

2023 Christmas Championships

December 1 - 3, 2023

Sanction # PVI-24-32



<p>Meet Director Manga Dalizu (301) 526-6597 fairlandswim@comcast.net</p>	<p>MEET REFEREE Carla Austin caustin.enllc@gmail.com</p>	<p>OFFICIALS' CONTACT Linda Tucker (301) 526-5926 lastucker@verizon.net</p>
<p>SANCTION</p>	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-24-32. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Suburban Aquatics, 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. 	
<p>FACILITY</p>	<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 meet hosts will ensure the required course dimensions. 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. 	
<p>ENTRY DEADLINE</p>	<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> <p>Updated times will be accepted until Wednesday, November 23, 2022, however no new entries will be accepted.</p> <ul style="list-style-type: none"> Entries will be accepted from ASTS, ASA, ACSS, DCPR, FAST, HEAL, HFY, SA, TIBU, JFD, LIFE, PAC, RMSC, FISH, 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>MEDICAL ASSISTANCE</p>	<p>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.</p>	

SCHEDULE	<p>Friday – Distance session - Timed Finals: Warm-up 3:45 – 4:25 PM, Events: 4:30 PM</p> <p>Saturday and Sunday - Timed Finals Morning session - 11 - 12 year olds: Warm-up: 6:45 - 7:45 AM Events: 8:00 AM Midday session - 10 & Under: Warm-up: 11:30 – 12:30 PM Events: 12:45 PM Afternoon session - 13 & Over: Warm-up: 3:15 – 4:15 PM Events: 4:30 PM Meet Director reserves the right to adjust times/sessions after entries are received On Saturday and Sunday mornings, no one will be permitted to enter the building until 6:00 am.</p>
ELIGIBILITY	<p>Please read Meet Announcement carefully for new information.</p> <ul style="list-style-type: none"> ● Open to athletes 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 invited 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.
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 without the use of the backstroke ledge. 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 & Under 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) individual events for the meet. A swimmer may participate in as many relay events each session as the teams has athletes for regardless of number of individual events. 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. 8 and Under swimmers entered in Christmas Champs must have provable times. 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.) <table border="1" data-bbox="462 856 1555 1186"> <thead> <tr> <th>Girl’s Minimum Entry time</th> <th>Event</th> <th>Boy’s Minimum Entry time</th> </tr> </thead> <tbody> <tr> <td>7:30.00 (10U) 6:40.00 (11-12)</td> <td>12&U 500 freestyle or</td> <td>7:30.00 (10U) 6:40.00 (11-12)</td> </tr> <tr> <td>“B” time for age group</td> <td>12U 200 Free time for a NT entry in 500 free</td> <td>“B” time for age group</td> </tr> <tr> <td>5:45.00</td> <td>13&Over 400 IM</td> <td>5:45.00</td> </tr> <tr> <td>21:30.00 or “B” in 1000 Yd Freestyle time</td> <td>13&Over 1650 Freestyle Or for a NT entry a 1000 yd Freestyle time</td> <td>21:30.00 or “B” in 1000 Yd Freestyle time</td> </tr> </tbody> </table>	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 time	13&Over 1650 Freestyle Or for a NT entry a 1000 yd Freestyle time	21:30.00 or “B” in 1000 Yd Freestyle time
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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 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 to manage the timeline of the session. 															
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/cool down 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 Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 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 1st - 3th place for Individual events and 1st - 3rd place for Relay events. Ribbons will be awarded 4th - 18th for Individual events. Events 1 and 2, 3 and 4, 5 and 6, 7 and 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 and 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 the pool deck. Concessions will not be available The Club hospitality table, located on the pool deck will be available to all coaches, officials, and other meet volunteers. Spectator seating is limited to 150 people.

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 may sign up on the Officials Sign Up Link or contact Linda Tucker, lstucker@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.
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. Timer Sign Up Link
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, "2023 Christmas Championships - ****" 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: \$18.00 Individual event fee: \$10.00</p> <ul style="list-style-type: none"> Make checks payable to Suburban Aquatics. Checks may be mailed to: 11222 Cherry Hill Road #301, Beltsville, MD 20705 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.

