

**WARMUP CHANGES AS OF 11.28.16**



**SUNDAY ONLY!!**

**13 & OVER- 6:15- 7:15AM/ EVENTS- 7:25AM**  
**12 & UNDER- 12:00- 12:45PM/ EVENTS- 12:55PM**  
**FINALS- 5:00- 5:45PM- EVENTS- 5:55PM**



**Speedo Presents 11<sup>th</sup> Annual**  
**TURKEY CLAUS SHOWDOWN**

**December 1st - 4th, 2016**

**Sponsored by Machine Aquatics Swim Team**

Sanctioned by USA Swimming through Potomac Valley Swimming PVI-17-29

The Turkey Claus Showdown Meet is proud to support of Our Neighbor's Child. This program provides holiday assistance to children from low-income families in Fairfax County. We are asking EVERY participating swimmer to donate 1 NEW toy for children in need in the area. Swimmers can donate the toy at the meet!

**Meet Director:**

Paris Jacobs, 204D Mill St., NE, Vienna, VA 22180  
Contact: 571-238-7657 or [paris@machineaquatics.com](mailto:paris@machineaquatics.com)

**NEW - TEAM ENTRIES must be submitted to [ENTRIES@MACHINEAQUATICS.COM](mailto:ENTRIES@MACHINEAQUATICS.COM)**

**Meet Referee:**

Stewart Gordon, Machine Officials Chair  
[officials@machineaquatics.com](mailto:officials@machineaquatics.com)

**Location:**

University of Maryland, Eppley Recreation Center, College Park, MD 20742  
Tel: 301-226-5383

A separate warm up/warm down pool will be available throughout the entire meet.

The competition course has not been certified in accordance with the USA Swimming Rules and Regulation Article 104.2.2(C). The competition course has moveable bulkheads and will be measured before and after each session to ensure accuracy of the course.

The Finals Course is 11'6 to 13'0 deep across 8 lanes at the starting and turning end. The 2nd Course is 10'9 to 5'0 deep across 8 lanes at the starting and turning end.

PARKING WILL BE AVAILABLE IN THE PARKING DECK AT THE UNIVERSITY OF MARYLAND. ADVANCE PURCHASE WILL BE OFFERED AND POSTED ON THE POTOMAC VALLEY SWIMMING WEBSITE PRIOR TO THE EVENT.

NOTE: University of Maryland will be in session on Thursday Afternoon & All Day Friday. Please park in the parking deck. Machine Aquatics and the University of Maryland Eppley Recreation staff are not responsible for parking tickets issued during the meet.

**Timing System:**

Automatic timing (touch pads primarily) will be used for this meet.

**Schedule:**

**THE MEET DIRECTOR RESERVES THE RIGHT TO ADJUST THE TIMELINES BASED UPON ENTRIES TO THE MEET.**

***PRELIMINARIES***

Start Times for Thursday (December 1st)

Warm Up: 4:00 pm - 5:00 pm

Events: 5:10 pm

13 & Over Start Times for Friday, Saturday (December 2-3<sup>rd</sup>)

Warm Up: 6:30 am - 7:30 am

Events: 7:40 am

**CHANGE AS OF 11.28.16-**

**SUNDAY ONLY!!- 13 & OVER SESSION**

**WARM UP- 6:15- 7:15AM/ EVENTS- 7:25AM**

12 & Under Start Times for Friday, Saturday (December 2-3<sup>rd</sup>)

Warm Up: 11:45 am - 12:35 pm

Events: 12:45 pm

**CHANGE AS OF 11.28.16-**

**SUNDAY ONLY!!- 12 & UNDER SESSION**

**WARM UP- 12:00- 12:45PM/ EVENTS- 12:55PM**

It is anticipated that preliminaries will be run in two pools. Please plan accordingly.

***FINALS***

Start Times for Finals Sessions on Friday, Saturday (December 2-3<sup>rd</sup>)

Warm-up: 4:30 to 5:30 pm

Events: 5:40 pm

**CHANGE AS OF 11.28.16-**

**SUNDAY ONLY!!- FINALS**

**WARM UP- 5:00- 5:45PM/ EVENTS- 5:55PM**

400 IM and 500 and 1000 Free individual and 400 and 800 relay events are POSITIVE CHECK-IN. Positive check-in close times will be posted before warm-ups at the positive check-in table. Any swimmer that fails to check-in will be removed from the event. To the extent there are available lanes, swimmers can request deck entry at a cost of \$15.00.

