

March Madness Meet
April 8-10, 2016
Sponsored by YORK Swim Club
 Sanctioned by USA Swimming Through Potomac Valley Swimming
Sanction # PVI-16-72

Invited teams are: AAC, ASA, CSC, FBST, HACC, MACH, PM, SDS and YORK

Meet Location:	Oak Marr Recreation Center 3134 Jermantown Road Oakton, VA 22124
Facility:	<ul style="list-style-type: none"> • Oak Marr is a 50-meter pool with 21 short course lanes. 15 lanes will be used for competition. 11 and over preliminaries sessions and the 10 and under sessions will be swum in two courses. Finals sessions will be swum in one course. Course #1 is an 8 lane course with a pool depth ranging from 13'6" in lane 1 to 7'3" in lane 8, and Course #2 with a water depth range of 7'3" in lane 1 to 5' in Lane 7. • Continuous warm-up/and warm down lanes will be available throughout the meet. • Special Note: Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. • The Meet Manager reserves the right to limit entries to enforce this policy. • Spectators are not allowed on the pool deck and seating is limited. • A Snack bar may be available during each session. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).
Meet Manager:	Kristin Bryant Wolff Kristin@yorkswim.com 10226 Raider Lane Fairfax, VA 22030
Club Officials Chairman:	Carolyn Kotarski ckotarski@gmail.com
Meet Referee:	Ben Holly benjaminholly@verizon.net
Schedule:	<p><u>Friday Distance Events</u></p> <p>Warm Up: 4:30 - 5:15 pm - Events: 5:25 pm</p> <p><u>Saturday and Sunday</u></p> <p>13 & Over – Timed Finals Warm-up: 6:30-7:20 AM - Events: 7:30 AM</p> <p>11-12 Yr. Olds – Timed Finals Warm-up: 10:00-10:50 AM – Events: 11:00 AM</p> <p>8 & U & 9-10 Timed Finals Warm-up: 1:30-2:20 PM - Events: 2:30 PM</p>
Timing Equipment:	Semi-Automatic timing (buttons primary) will be used for this meet.
Warm-Ups:	The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. Teams will be assigned lanes for warm-ups. Coaches are responsible for monitoring their swimmers during warm-ups and the meet. Note: The Meet Manager reserves the right to modify the warm-ups based on the number of entries. Coaches will be notified by email in such an occurrence.

Eligibility:	<p>Open to all USA Swimming registered swimmers from the invited teams WITH A TIME NOT FASTER THAN THE (NFT) for any of the events with a NFT TIME.</p> <p><u>INDIVIDUAL AND RELAY EVENTS</u></p> <ul style="list-style-type: none"> Swimmers can swim up to seven (7) individual events for the entire meet, no more than two (2) events on Friday or three (3) events on Saturday or Sunday. Each team may enter up to two (2) relays per relay event. INVITED PVS Teams – AAC, ASA, CSC, FBST, HACC, MACH, PM, SDS, YORK Most individual events will be governed by "NO FASTER THAN" (NFT) time. These NFT times are based on top 16 results from the 2015 Spring Short Course Championship season. A swimmer can only enter an event in which his/her official USA Swimming time is not faster than the posted NFT time standard. No time standards apply to 8 and under events and the 12 and under 500 free or the 12 and under 400 IM on Friday, and sprint events for the 13 and over that are not events held in the Championship Meets.
Positive Check-In:	<ul style="list-style-type: none"> Positive check-in is required for individual events 200 yd. and over. Swimmers who do not check-in will not be seeded into that 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 Meet Referee before the event takes place. See the check-in deadlines later in this meet announcement.
Competition Rules:	<ul style="list-style-type: none"> Current USA Swimming rules shall govern the meet. All sessions will be timed finals. Dive-over starts may be used at this meet at the discretion of the Meet Manager and/or Meet Referee. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts. A determination whether to do so will be made shortly after entries for this meet have been processed. No on-deck USA-S registration will be permitted. All boys will swim in the seven (7) lane pool, all girls will swim in the eight (8) lane pool except for the 10 & Under sessions where the 9-10's will swim in the eight (8) lane pool and the 8 & Unders will swim in the seven (7) lane pool.
Rules:	<ul style="list-style-type: none"> 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. 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 PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDS's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. 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 the 12 & U sessions in Rule 205.3.1F.
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 the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</p>
Relays:	<p>Teams may enter ONLY two (2) relays per event.</p>
Awards:	<ul style="list-style-type: none"> Medals: 1st through 8th place. Ribbons: 9th through 16th for individual events and 1st through 3rd place for relays.
Officials:	<p>Officials assigned to this meet should sign in at the recording table 10 minutes before the start of warm-ups. Certified officials who have not been contacted and would like to volunteer should sign up online Officials Registration or contact Carolyn Kotarski ckotarski@gmail.com or speak with the deck referee at the meet.</p>
Entries:	<ul style="list-style-type: none"> Teams must enter on Hy-Tek. Include the name, phone number, and email address of club representative submitting the entries.