2023 Christmas Championships

FRIDAY, December 1, 2023- DISTANCE SESSION

WARM-UP: 3:45 – 4:25 PM EVENTS: 4:30 PM

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

Girls Event #	ALL AGES – DISTANCE SESSION	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 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 that 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>		

2023 Christmas Championships

Morning 11-12-Year-old Session

Saturday, December 2, 2023

WARM-UP: 6:45 – 7:45 AM EVENTS: 8:00 AM

Girls Event #	Events	Boys Event #
10	11-12 200 YD Medley Relay	11
12	11-12 200 YD Freestyle	13
14	11-12 50 YD Butterfly	15
16*	11-12 400 YD IM	17*
18	11-12 100 YD Breaststroke	19
20	11-12 100 YD Backstroke	21
22	11-12 50 YD Freestyle	23
24*	11-12 200 YD Butterfly	25*
26	11-12 400 YD MIXED Freestyle Relay	26

Morning 11-12-Year-Old Session

Sunday, December 3, 2023

WARM-UP: 6:45 – 7:45 AM EVENTS: 8:00 AM

Girls Event #	Events	Boys Event #
63	11-12 200 YD Freestyle Relay	64
65*	11-12 200 YD Breaststroke	66*
67	11-12 100 YD IM	68
69	11 -12 50 YD Backstroke	70
71	11-12 100 YD Butterfly	72
73	11-12 50 YD Breaststroke	74
75	11-12 100 YD Freestyle	76
77*	11-12 200 YD Backstroke	78*
79	11-12 400 YD MIXED Medley Relay	79

2023 Christmas Championships

Midday 10 and Under Session

Saturday, December 2, 2023

WARM-UP: 11:30 – 12:30 PM EVENTS: 12:45 PM

Girls Event #	Events	Boys Event #
27	10&Under 200 YD Medley Relay	28
29	10&Under 200 YD Freestyle	30
31	10&Under 50 YD Butterfly	32
33	10&Under 100 YD Breaststroke	34
35	10&Under 100 YD Backstroke	36
37	10&Under 50 YD Freestyle	38
39	10&Under 400 YD MIXED Freestyle Relay	39

Midday 10 and Under Session

Sunday, December 3, 2023

**WARM-
11:30 –
PM
12:45**

Girls Event #	Events	Boys Event #
80	10&Under 200 YD Freestyle Relay	81
82	10&Under 100 YD IM	83
84	10&Under 50 YD Backstroke	85
86	10&Under 100 YD Butterfly	87
88	10&Under 50 YD Breaststroke	89
90	10&Under 100 YD Freestyle	91
92	10&Under 400 YD MIXED Medley Relay	92

**UP:
12:30
EVENTS:
PM**

2023 Christmas Championships

Afternoon 13&Over Session

Saturday, December 2, 2023

WARM-UP: 3:15 - 4:15 PM, Events 4:30 PM

Girls Event #	13&Over Events	Boys Event #
40	13&Over 200 YD Medley Relay	41
42	15&Over 200 YD Freestyle	43
44	13-14 200 YD Freestyle	45
46	15&Over 100 YD Butterfly	47
48	13-14 100 YD Butterfly	49
50	15&Over 200 YD Breaststroke	51
52	13-14 200 YD Breaststroke	53
54	15&Over 200 YD Backstroke	55
56	13-14 200 YD Backstroke	57
58	15&Over 100 YD Freestyle	59
60	13-14 100 YD Freestyle	61
62	13&Over 400 YD MIXED Freestyle Relay	62

Afternoon 13&Over Session

Sunday, December 3, 2023

WARM-UP: 3:15 - 4:15 PM, Events 4:30 PM

Girls Event #	13&Over Events	Boys Event #
93	13&Over 200 YD Freestyle Relay	94
95	15&Over 200 YD IM	96
97	13-14 200 YD IM	98
99	15&Over 100 YD Backstroke	100
101	13-14 100 YD Backstroke	102
103	15&Over 200 YD Butterfly	104
105	13-14 200 YD Butterfly	106
107	15&Over 100 YD Breaststroke	108
109	13-14 100 YD Breaststroke	110
111	15&Over 50 YD Freestyle	112
113	13-14 50 YD Freestyle	114
115	13&Over 400 YD MIXED Medley Relay	115