**SWIMMERS MUST PROVIDE THEIR OWN TIMERS/ LAP COUNTERS FOR THE 400 IM AND 500**

The Meet Director reserves the right to adjust warm-up times for the 12 & Under sessions after entries have come in.

**Eligibility:**

Open to invited teams. Priority entry into the meet will be given to teams that participated in the 2015 Turkey Claus Meet. Teams wishing to receive an invite should contact meet management. Entries will be processed as they are received.

**Rules:**

Current USA Swimming rules shall govern the meet.

***Swimmers qualifying for the NCAP Invitational Meet in FOUR (4) or more events are not eligible for this meet.***

The qualifying standards for this meet are no faster than (“NFT”) time standards listed in this meet announcement. A swimmer can only enter individual events in which his/her official USA Swimming time is not faster than the meet NFT time standard. These NFT time standards are equivalent to the individual event qualification time standards maintained at the NCAP Invitation Meet (December 8-11<sup>th</sup>, 2016).

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**ONLY VERIFIABLE ENTRY TIMES WILL BE ACCEPTED. VERIFIABLE TIMES MUST BE ACHIEVED AFTER JANUARY 1<sup>ST</sup>, 2015.**

**SWIMMERS WHO HAVE A PERSONAL BEST FASTER THAN THE “NFT” CUT MAY NOT SWIM THAT LEG OF THE CORRESPONDING RELAY.**

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**Swimmers may enter as many events as they wish but must scratch down to a maximum of nine (9) individual events by Friday morning with no more than three (3) individual events per day.**

**Teams may enter as many relays as they wish into the relay events. A & B relays will only score.**

Swimmers may participate in his or her own age group events only. 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.

Entries in 400 IM and 500 and 1000 Free may need to be limited due to time constraints. If necessary, it will be done based on verifiable entry time. If a swimmer is removed from an event because of time constraints, they will be provided the opportunity to enter another event in the meet.

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.

Changing into or out of swimsuits other than in the locker rooms or other designated areas is 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.

Dive-over starts will be used at this meet. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.

### **Individual Events:**

All 9-10 events are preliminaries and finals and will have one (1) heat in the finals session.

All 11-12 events will be preliminaries and finals. There will a "B" final and an "A" final heat. The "B" final will be swum first.

All 13-14 and 15 & Over events will have preliminaries and finals. There will be a "B" and an "A" final heat, except for the 400 IM and 500 and 1000 Free, which will be timed final events swum in the preliminary session. The "B" final will be swum first.

The 1000 and 500 Free events will be swum Fast to Slow.

The 400 IM events will be swum Slow to Fast.

The 400 IM, 500 Free & 1000 Free require positive check in. Timelines for check-in will be provided to coaches prior to the meet.

Entries for the 400IM, 500 Free & 1000 Free may need to be limited due to time constraints. If necessary, it will be done based on the verifiable proof of entry time. If a swimmer is removed from an event because of time constraints, they will provided the opportunity to enter another event in the meet.

**Swimmers must provide their own timers/ lap counters for the 500 & 1000 Freestyle.**

### **Relay Events:**

All Relays are timed finals and will be swum in the preliminary sessions. All Relays will be swum Fast to Slow.

All 200 yard relays will be pre-seeded. The 400 and 800 yard relays are positive check in.

### **Inclusion Policy:**

PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the BOD. Swimmers with a disability are welcome and are asked to provide advance notice of desired accommodations to the Meet Director. The swimmer (or swimmers'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.

### **Check-In Policy:**

For those events requiring positive check-in, swimmers (or coaches for relay events) shall designate their intention to swim the event on the forms provided at the scratch table. Swimmers who have not checked-in prior to the specified closing time will be scratched from the event. Swimmers 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.

**Scratch Policy:**

If you do not wish to swim in the Final, you may "Scratch" from the event by following the proper procedure. You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" or "B" finals, if scheduled.

You may declare an "intent to scratch" by marking the appropriate space for "intent" On the Finals Scratch Slip.

You must rescind or "pull" this intent on the Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary individual event of the day or you will be automatically seeded into the Final.

If an athlete fails to properly scratch from a Final event and does not appear for the event Final, they will be penalized their next swim preliminary swim.

