



23rd Annual Spring Championships

March 24 -26, 2023

Sanction # PVC-23-80

Hosted by:



MEET DIRECTOR Dave Miller davidm.miller202@gmail.com	ENTRY COORDINATOR Manga Dalizu 301-526-6597 (coaches only) fairlandswim@comcast.net	MEET REFEREE Lynne Gerlach 240-286-2319 gerlach@msscswimming.com	CLUB OFFICIALS CONTACT Linda Tucker 301-526-5926 lastucker@verizon.net Officials Sign up
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-23-80. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Maryland Suburban Swim Club, and Fairland Aquatics Center 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;">Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, Maryland (301) 362-6060</p> <ul style="list-style-type: none"> The pool at Fairland Aquatics Center is a 50m x 25yd pool with two moveable bulkheads. One 10-lane 25-yard course, running from wall to wall will be used. An additional 8 -lane 25-yard course will be used if necessary. The water depth ranges from 5'-13' at both the start and turn ends. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). PLEASE NOTE: Spectator capacity is limited to 250 people in the gallery. The event will be livestreamed on the Maryland Suburban Swim Club You Tube channel.
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, March 7, 2023, at 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>
SCHEDULE	<p style="text-align: center;"><u>Friday, March 24 – Distance session</u> All Ages: Warm-up 4:30 – 5:20 PM, Events: 5:30 PM</p> <p style="text-align: center;"><u>Saturday and Sunday, March 25 - 26</u></p> <p style="text-align: center;">No one will be permitted to enter the building until 6:00 am.</p> <p>Morning session - 11 - 12 year olds: Warm-up: 7:00 - 7:50 AM Events: 8:00 AM Midday session - 9 - 10 year olds: Warm-up: 11:40 – 12:20 PM Events: 12:30 PM Afternoon session - 13 & Over: Warm-up: 3:30 – 4:20 PM Events: 4:30 PM</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers age 9 and up. Each session is limited to 350 athletes. Once the capacity is reached no more entries will be accepted. 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.

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 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.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used.
RULES	<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 may 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	<ul style="list-style-type: none"> • All events are timed finals. A swimmer may enter no more than four (4) individual events per session and no more than eight (8) for the meet. • A swimmer may not enter an event they were eligible to enter at PVS SHORT COURSE 14 & UNDER CHAMPIONSHIPS. • A 15 & Older swimmer may not enter an event they were eligible to enter at PVS SC JUNIOR CHAMPIONSHIPS. • If a swimmer is ineligible to swim an event in this meet, that swimmer is also ineligible to swim the corresponding relay leg of that stroke and distance on a relay team. • NT (No Time) entries will NOT be accepted. <p>Friday Events:</p> <ul style="list-style-type: none"> ○ All events Friday will be swum FAST to SLOW. ○ Events will be swum as combined ages; however, will be broken out into age groups, 9-10, 11-12, 13-14, 15&O for scoring and awards. ○ Swimmers will need to provide their own timer for all events and counter (if desired) for the 500 and 1000 Freestyle. <ul style="list-style-type: none"> • Deck entries: \$15.00 (cash only) due at time of entry. <ul style="list-style-type: none"> ○ Evidence of current USA Swimming registration will be required for deck entries. Deck entries will be accepted into available lanes in existing heats only. ○ Deck entries must be submitted no later than 45 minutes prior to the first event of each session.

	<ul style="list-style-type: none"> In the event of a significantly over-subscribed session, the Meet Director reserves the right to not accept deck entries.
POSITIVE CHECK IN	<ul style="list-style-type: none"> The Meet Director will determine if positive check-in will be required for any or all events.
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. Chairs on deck are permitted for coaches only Please respect the Marshals' enforcement of these and other safety rules.
SEEDING	<ul style="list-style-type: none"> Standard seeding will be used.
SCORING	<ul style="list-style-type: none"> Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
AWARDS	<ul style="list-style-type: none"> Ribbons will be awarded for 1st through 10th place in individual events and 1st through 3rd place in Relay events. High Point: Special recognition will be given to the male and female swimmer from each single age group 9 -14 and the 15-18 age group, who accumulates the most points. The 9-10, 11-12 and 13 -14 events will be broken out as single age groups for scoring and ribbon purposes. 15 & over will be scored as one group.
PROGRAMS	<ul style="list-style-type: none"> Programs will be available on Meet Mobile. Printed programs will be available for coaches and officials.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should always have proof of current USA Swimming membership with them.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> Spectator capacity is limited to 250 people in the gallery. No chairs may be set up in the lobby. The event will be livestreamed on the Maryland Suburban Swim Club You Tube channel.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
OFFICIALS	<ul style="list-style-type: none"> Each participating club is requested to provide at least one official (Referee Starter, Chief Judge or Stroke & Turn Judge, table staff) per session if entering 25 or more splashes. Officials interested in volunteering may sign up on the officials sign up link or contact Linda Tucker, lastucker@verizon.net 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 officials briefing will precede each session during warm-ups. Officials who volunteer in advance for three or more sessions will receive a meet polo shirt.
TIMERS/Volunteers	<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. Friday night session is considered Distance therefore swimmers must provide their own timer and counter, if desired. Volunteers are still needed as Marshals and Head Timers. You will be able to leave your position to time for your child however we do ask you stay till the end of the session. Thank you! Volunteers may sign up here: Volunteer Sign up

ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Entry Coordinator, Manga Dalizu, at fairlandswim@comcast.net. • Include in the subject of the email, "23rd Annual Spring 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. 								
ENTRY FEES	<table border="0" style="width: 100%; text-align: center;"> <tr> <td>Per Swimmer Surcharge:</td> <td>\$10.00</td> <td>Relay event fee:</td> <td>\$18.00</td> </tr> <tr> <td>Individual event fee:</td> <td>\$10.00</td> <td>Deck Entry fee:</td> <td>\$15.00</td> </tr> </table> <ul style="list-style-type: none"> • Make checks payable to MSSC. Checks should 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. 	Per Swimmer Surcharge:	\$10.00	Relay event fee:	\$18.00	Individual event fee:	\$10.00	Deck Entry fee:	\$15.00
Per Swimmer Surcharge:	\$10.00	Relay event fee:	\$18.00						
Individual event fee:	\$10.00	Deck Entry fee:	\$15.00						

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FRIDAY EVENING SESSION - MARCH 24, 2023
9 AND OVER

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

GIRLS EVENT #	Slower than (SCY)	ALL AGE EVENTS*	Slower than (SCY)	BOYS EVENT #
1	6:59.99R/9-10	OPEN 500 YD FREESTYLE (R)	6:59.99R/9-10	2
	5:55.99R/11-12		5:55.99R/11-12	
	5:28.09R/13-14		5:13.69R/13-14	
	5:25.99R/15OVER		5:00.99/15OVER	
3	2:57.99/9-10	12 and UNDER 200 YD IM	2:57.99/9-10	4
	2:33.19/11-12		2:33.39/11-12	
5	5:00.99S/14U	OPEN 400 YD IM (S)	4:43.99S/14U	6
	4:58.59S/15OVER		4:33.99S/15OVER	
7	11:39.99/13-14 11:41.99/15OVER	MIXED 1000 YARD FREESTYLE (T)	11:09.99/13-14 10:43.99/15OVER	7

- **All Events on Friday Evening will be swum FAST to SLOW and may require positive check in.**

- **Friday night session is considered Distance therefore swimmers must provide their own timer and counter, if desired.**
- **Events will be swum as combined ages as indicated, however will be broken out into age groups, 9-10, 11-12, 13-14, 15&O for scoring and awards.**

R- Times Slower than 8:30.00 will not be entered in the 9-10 500 YD Freestyle
R - Times Slower than 8:00.00 will not be entered in the 11-12 500 YD Freestyle
R - Times Slower than 6:50.00 will not be entered in the 13&O 500 YD Freestyle
S – Times Slower Than 6:40 will not be entered in the 400 YD IM
T – A Provable 500 time is required for a coaches entry time into 1000 YD Freestyle

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SATURDAY MORNING SESSION - MARCH 25, 2023

11-12 YEAR OLDS

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

GIRLS EVENT #	Slower than (SCY)	11 - 12-YEAR-OLD EVENTS	Slower than (SCY)	BOYS EVENT #
9	NT	11-12 YR OLD 200 YD MEDLEY RELAY	NT	10
11	32.89	11-12 YR OLD 50 YD BACKSTROKE	33.09	12
13	1:11.99	11-12 YR OLD 100 YD BUTTERFLY	1:12.29	14
15	2:31.39	11-12 YR OLD 200 YD BACKSTROKE#	2:32.69	16
17	37.59	11-12 YR OLD 50 YD BREASTSTROKE	37.59	18
19	1:01.39	11-12 YR OLD 100 YD FREESTYLE	1:02.39	20
21	2:54.09	11-12 YR OLD 200 YD BREASTSTROKE#	2:53.69	22
23	1:11.19	11-12 YR OLD 100 YD IM	1:11.29	24
25	NT	11-12 YR OLD MIXED 400 YD FREESTYLE RELAY	NT	25

ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.
#Times slower than 3:45 will not be entered in the 200 Backstroke or 200 Breaststroke.