	<ul style="list-style-type: none"> • Attach the "meet entries" export file from Hy-Tek Meet Manager. Also attach a meet entry report by swimmer and a meet entry report by event. Create these reports in Team Manager and save as Word for Windows files. • In body of e-mail, give entry numbers (girls, boys, and relays, total) and contact information (e-mail, phone, officials contact). • Submit entries to the Meet Manager Kristin Bryant Wolff at Kristin@yorkswim.com . In the subject heading please indicate "2016 March Madness Meet - ####" with the club's initials substituted in place of the number symbols. If the club is submitting entries from more than one location, please add the location to the heading with the club initials. <u>Check payments must be received at the address listed prior to the start of the meet.</u> • Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgment should contact the Meet Director by other than e-mail to confirm receipt.
Fees:	<ul style="list-style-type: none"> • Fees for individual events are \$7.00; relay events are \$12.00 and a \$2.00 surcharge for each athlete. Each club is requested to remit one check to cover the entry fees for the entire team. • NO LATE ENTRIES OR DECK ENTRIES WILL BE ACCEPTED AT THIS MEET.
Checks:	MAKE CHECKS PAYABLE TO: "YORK SWIM CLUB" .
Entry Deadline:	All entries must be received no later than - Tuesday March 29, 2016 at 5:00 PM 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.
Mail Entries to:	Kristin Bryant Wolff 10226 Raider Lane Fairfax, VA 22030
Note:	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Oak Marr Recreation Center, and York Swim Club 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 8, 2016

Distance Events Session Timed Final

Warm-Up: 4:30-5:15 PM Events: 5:25 PM

Girls Event #	NFT	Event	NFT	Boys Event #
1	2:23.00	10 and under 200 Free	2:24.00	2
3	2:08.00	11-12 200 Free	2:07.00	4
5	1:59.00	13-14 200 Free	1:51.00	6
7	1:57.00	15 & Over 200 Free	1:46.00	8
9		12 and under 500 Free		10
11	4:47.00	13-14 400 IM	4:34.00	12
13	4:45.00	15 & Over 400 IM	4:20.00	14
15		12 and under 400 IM		16
17	2:45.00	10 and Under 200 IM	2:44.00	18
19	5:20.00	13-14 500 Free	5:01.00	20
21	5:15.00	15 & Over 500 Free	4:50.00	22
Positive check-in required for all events.				

POSITIVE CHECK IN CLOSES:
EVENTS 1-8 5:15 PM
EVENTS 9-22 5:45 PM

Saturday, April 9, 2016

13 and Older Timed Finals Session

Warm-Up: 6:30 AM Events: 7:30 AM

Girls Event #	NFT	Event	NFT	Boys Event #
23		13-14 200 Medley Relay		24
25		15-18 200 Medley Relay		26
27	1:01.00	13-14 100 Back	58.00	28
29	59.00	15 & Over 100 Back	55.00	30
31		13-14 50 Fly		32
33		15 & Over 50 Fly		34
35		13-14 100 IM		36
37		15 & Over 100 IM		38
39	1:10.00	13-14 100 Breast	1:05.00	40
41	1:09.00	15 & Over 100 Breast	1:01.00	42
43	25.50	13-14 50 Free	23.50	44
45	25.00	15 & Over 50 Free	22.00	46