**Scoring:**

Individual: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1

Relays: 40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2 (Teams will score points for an "A" and "B" relay only).

**Warm-Up:**

The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. Warm-up times and lane assignments will be posted before all sessions.

**Supervision:**

Coaches are responsible for the conduct of their swimmers and families and for cleaning up their team areas.

Swimmers who are not accompanied by a USA Swimming registered coach must be certified by a USA Swimming registered 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 registered coaches, and meet officials are permitted on the pool deck. Working coaches and meet officials are required to display their 2016 or 2017 USA Swimming card.

Parents not working as a meet official, timer, or other meet position are not permitted on deck.

**Concessions:**

Will be sold by the University of Maryland. Outside food is not permitted. Spectators may bring their own water to the event.

**Programs:**

The meet program is available for \$15.00 for the weekend.

Finals programs each night will be free with finals coupon from meet program.

Finals programs will be available for \$2.00 for those without their finals program coupon.

**Awards:**

All 14 & under events will receive medals for 1st through 8th place for individual events

1st through 3rd place for relay events.

**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 for COACHES will be permitted on the deck. Swimmers are not permitted to bring chairs on the deck.

Bleachers will be available for team areas.

**Entries:**

Send entries to **ENTRIES@MACHINEAQUATICS.COM** and include in the subject line of the email "2016 Turkey Claus Showdown \*\*\*\*/#####" with the club initials in place of the \*\*\*\*. If your club submits multiple entry files include the training site in place of the hashtags.

Entries should be submitted using Hy-Tek Team Manager.

The Meet Director should acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.

**Warning:** 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.

**Important:**

**Coaches must submit a cell phone number that they will answer in between preliminaries and finals, in case a swimmer scratches into Finals and needs to be notified. Cell phone numbers should be submitted with the entry email. The Meet Director will try to provide text message accessibility in the weeks leading up to the meet.**

**Fees:**

Fees for individual events are \$8.75, relays are \$17.50. There is a \$6.00 per athlete surcharge. Entry fees are due with entries.

Please mail entry checks payable to MACHINE AQUATICS to:

Machine Aquatics  
204 D Mill St., NE  
Vienna, VA 22180

**Entry Deadline:**

PRELIMINARY ENTRIES ARE DUE BY 5:00 p.m. Wednesday, November 16th, 2016.

**FINAL ENTRY FILE IS DUE BY 5:00 p.m. TUESDAY, NOVEMBER 22nd, 2016**

Submit Entries to: [entries@machineaquatics.com](mailto:entries@machineaquatics.com)

**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.

**Deck Entries:**

Will be accepted, space and timelines permitting, and are \$15.00 per event. Swimmers must provide proof of USA Swimming membership (DeckPass verification is preferred) and proof of NFT verifiable seed time for each event so entered.

**Liability:**

In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, University of Maryland Epley Recreation 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.



# TURKEY CLAUS SHOWDOWN

December 1 - 4<sup>th</sup>, 2016

Sponsored by Machine Aquatics

**ALL EVENTS ARE NO FASTER THAN ("NFT") EVENTS  
EVENT ENTRY TIMES ARE SHORT COURSE YARDS ONLY**

**ALL 400 IM AND 500 AND 1000 FREE INDIVIDUAL AND 400 AND 800 RELAY EVENTS ARE  
POSITIVE CHECK IN**

Thursday, December 1st @ UMD Eppley Recreation Center

Warm Up - 4:00 - 5:00 pm Events - 5:10 pm

| No FASTER Than | Girls Event # | Event                    | Boys Event # | No FASTER Than |
|----------------|---------------|--------------------------|--------------|----------------|
| 5:27.00        | 1             | 13 -14 500 FREESTYLE     | 2            | 5:16.00        |
| 5:14.01        | 3             | 15 & OVER 500 FREESTYLE  | 4            | 4:49.00        |
| 5:59.00        | 5             | 12 & UNDER 500 FREESTYLE | 6            | 5:54.00        |
| 11:20.00       | 7             | 13 -14 1000 FREESTYLE    | 8            | 11:00.00       |
| 11:00.00       | 9             | 15 & OVER 1000 FREESTYLE | 10           | 10:00.00       |

