12 NST 6:40.00 (S) 13&Over (Girls) NST 6:15.00 (S) 13&Over (Boys) NST 6:00.00</p> <p>Swimmers entering the 500 YD Freestyle with a NT must have a provable 200 Freestyle time NST a "B" time standard for their age group</p> <p>Swimmers entering the 1650 YD Freestyle with a NT must have a provable 1000 Freestyle time NST a "B" time standard for their age group</p> <p>\$Times slower than 5:45.00 for the 400 IM will not be entered. #Times slower than 21:30.00 in the 1650 Freestyle will not be entered</p>		

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Morning 13&Over Prelims Session

Saturday, December 3, 2022

WARM-UP: 6:30 – 7:30 AM EVENTS: 7:40 AM

Girls Event #	13&Over Events	Boys Event #
11	15&Over 200 YD Freestyle	12
13	13-14 200 YD Freestyle	14
19	15&Over 100 YD Butterfly	20
21	13-14 100 YD Butterfly	22
29	15&Over 200 YD Breaststroke	30
31	13-14 200 YD Breaststroke	32
37	15&Over 200 YD Backstroke	38
39	13-14 200 YD Backstroke	40
45	15&Over 100 YD Freestyle	46
47	13-14 100 YD Freestyle	48

Morning 13&Over Prelims Session

Sunday, December 4, 2022

WARM-UP: 6:30 – 7:30 AM EVENTS: 7:40 PM

Girls Event #	13&Over Events	Boys Event #
55	15&Over 200 YD IM	56
57	13-14 200 YD IM	58
65	15&Over 100 YD Backstroke	66
67	13-14 100 YD Backstroke	68
73	15&Over 200 YD Butterfly	74
75	13-14 200 YD Butterfly	76
81	15&Over 100 YD Breaststroke	82
83	13-14 100 YD Breaststroke	84
89	15&Over 50 YD Freestyle	90
91	13-14 50 YD Freestyle	92

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11-12-Year-old Prelims Session

Saturday, December 3, 2022

WARM-UP: 10:30– 11:20 AM EVENTS: 11:30 AM

Girls Event #	Events	Boys Event #
15	11-12 200 YD Freestyle	16
23	11-12 50 YD Butterfly	24
27*	11-12 400 YD IM	28*
33	11-12 100 YD Breaststroke	34
41	11-12 100 YD Backstroke	42
49	11-12 50 YD Freestyle	50
53*	11-12 200 YD Butterfly	54*
	*timed final	

11-12-Year-Old Prelims Session

Sunday, December 4, 2022

WARM-UP: 10:30 – 11:20 AM EVENTS: 11:30 AM

Girls Event #	Events	Boys Event #
59*	11-12 200 YD Breaststroke	60*
61	11-12 100 YD IM	62
69	11 -12 50 YD Backstroke	70
77	11-12 100 YD Butterfly	78
85	11-12 50 YD Breaststroke	86
93	11-12 100 YD Freestyle	94
97*	11-12 200 YD Backstroke	98*
	*Timed final	

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10 and Under Prelims Session

Saturday, December 3, 2022

WARM-UP: 1:40 – 2:20 PM, Events 2:30 PM

Girls Event #	Events	Boys Event #
17	10 and Under 200 YD Freestyle	18
25	10 and Under 50 YD Butterfly	26
35	10 and Under 100 YD Breaststroke	36
43	10 and Under 100 YD Backstroke	44
51	10 and Under 50 YD Freestyle	52

10 and Under Prelims Session

Sunday, December 4, 2022

WARM-UP: 1:40- 2:20 PM, Events 2:30 PM

Girls Event #	Events	Boys Event #
63	10 and Under 100 YD IM	64
71	10 and Under 50 YD Backstroke	72
79	10 and Under 100 YD Butterfly	80
87	10 and Under 50 YD Breaststroke	88
95	10 and Under 100 YD Freestyle	96

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Saturday Finals Session

WARM-UP: 5:15 – 6:05 PM, Events: 6:15 PM

Girls Event #	SATURDAY FINALS	Boys Event #
11	15&Over 200 YD Freestyle	12
13	13-14 200 YD Freestyle	14
15	11-12 200 YD Freestyle	16
17	10 and Under 200 YD Freestyle	18
19	15&Over 100 YD Butterfly	20
21	13-14 100 YD Butterfly	22
23	11-12 50 YD Butterfly	24
25	10 and Under 50 YD Butterfly	26
29	15&Over 200 YD Breaststroke	30
31	13-14 200 YD Breaststroke	32
33	11-12 100 YD Breaststroke	34
35	10 and Under 100 YD Breaststroke	36
37	15&Over 200 YD Backstroke	38
39	13-14 200 YD Backstroke	40
41	11-12 100 YD Backstroke	42
43	10 and Under 100 YD Backstroke	44
45	15&Over 100 YD Freestyle	46
47	13-14 100 YD Freestyle	48
49	11-12 100 YD Freestyle	50
51	10 and Under 50 YD Freestyle	52

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Saturday Finals Session
WARM-UP: 5:15 – 6:05 PM, Events: 6:15 PM

Girls Event #	SUNDAY FINALS	Boys Event #
55	15&Over 200 YD IM	56
57	13-14 200 YD IM	58
61	11-12 100 YD IM	62
63	10 and Under 100 YD IM	64
65	15&Over 100 YD Backstroke	66
67	13-14 100 YD Backstroke	68
69	11-12 50 YD Backstroke	70
71	10 and Under 50 YD Backstroke	72
73	15&Over 200 YD Butterfly	74
75	13-14 200 YD Butterfly	76
77	11-12 100 YD Butterfly	78
79	10 and Under 100 YD Butterfly	80
81	15&Over 100 YD Breaststroke	82
83	13-14 100 YD Breaststroke	84
85	11-12 50 YD Breaststroke	86
87	10 and under 50 YD Breaststroke	88
89	15&Over 50 YD Freestyle	90
91	13-14 50 YD Freestyle	92
93	11-12 100 YD Freestyle	94
95	10 and Under 100 YD Freestyle	96