



Speedo presents the  
6<sup>th</sup> annual

## Machine Long Course Classic

April 27<sup>th</sup>-29<sup>th</sup>, 2012

Sponsored by Machine Aquatics Swim Team

Sanctioned by USA Swimming through Potomac Valley Swimming PVC – 12-59

Meet Director / Meet Referee	Paris Jacobs 2314 Toddsbury Place Reston, VA 20191 571-238-7657 <a href="mailto:paris@machineaquatics.com">paris@machineaquatics.com</a>  Scott Robinson- Meet Referee/ Stuart Gordon- Officials Chair <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a>
Location	<p><u>Takoma Aquatic and Community Center</u> 300 Van Buren St, NW Washington, DC 20011 202-576-9284, 202-576-9285</p> <p>1 8 lane- 50M course will be used. Lanes are 7 feet wide, 4.5' at the starting end and 13.5' at the turning end. Kiefer lanes and starting blocks are at the deepest ends of the course. Stainless steel gutter system. Colorado Timing Systems, multi-lane scoreboard.</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><b><u>Friday, April 27<sup>th</sup>, 2012-</u></b></p> <p>4:00- 5:00pm- Warm up/ Competition- 5:10pm</p> <p><b><u>Saturday, April 28<sup>th</sup>, 2012 &amp; Sunday, April 29<sup>th</sup>, 2012</u></b></p> <p>13 &amp; Over 7:00- 8:15am/ Competition- 8:20am</p> <p>12 &amp; Under- 2:20- 3:10pm/ Competition- 3:20pm</p> <p>** Warm Up/ Competition time may be adjusted after entries are received to allow for 2- 10 minute warm up breaks during competition.*</p>

Entry Deadline	<p>Open to all teams. Priority registration will be given to teams who participated in the 2011 Machine LC Classic.</p> <p style="text-align: center;"><b>ENTRY FILE IS DUE BY 5:00 p.m. TUESDAY, APRIL 17th, 2012</b></p> <p><b>Important:</b> 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.</p> <p><b>Swimmers may compete in 2 events on FRIDAY/ 3 events on SATURDAY &amp; 3 events on SUNDAY for a MAX of 8 events.</b></p> <p>A contestant may participate in only his or her own age group events</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>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.</p> <p>In compliance with USA Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per the PVS policy; 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.</p> <p>Yard times will be the conforming times for this meet. LCM times will be seeded after SCY times.</p> <p><b><u>Meet Manager reserves the right to Positive Check-In all events of 200+ yard events in the interest of manageable time lines.</u></b></p> <p><b><u>Meet Manager also reserves the right to adjust warm-up times for the 12 &amp; Under sessions after entries have come in.</u></b></p> <p><b><u>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>.</u></b></p> <p><b>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 12 &amp; Under Sessions in Rule 205.3.1F.</b></p> <p><b>The Meet Director will notify all team as soon as possible if 12 &amp; Under sessions need to be re-worked to support the entries.</b></p>
Inclusion Policy for Swimmers with a Disability	<p>PVS and host clubs along with their Meet Directors are committed 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.</p>

PVS Check-in Policy	For those events requiring positive check-in, athletes (or coaches for relay events) shall designate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked-in prior to the specified time will be scratched from 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.
Warm-Up	The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.
Supervision	Coaches are responsible for the conduct of their Swimmers and Families and for cleaning up their team areas.  Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Working Coaches & deck officials are required to display their 2012 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	<b>Meet Programs will be available for \$3.00 per session.</b>
Awards	Ribbons will be awarded for 1 <sup>st</sup> -8 <sup>th</sup> place individual events per age group. (10 & Under, 11-12, 13- 14, 15 & Over)
Seating	Due to the limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck.  <b>Personal Chairs <u>will BE permitted on the deck for coaches only.</u></b>  <b>Swimmers will not be permitted to bring chairs on deck.</b> Bleacher seating will be provided.
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 using Hy-Tek Team Manager.  Entry file: Include in the subject of the email, " 2012 Machine LC Classic ***" 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 <b>\$6.00 per event.</b>  Make checks payable to <b>MACHINE AQUATICS.</b>  Mail payment to: Paris Jacobs Machine Aquatics 2314 Toddsbury Place Reston, VA 20191

	Entry fees are due with entries.
Entry Deadline	<p>Open to all teams. Priority registration will be given to teams who participated in the 2011 Machine LC Classic.</p> <p style="text-align: center;"><b>ENTRY FILE IS DUE BY 5:00 p.m. TUESDAY, April 17<sup>th</sup>, 2012</b></p> <p style="text-align: center;"><b>Submit entries to: paris@machineaquatics.com</b></p> <p><b>Important:</b> 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>
Note	In granting this sanction is it understood and agreed that USA Swimming, Potomac Valley Swimming, Takoma Community Center and Machine Aquatics shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**FRIDAY, APRIL 27, 2012**  
**WARM UP 4:00- 5:00PM      EVENTS: 5:10PM**

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
1	10 & UNDER 200M INDIVIDUAL MEDLEY	2
3	OPEN 200M INDIVIDUAL MEDLEY	4
5	10 & UNDER 50M FREESTYLE	6
7	11-12 50M FREESTYLE	8
9	13 & 14 50M FREESTYLE	10
11	15 & OVER 50M FREESTYLE	12
13	OPEN 800M FREESTYLE	14

*\*PVS MINIMUM TIME STANDARDS POLICY FOR 800 FREE APPLY.*

**SATURDAY, APRIL 28, 2012**  
**13 & OVER SESSION**  
**WARM UP: 6:00- 7:15AM      EVENTS: 7:20AM**

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
15	OPEN 200M BACKSTROKE	16
17	13 & OVER 100M FREESTYLE	18
19	OPEN 200M BUTERFLY	20
21	13 & OVER 100M BREASTSTROKE	22
23	OPEN 400M FREESTYLE	24

**SATURDAY, APRIL 28, 2012**  
**12 & UNDER SESSION**

WARM UP: 1:20-2:30PM

EVENTS: 2:35PM

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
25	10 & UNDER 100M BUTTERFLY	26
27	11-12 100M BUTTERFLY	28
29	10 & UNDER 50M BACKSTROKE	30
31	11-12 50M BACKSTROKE	32
33	10 & UNDER 100M FREESTYLE	34
35	11-12 100M FREESTYLE	36
37	10 & UNDER 50M BREASTSTROKE	38
39	11-12 50M BREASTSTROKE	40

SUNDAY, APRIL 29, 2012

13 & OVER SESSION

WARM UP: 6:00- 7:15AM

EVENTS: 7:20AM

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
41	OPEN 200M FREESTYLE	42
43	13 -14 100M BUTTERFLY	44
45	15 & OVER 100M BUTTERFLY	46
47	OPEN 200M BREASTSTROKE	48
49	13-14 100M BACKSTROKE	50
51	15 & OVER 100M BACKSTROKE	52
53	OPEN 400 INDIVIDUAL MEDLEY	54

SUNDAY, APRIL 29, 2012

12 & UNDER SESSION

WARM UP 1:20- 2:30PM

EVENTS 2:35PM

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
55	10 & UNDER 200M FREESTYLE	56
57	11-12 200M FREESTYLE	58
59	10 & UNDER 50M BUTTERFLY	60

61	11-12 100M 50M BUTTERFLY	62
63	10 & UNDER 100M BREASTSTROKE	64
65	11-12 100M BREASTSTROKE	66
67	10 & UNDER 100M BACKSTROKE	68
69	11-12 100M BACKSTROKE	70