**SWIMMERS MUST PROVIDE THEIR OWN TIMERS/ LAP COUNTERS FOR THE  
500 and 1000 FREE**

Friday, December 2nd @ UMD Eppley Recreation Center

Warm Up - 6:30 - 7:30 am Events - 7:40 am

| No FASTER Than | Girls Event # | Event                   | Boys Event # | No FASTER Than |
|----------------|---------------|-------------------------|--------------|----------------|
| 2:06.00        | 11            | 13 -14 200 FREESTYLE    | 12           | 2:00.00        |
| 1:57.00        | 13            | 15 & OVER 200 FREESTYLE | 14           | 1:47.20        |
| 1:04.56        | 15            | 13 -14 100 BUTTERFLY    | 16           | 1:02.00        |
| 1:00.76        | 17            | 15 & OVER 100 BUTTERFLY | 18           | 54.00          |
| 2:20.00        | 19            | 13 -14 200 BACKSTROKE   | 20           | 2:18.00        |



|         |    |                                 |    |         |
|---------|----|---------------------------------|----|---------|
| 2:13.00 | 21 | 15 & OVER 200 BACKSTROKE        | 22 | 2:00.80 |
| 5:00.00 | 23 | 13 -14 400 INDIVIDUAL MEDLEY    | 24 | 4:49.80 |
| 4:42.00 | 25 | 15 & OVER 400 INDIVIDUAL MEDLEY | 26 | 4:20.00 |
| 9:10.00 | 27 | 13 -14 800 FREESTYLE RELAY      | 28 | 8:34.00 |
| 8:25.00 | 29 | 15 & OVER 800 FREESTYLE RELAY   | 30 | 7:43.00 |

**SWIMMERS MUST PROVIDE THEIR OWN TIMERS/ LAP COUNTERS FOR THE 400 IM**

Friday, December 2nd @ UMD Eppley Recreation Center  
 Warm Up - 11:45 am – 12:35 pm Events at 12:45 pm

| No FASTER Than | Girls Event # | Event                        | Boys Event # | No FASTER Than |
|----------------|---------------|------------------------------|--------------|----------------|
| 2:18.30        | 31            | 11 -12 200 FREESTYLE         | 32           | 2:18.80        |
| 2:39.00        | 33            | 9 -10 200 FREESTYLE          | 34           | 2:43.00        |
| 1:22.80        | 35            | 11 -12 100 BREASTSTROKE      | 36           | 1:22.40        |
| 1:35.50        | 37            | 9 -10 100 BREASTROKE         | 38           | 1:36.40        |
| 2:52.00        | 39            | 12 & UNDER 200 BUTTERFLY     | 40           | 2:50.30        |
| 34.00          | 41            | 11 -12 50 BACKSTROKE         | 42           | 34.00          |
| 39.00          | 43            | 9 -10 50 BACKSTROKE          | 44           | 38.80          |
| 1:12.60        | 45            | 11 -12 100 INDIVIDUAL MEDLEY | 46           | 1:12.40        |
| 1:22.80        | 47            | 9 -10 100 INDIVIDUAL MEDLEY  | 48           | 1:24.00        |
| 4:39.00        | 49            | 11 -12 400 FREESTYLE RELAY   | 50           | 4:36.00        |

Saturday, December 3rd @ UMD Eppley Recreation Center  
Warm Up - 6:30 - 7:30 am Events - 7:40 am

| No FASTER Than | Girls Event # | Event                      | Boys Event # | No FASTER Than |
|----------------|---------------|----------------------------|--------------|----------------|
| 1:05.00        | 51            | 13-14 100 BACKSTROKE       | 52           | 1:03.00        |
| 1:01.00        | 53            | 15 & OVER 100 BACKSTROKE   | 54           | 56.00          |
| 27.20          | 55            | 13 -14 50 FREESTYLE        | 56           | 25.90          |
| 25.80          | 57            | 15 & OVER 50 FREESTYLE     | 58           | 23.30          |
| 2:26.80        | 59            | 13 -14 200 BUTTERFLY       | 60           | 2:24.80        |
| 2:16.00        | 61            | 15 & OVER 200 BUTTERFLY    | 62           | 2:03.80        |
| 1:16.60        | 63            | 13 -14 100 BREASTSTROKE    | 64           | 1:12.50        |
| 1:12.00        | 65            | 15 & OVER 100 BREASTSTROKE | 66           | 1:03.00        |
| 4:45.00        | 67            | 13 -14 400 MEDLEY RELAY    | 68           | 4:32.30        |
| 4:29.50        | 69            | 15 & OVER 400 MEDLEY RELAY | 70           | 4:05.20        |

