

# GREEN & GOLD MINI MEET

Sponsored by DC Department of Parks and Recreation  
 Hosted by DC Wave Swim Team  
 Saturday, October 29<sup>th</sup> 2016  
 Sanctioned by USA Swimming through Potomac Valley Swimming  
 Sanction # PVC-17-13

<b>Meet Director</b>	Rob Green <a href="mailto:Robert.green@dc.gov">Robert.green@dc.gov</a>   (202) 256-4718
<b>Meet Referee</b>	Mohamed Chouika <a href="mailto:Mohamed.chouika@gmail.com">Mohamed.chouika@gmail.com</a>
<b>Officials Chair</b>	Erika Livingston <a href="mailto:Erika@aimstutoring.com">Erika@aimstutoring.com</a>
<b>Facility</b>	<b>Turkey Thicket Aquatic Center   1100 Michigan Avenue NE, Washington, DC 20017</b> The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(c). Start end depth is 10 feet, turn end depth is 3.5 feet.
<b>Schedule</b>	<b>Warm Up 9:30 – 10:15 am   Events 10:25 am</b>
<b>Timing System</b>	Semi-Automatic (buttons primary) will be used for this meet.
<b>Eligibility</b>	Open to all 10 & Under USA Swimming registered athletes. A swimmer's age shall be determined as of the first day of the meet.  Swimmers may enter a maximum of four (4) events.  Current USA Swimming Rules shall govern the meet.
<b>Inclusion Policy</b>	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 welcome and asked to provide advance notice of desired accommodations to the Meet Director. The athlete's coach is responsible for notifying the session referee of any disability prior to the competition.
<b>Rules</b>	Current USA Swimming rules shall govern the meet. All events are timed finals. <ol style="list-style-type: none"> <li><b>a.</b> 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, PDA's etc.) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li><b>b.</b> Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li><b>c.</b> Any swimmer entered in the meet must be certified by a USA</li> </ol>

	<p>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>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 &amp; U events per Rule 205.3.1F.</p>
<b>Supervision</b>	<p>Coaches must be registered with USA Swimming. Coaches are responsible for the conduct of their athletes and families and friends, as well as maintaining clean team areas during and following each session.</p> <p>Only athletes, coaches, timers and USA Swimming certified deck officials (trainees) are permitted on the deck. Coaches and deck officials must display valid 2016-2017 USA Swimming credentials.</p>
<b>Warm Up</b>	The prescribed PVS Warm-up procedures and safety policies will be followed.
<b>Awards</b>	1 <sup>st</sup> – 8 <sup>th</sup> ribbons will be awarded for each age group.
<b>Officials</b>	All certified USA Swimming officials wishing to volunteer to work this meet should contact the Club Officials Chair - Erika Livingston at <a href="mailto:Erika@aimstutoring.com">Erika@aimstutoring.com</a> . Please include your club affiliation, certifications held, and sessions you wish to work in your email message. Certified officials who have not been contacted should volunteer their services to the Meet Referee early during the warm-up period. Officials assigned to this meet should sign in at the results table at the start of warm-up.
<b>Timers</b>	The host club will provide at least one timer per lane. Participating clubs are requested to provide timers in proportion to their entries (1 timer per 25 entries). Upon submission of the meet entry, clubs will be notified of the number of timers to be provided.
<b>Admission</b>	There is no admission charge. This event is open to the public free of charge.
<b>Fees</b>	<p>Entries fees are to be made payable to the “<b>DC TREASURER</b>”. Fees are non-refundable. Entries will not be considered received until all fees are paid.</p> <p>Fees for individual events are \$3.00, and \$6.00 for relay events. Each team/club is requested to remit only one check or money order to cover entry fees. <b>NO CASH PAYMENTS WILL BE ACCEPTED.</b></p> <p>Entry fees are due no later than Wednesday, October 26<sup>th</sup> 2016.</p>
<b>Entries</b>	<p>Entries must be submitted electronically via e-mail. Follow the instructions under the appropriate heading below.</p> <p>Entries must indicate the athlete's legal name and date of birth. Each club is requested to remit one check to cover the entry fees for the entire team. Please put the club name on the entry check (if not a club check) and note the number of entries. Please <b>DO NOT</b> send cash. Meet director has been instructed not to accept telephone or fax entries.</p>

	<p><b>Electronic Entries:</b> Electronic entries should be submitted using the Hy-Tek Team Management Program or Team Unify.</p> <p>Files should include:</p> <ul style="list-style-type: none"> <li>• Export of meet entries</li> <li>• Entry report by name</li> <li>• Entry report by event</li> </ul> <p><b>E-mail Entries:</b></p> <p>Club E-mail entries will be accepted provided the transmission time is prior to entry deadline. Attach a report by event and by name (save as Word for Windows in Team Manager). Attach export of meet entry file from Team Manager. In the body of the e-mail give the total number of splashes (men, women, total entry) and contact information (name, phone, e-mail address).</p> <p>Remember to also send entry fee check via USPS to:          Takoma Aquatic Center          Attn: Rob Green          300 Van Buren Street, NW          Washington, DC 20012</p> <p>Clubs submitting by email should submit entries to the meet director (listed below.) Include in the subject heading type, Green and Gold Mini Meet –"****" with the club's initials substituted in place of the asterisks. The meet director will acknowledge receipt by return e-mail within 24 hours. Clubs that do NOT receive an acknowledgment of receipt of their entries should call the meet director to confirm receipt.</p>
<b>Deadline</b>	<b>All entries must be in the Meet Director's hands by Wednesday, October 19<sup>th</sup> 2016.</b>
<b>Liability</b>	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Turkey Thicket Aquatic Center and DC Wave Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

## ORDER OF EVENTS

Saturday, October 29 <sup>th</sup>		
Warm Up 9:30 - 10:15 am   Events 10:25 am		
Girls	Events	Boys
1	10 & Under 200 Medley Relay	2
3	8 & Under 100 Medley Relay	4
5	10 & Under 100 Butterfly	6
7	8 & Under 25 Butterfly	8
9	10 & Under 50 Breaststroke	10
11	10 & Under 100 Freestyle	12
<b>**** 10 MINUTE BREAK ****</b>		
13	10 & Under 100 I.M.	14
15	8 & Under 25 Backstroke	16
17	10 & Under 50 Backstroke	18
19	8 & Under 25 Breaststroke	20
21	10 & Under 50 Freestyle	22
23	8 & Under 25 Freestyle	24
25	10 & Under 100 Backstroke	26
<b>**** 10 MINUTE BREAK ****</b>		
27	10 & Under 100 Breaststroke	28
29	10 & Under 50 Butterfly	30
31	8 & Under 100 Freestyle Relay	32
33	10 & Under 200 Freestyle Relay	34