Saturday, April 9, 2016
11-12 Timed Finals Session
Warm-Up: 10:00 AM Events: 11:00 AM

Girls Event #	NFT	Event	NFT	Boys Event #
47		11-12 200 Medley Relay		48
49	1:04.00	11-12 100 Back	1:04.00	50
51	29.00	11-12 50 Fly	29.00	52
53	1:07.00	11-12 100 IM	1:05.00	54
55	1:16.00	11-12 100 Breast	1:15.00	56
57	27.00	11-12 50 Free	26.00	58

Saturday, April 9, 2016
9-10 & 8 & Under Timed Finals Session
Warm-Ups: 1:30 PM Events: 2:30 PM

Girls Event #	NFT	Event	NFT	Boys Event #
59		8 & U 100 Medley Relay		60
61		9-10 200 Medley Relay		62
63		8 & Under 100 Free		64
65		8 & Under 50 Breast		66
67	1:26.00	9-10 100 Breast	1:24.00	68
69		7 & Under 25 Back		70
71		8 Year Old 25 Back		72
73	34.00	9-10 50 Back	34.00	74
75		8 & Under 50 Fly		76
77	1:17.00	9-10 100 Fly	1:15.00	78
79		7 & Under 25 Free		80
81		8 Year Old 25 Free		82
83	1:15.00	9-10 100 IM	1:15.00	84
85	29.00	9-10 50 Free	30.00	86

Sunday, April 10, 2016
13 and Older Timed Finals Session
Warm-up: 6:30 AM Events: 7:30 AM

Girls Event #	NFT	Events	NFT	Boys Event #
87		13-14 200 Free Relay		88
89		15-18 200 Free Relay		90
91	2:16.00	13-14 200 IM	2:06.00	92
93	2:14.00	15 & Over 200 IM	2:01.00	94
95		13-14 50 Breast		96
97		15 & Over 50 Breast		98
99		13-14 50 Back		100
101		15 & Over 50 Back		102
103	1:00.00	13-14 100 Fly	57.00	104
105	59.00	15 & Over 100 Fly	53.00	106
107	55.00	13-14 100 Free	51.00	108
109	54.00	15 & Over 100 Free	48.00	110

POSITIVE CHECK-IN CLOSES:
EVENTS 91-94 7:00 AM

Sunday, April 10, 2016
11-12 Timed Finals Session
Warm-Up: 10:00 AM Events: 11:00 AM

Girls Event #	NFT	Event	NFT	Boys Event #
111		11-12 200 Free Relay		112
113	2:25.00	11-12 200 IM	2:25.00	114
115	35.00	11-12 50 Breast	34.00	116
117	31.00	11-12 50 Back	30.00	118
119	1:05.00	11-12 100 Fly	1:05.00	120
121	58.00	11-12 100 Free	57.00	122

POSITIVE CHECK-IN CLOSES:
EVENTS 113-114 10:30 AM

Sunday, April 10, 2016

9-10 AND 8 & Under Timed Final Session

Warm-up: 1:30 PM Events: 2:30 PM

Girls Event #	NFT	Event	NFT	Boys Event #
123		8 & U 100 Free Relay		124
125		9-10 200 Free Relay		126
127		8 & Under 100 IM		128
129		7 & Under 25 Fly		130
131		8 Year Old 25 Fly		132
133	33.00	9-10 50 Fly	33.00	134
135		8 & Under 50 Back		136
137	1:14.00	9-10 100 Back	1:14.00	138
139		7 & Under 25 Breast		140
141		8 Year Old 25 Breast		142
143	39.00	9-10 50 Breast	39.00	144
145		8 & Under 50 Free		146
147	1:05.00	9-10 100 Free	1:05.00	148