

12 & Under Green & Orange Bowl Invitational

(Named by Machine Swimmer Ben Charles)



January 15-16th, 2010

Sponsored by Machine Aquatics Swim Team

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Director / Meet Referee	Paris Jacobs 2314 Toddsbury Place Reston, Va 20191 571-238-7657	Scott Robinson- Meet Referee officials@machineaquatics.com
Location	<p>The Madeira School 8328 Georgetown Pike McLean, VA 22102-1203 (703) 556-8300 6 lanes 25 yd pool with a depth range of 4-12 feet at both the starting and turning end.</p> <p>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</p>	
Schedule	<p>11-12 Year Olds Saturday & Sunday: 8:00 a.m. to 8:50 a.m. -Events 9:00 a.m.</p> <p>10 & Under Warm-ups for Saturday & Sunday: 12:30 p.m. to 1:20 p.m. Events 1:30 p.m.</p>	
Entry Deadline	<p style="text-align: center;">FINAL ENTRY FILE IS DUE BY 5:00 p.m. TUESDAY, JANUARY 4TH , 2011</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>	

Rules	<p>Current USA Swimming rules shall govern the meet. Meet Open to invited teams . YORK & Machine Aquatics. Clubs wishing to be invited need to contact the meet manager.</p> <p>A contestant may participate in only his or her own age group events</p> <p><u>Contestants may enter THREE (3) events per day.</u></p> <p>Swimmers shall compete at the age attained on the first day of the meet. Entries in longer distance events may need to be limited due to time constraints. If necessary, it will be done based on the verifiable proof of entry time.</p> <p>The use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</p> <p>The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.</p> <p><u>Meet Manager reserves the right to Positive Check-In all 200 yard events in the interest of manageable time lines.</u></p> <p><u>Meet Manager also reserves the right to adjust warm-up times for the all sessions after entries have come in.</u></p>
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	Dive-over starts will be used at this meet. Coaches are requested to review <u>Guidance for Dive-Over Starts for Coaches</u> . Officials are requested to review <u>Protocol for Dive-Over Starts</u> .
Inclusion Policy for Swimmers with a Disability	PVS and host clubs along with their Meet Directors are committee 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 athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
Time Trials	There will be no time trials conducted at this meet.
Supervision	Coaches are responsible for the conduct of their Swimmers and Families and for cleaning up their team areas. Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA- S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Working Coaches & deck officials are required to display their 2010 or 2011 USA Swimming card. Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck.
Admission	There is no admission charge.
Programs	Meet programs will be available for \$2.00 per session.
Awards	There will be awards for this meet.
Seating	Due to the limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck. Personal Chairs <u>will BE permitted on the deck for coaches only</u>. Swimmers will not be permitted to bring chairs on deck.
Warning	Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.
Entries	Entries may be sent via e-mail. ENTRIES SHOULD BE SUBMITTED TO: paris@machineaquatics.com . Entries should be submitted using Hy-Tek Team Manager. Entry file: Include in the subject of the email, " Green & Orange Bowl ****" with the clubs initials in place of the asterisks. Also include training site if your club submits multiple entry files. · Meet Directors are requested to 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 and no further entries will be accepted from that club until the said fine is paid.
Fees	Fees for individual events are \$5.00 per event . Make checks payable to MACHINE AQUATICS . Entry fees are due with entries.

FINAL ENTRY FILE IS DUE BY 5:00 p.m.
TUESDAY, JANUARY 4TH. 2011
ENTRIES SHOULD BE SUBMITTED TO: paris@machineaquatics.com .

SATURDAY, JANUARY 15TH, 2011

Warm Up 8:00- 8:50am/ Events 9:00am

11-12 YEAR OLD SWIMMERS

GIRLS EVENTS	EVENTS	BOYS EVENTS
1	200 FREE	2
3	100 IM	4
5	100 FLY	6
7	200 BREAST	8
9	100 BACK	10
11	400 IM	12

SATURDAY, JANUARY 15TH, 2011

Warm Up 12:30- 1:20pm/ Events 1:30pm

10 & UNDER SWIMMERS

GIRLS EVENTS	EVENTS	BOYS EVENTS
13	200 FREE	14
15	100 IM	16
17	100 FLY	18
19	200 BREAST	20
21	100 BACK	22
23	400 IM	24

SUNDAY, JANUARY 16TH, 2011

Warm Up 8:00- 8:50am/ Events 9:00am

11-12 YEAR OLD SWIMMERS

GIRLS EVENTS	EVENTS	BOYS EVENTS
25	500 FREE	26
27	200 FLY	28
29	100 BREAST	30
31	200 BACK	32
33	100 FREE	34
35	200 IM	36

SUNDAY, JANUARY 16TH, 2011

Warm Up 8:00- 8:50am/ Events 9:00am

10 & UNDER SWIMMERS

GIRLS EVENTS	EVENTS	BOYS EVENTS
37	500 FREE	38
39	200 FLY	40
41	100 BREAST	42
43	200 BACK	44
45	100 FREE	46
47	200 IM	48