SUNDAY MORNING SESSION - MARCH 26, 2023

11-12 YEAR OLDS

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

GIRLS EVENT #	Slower than (SCY)	11 - 12-YEAR-OLD EVENTS	Slower than (SCY)	BOYS EVENT #
55	NT	11 - 12 OLD 200 YD FREESTYLE RELAY	NT	56
57	2:15.99	11-12 YR OLD 200 YD FREESTYLE	2:14.99	58
59	31.19	11-12 YR OLD 50 YD BUTTERFLY	31.99	60
61	1:21.19	11-12 YR OLD 100 YD BREASTSTROKE	1:21.59	62
63	2:48.99	11-12 YR OLD 200 YD BUTTERFLY#	2:43.99	64
65	1:10.99	11-12 YR OLD 100 YD BACKSTROKE	1:10.99	66
67	28.39	11-12 YR OLD 50 YD FREESTYLE	28.39	68
69	NT	11-12 YR OLD MIXED 400 YD MEDLEY RELAY	NT	69

ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.
#Times slower than 3:45 will not be entered in the 200 Butterfly

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SATURDAY MIDDAY SESSION – MARCH 25, 2023
9-10 YEAR OLDS

WARM-UP: 11:40 AM – 12:20 PM, EVENTS: 12:30 PM

GIRLS EVENT #	Slower than (SCY)	9-10-YEAR-OLD EVENTS	Slower than (SCY)	BOYS EVENT #
27	NT	9-10 YR OLD 200 YD MEDLEY RELAY	NT	28
29	38.29	9-10 YR OLD 50 YD BACKSTROKE	38.49	30
31	1:30.39	9-10 YR OLD 100 YD BUTTERFLY	1:30.99	32
33	43.09	9-10 YR OLD 50 YD BREASTSTROKE	43.59	34
35	1:12.29	9-10 YR OLD 100 YD FREESTYLE	1:11.99	36
37	1:22.09	9-10 YR OLD 100 YD IM	1:21.79	38
39	NT	9-10 YR OLD MIXED 400 YD FREESTYLE RELAY	NT	39
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				

SUNDAY MIDDAY SESSION - MARCH 26, 2023
9-10 YEAR OLDS

WARM-UP: 11:40 AM – 12:20 PM, EVENTS: 12:30 PM

GIRLS EVENT #	Slower than (SCY)	9-10-YEAR-OLD EVENTS	Slower than (SCY)	BOYS EVENT #
71	NT	9-10 YR OLD 200 YD FREESTYLE RELAY	NT	72
73	2:36.99	9-10 YR OLD 200 YD FREESTYLE	2:35.59	74
75	37.09	9-10 YR OLD 50 YD BUTTERFLY	37.39	76
77	1:33.39	9-10 YR OLD 100 YD BREASTSTROKE	1:33.39	78
79	1:22.49	9-10 YR OLD 100 YD BACKSTROKE	1:22.49	80
81	32.69	9-10 YR OLD 50 YD FREESTYLE	32.59	82
83	NT	9-10 YR OLD MIXED 400 YD MEDLEY RELAY	NT	83
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				

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SATURDAY AFTERNOON SESSION - MARCH 25, 2023

13 AND OVER

WARM-UP: 3:30 – 4:20 PM, EVENTS: 4:30 PM

GIRLS EVENT #	Slower than (SCY)	13&OVER EVENTS	Slower than (SCY)	BOYS EVENT #
41	NT	13&OVER 400 FREESTYLE RELAY	NT	42
43	1:04.99/13-14	13&OVER 100 YD BACKSTROKE	1:02.19/13-14	44
	1:03.79/15Over		58.79/15Over	
45	2:27.99/2/13-14	13&OVER 200 YD BUTTERFLY	2:17.99/13-14	46
	2:27.39/15Over		2:12.39/15Over	
47	1:14.49/13-14	13&OVER 100 YD BREASTSTROKE	1:09.79/13-14	48
	1:14.59/15Over		1:07.29/15Over	
49	57.59/13-14	13&OVER 100 YD FREESTYLE	53.99/13 -14	50
	56.79/15Over		51.09/15Over	
51	2:19.99/13-14	13&OVER 200 YD IM	2:12.49/13-14	52
	2:18.49/15Over		2:06.69/15Over	
53	NT	13&O MIXED 200 MEDLEY RELAY	NT	53
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				

SUNDAY AFTERNOON SESSION - MARCH 26, 2023

13 AND OVER

WARM-UP: 3:30 – 4:20 PM, EVENTS: 4:30 PM

GIRLS EVENT #	Slower than (SCY)	13&OVER EVENTS	Slower than (SCY)	BOYS EVENT #
85	NT	13&OVER 200 FREESTYLE RELAY	NT	86
87	2:03.99/13-14	13&O 200 YD FREESTYLE	1:56.99/13-14	88
	2:02.49/15Over		1:52.69/15Over	
89	1:04.59/13-14	13&O 100 YD BUTTERFLY	1:00.99/13-14	90
	1:03.59/15Over		57.79/25Over	
91	2:39.99/13-14	13&O 200 YD BREASTSTROKE	2:31.39/13-14	92
	2:38.99/15Over		2:25.99/15Over	
93	2:17.99/13-14	13&O 200 YD BACKSTROKE	2:11.99/13-14	94
	2:18.49/15Over		2:09.19/15Over	
95	26.29/13-14	13&O 50 YD FREESTYLE	24.99/13-14	96
	26.39/15Over		23.59/15Over	
97	NT	13&O MIXED 400 YD MEDLEY RELAY	NT	97
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				