



2025 Early Bird LC Invitational

May 3-4, 2025

Sanction # PVS-25-98



<p>Meet Director Justin Eppard admin@suburban-aquatics.org</p>	<p>Meet Referee Carla Austin caustin.enllc@gmail.com</p>	<p>Officials' Contact Carla Austin caustin.enllc@gmail.com</p>
<p>SANCTION</p>	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-25-98. • 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. One 10-lane 25-yard course running from wall to wall will be used for preliminary events. A second course that is 8-lanes, 25-yard course running wall to wall may be used for prelim events, if needed. • Water depth ranges from 5' – 13' at both the start and turn ends. • Events will be held in the 8-lane 50-meter course. • Continuous warm-up will be available if only one course is used. • PLEASE NOTE: Spectator capacity is limited to 250 people in the gallery. • 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;">April 22, 2025 - 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"> • Entries will be accepted on a first-come, first-served basis. 	
<p>SCHEDULE</p>	<p style="text-align: center;"><u>Saturday and Sunday, May 3 – 4:</u></p> <p style="text-align: center;">On Saturday and Sunday mornings, no one will be permitted to enter the building until 6:00 am.</p> <p style="text-align: center;">12 & Under Session: Warm-up: 7:00 AM - 7:50 AM, Events: 8:00 AM</p> <p style="text-align: center;">13 & Over and Open Session: Warm-up: 11:30 - 12:20 PM, Events: 12:30 PM</p> <p style="text-align: center;">The Meet Director reserves the right to adjust times/sessions after entries are received.</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. ● Athletes shall compete at the age attained on the first day of the meet. ● 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.
SWIMMERS WITH A DISABILITY	<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 written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications 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 & Under events per Rule 205.3.1F.
EVENT RULES	<ul style="list-style-type: none"> ● All events are timed finals. ● This meet has no qualifying times. Short course times are conforming. ● Athletes shall compete at the age attained on the first day of the meet; and may only compete in his or her own age division. ● A contestant may enter no more than four (4) individual events per day. ● Deck entries will be accepted however no new heats will be created. The deck entry fee is \$15.00 per individual event plus athlete surcharge if not already in meet. For swimmers not already in the meet, proof of USA Swimming Registration will be required to be entered in meet.
POSITIVE CHECK-IN	<p>Events may require positive check-in. 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.</p> <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. • 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.
SEEDING	<ul style="list-style-type: none"> • Short course times are conforming times for this meet. Non-conforming times will be seeded after conforming times.
SCORING	<ul style="list-style-type: none"> • This meet will not be scored.
AWARDS	<ul style="list-style-type: none"> • None.
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"> • 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 the pool lobby. Coaches and Officials ONLY may use the side entrance to the pool deck. • The hospitality table, located on the pool deck will be available to all coaches, officials and other meet volunteers. • Spectator capacity is limited to 250 people in the gallery. • No chairs may be set up in the lobby or gallery areas.
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 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 Carla Austin, caustin.enllc@gmail.com. • 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 splashes. • Friday night is a Distance Session; 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 your child, however, we do ask you to stay until the end of the session.

<p>ENTRY PROCEDURES</p>	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director, Justin Eppard, at admin@suburban-aquatics.org. • Include in the subject of the email, "2025 Early Bird LC - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files, include the training site in the subject of the email. • Include in the entry email: entry file and report of entries by name. • 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.
<p>ENTRY FEES</p>	<p style="text-align: center;">Per Swimmer Surcharge: \$10.00 Deck Entry Fee: \$15.00 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, APT 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.

2025 Early Bird LC Meet

May 3-4, 2025

Saturday, May 3, 2025

12 & Under Session

WARM-UP: 7:00 - 7:50 AM, Events: 8:00 AM

Girls	Event	Boys
1	12 & Under 200 Meter IM	2
3	12 & Under 50 Meter Backstroke	4
5	12 & Under 50 Meter Breaststroke	6
7	12 & Under 100 Meter Butterfly	8
9	12 & Under 100 Meter Freestyle	10

AM

Sunday, May 4, 2025

12 & Under Session

WARM-UP: 7:00 - 7:50 AM, Events: 8:00

Girls	Event	Boys
23	12 & Under 200 Meter Freestyle	24
25	12 & Under 100 Meter Breaststroke	26
27	12 & Under 100 Meter Backstroke	28
29	12 & Under 50 Meter Butterfly	30
31	12 & Under 50 Meter Freestyle	32

13 & Over Session

Warm Up: 12:50 - 1:50, Events: 2:00 PM

13 & Over Session

Warm Up: 12:50 - 1:50, Events: 2:00 PM

Girls	Event	Boys
11	Open 200 Meter IM	12
13	13 & Over 100 Meter Backstroke	14
15	Open 200 Meter Butterfly	16
17	13 & Over 100 Meter Breaststroke	18
19	13 & Over 100 Meter Freestyle	20
21	Open 400 Meter Freestyle	22

Girls	Event	Boys
33	13 & Over 200 Meter Freestyle	34
35	13 & Over 100 Meter Butterfly	36
37	Open 200 Meter Breaststroke	38
39	Open 200 Meter Backstroke	40
41	13 & Over 50 Meter Freestyle	42
43	Open 400 Meter IM	44