Saturday, December 3rd @ UMD Eppley Recreation Center  
Warm Up - 11:45 am – 12:35 pm Events at 12:45 pm

| No FASTER Than | Girls Event # | Event                       | Boys Event # | No FASTER Than |
|----------------|---------------|-----------------------------|--------------|----------------|
| 3:02.20        | 71            | 12 & UNDER 200 BREASTSTROKE | 72           | 3:02.20        |
| 38.00          | 73            | 9-10 50 BUTTERFLY           | 74           | 38.60          |
| 32.00          | 75            | 11-12 50 BUTTERFLY          | 76           | 32.60          |
| 1:26.60        | 77            | 9-10 100 BACKSTROKE         | 78           | 1:27.00        |
| 1:13.00        | 79            | 11- 12 100 BACKSTROKE       | 80           | 1:13.60        |
| 38.00          | 81            | 9 -10 50 FREESTYLE          | 82           | 38.60          |
| 32.00          | 83            | 11 -12 50 FREESTYLE         | 84           | 32.60          |
| 2:48.00        | 85            | 9 -10 200 MEDLEY RELAY      | 86           | 2:47.80        |
| 2:24.50        | 87            | 11 -12 200 MEDLEY RELAY     | 88           | 2:24.30        |

Sunday, December 4th @ UMD Eppley Recreation Center

Warm Up - 6:15 - 7:15 am Events - 7:25 am

| No FASTER Than | Girls Event # | Event                           | Boys Event # | No FASTER Than |
|----------------|---------------|---------------------------------|--------------|----------------|
| 2:22.20        | 89            | 13 -14 200 INDIVIDUAL MEDLEY    | 90           | 2:14.00        |
| 2:12.60        | 91            | 15 & OVER 200 INDIVIDUAL MEDLEY | 92           | 2:00.00        |
| 58.00          | 93            | 13 -14 100 FREESTYLE            | 94           | 54.50          |
| 54.70          | 95            | 15 & OVER 100 FREESTYLE         | 96           | 50.00          |
| 2:44.70        | 97            | 13 -14 200 BREASTSTROKE         | 98           | 2:39.10        |
| 2:37.60        | 99            | 15 & OVER 200 BREASTSTROKE      | 100          | 2:18.00        |
| 4:09.50        | 101           | 13 -14 400 FREESTYLE RELAY      | 102          | 3:59.40        |
| 3:55.60        | 107           | 15 & OVER 400 FREESTYLE RELAY   | 108          | 3:34.20        |

Sunday, December 4th @ UMD Eppley Recreation Center

Warm Up - 12:00pm – 12:45 pm \* Events at 12:55 pm

| No FASTER Than | Girls Event # | Event                        | Boys Event # | No FASTER Than |
|----------------|---------------|------------------------------|--------------|----------------|
| 2:06.30        | 109           | 11 -12 200 FREESTYLE RELAY   | 110          | 2:05.90        |
| 2:23.90        | 111           | 9 -10 200 FREESTYLE RELAY    | 112          | 2:23.00        |
| 2:34.20        | 113           | 11 -12 200 INDIVIDUAL MEDLEY | 114          | 2:37.60        |
| 3:00.00        | 115           | 9 -10 200 INDIVIDUAL MEDLEY  | 116          | 3:00.90        |
| 1:03.60        | 117           | 11 -12 100 FREESTYLE         | 118          | 1:03.60        |
| 1:13.60        | 119           | 9 -10 100 FREESTYLE          | 120          | 1:13.00        |
| 2:41.00        | 121           | 12 & UNDER 200 BACKSTROKE    | 122          | 2:39.20        |
| 37.80          | 123           | 11 -12 50 BREASTSTROKE       | 124          | 38.00          |
| 43.40          | 125           | 9 -10 50 BREASTSTROKE        | 126          | 43.40          |
| 1:15.00        | 127           | 11 -12 100 BUTTERFLY         | 128          | 1:15.00        |
| 1:35.00        | 129           | 9 -10 100 BUTTERFLY          | 130          | 1:36.00        |
| 5:24.20        | 131           | 11 -12 400 MEDLEY RELAY      | 132          | 5:20.70        |

