

19th Annual
SPRING CHAMPIONSHIPS
 MARCH 24 -26, 2017
 SPONSORED BY MARYLAND SUBURBAN SWIM CLUB

SANCTIONED BY USA SWIMMING THROUGH POTOMAC VALLEY SWIMMING
 Sanction #PVC-17-75

MEET DIRECTOR:	Manga Dalizu 301-526-6597 (coaches only please) fairlandswim@comcast.net
MEET REFEREE:	Lynne Gerlach 240-286-23190 gerlach@msscswimming.com
OFFICIALS' CHAIR:	Hope Oehler 443-631-7958 qingwaa@yahoo.com <ul style="list-style-type: none"> • All certified officials wishing to volunteer to work this meet please contact Hope by March 16th. • Please include your club affiliation, certifications held, and sessions you wish to work. • Meet Officials polos will be given to officials who sign up by the deadline above and work three or more sessions at this meet. • Please sign in at the scorer's table at the start of the Warm-up. • Certified officials, who have not been contacted, should volunteer their services to the Referee.
FACILITY:	Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, Maryland 301-362-6060 The Fairland Aquatics Center is a 19 lane 25 yard pool. The water depth at both the starting and the turn end ranges from 5' to 6' at the shallow end course to 7' to 13' at the deep end course. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C) NOTES: <ul style="list-style-type: none"> • Spectators are not allowed on the pool deck and seating is limited in spectator gallery. • Concessions may be available. • Swim wear and Meet T-shirts will be available for sale • PROGRAMS: A limited number meet programs will be sold during the meet be sold for \$3.00
TIMING SYSTEM:	Automatic timing (touch pads primary) will be used for this meet.

<p>SCHEDULE:</p>	<p>This meet is timed finals.</p> <p>Friday - All Ages: Warm-up 4:30 – 5:20 PM, Events: 5:30 PM</p> <p>Saturday and Sunday:</p> <p>Morning session - 11 - 12 year olds: Warm-up: 7:00 - 7:50 AM, Events: 8:00 AM</p> <p>Midday session – 9 - 10 year olds: Warm-up: 11:40 – 12:20 PM, Events: 12:30 PM</p> <p>Afternoon session - 13 & Over: Warm-up: 3:30 – 4:20 PM Events: 4:30 PM</p> <p>The Meet Director reserves the right to run dual course if necessary to meet time restraints.</p>
<p>ELIGIBILITY:</p>	<p>Open to all USA Swimming registered athletes from invited teams who entered the meet in 2016. Entries must be received by the deadline of Tuesday March 14, 2017. Athletes shall compete at the age attained on the first day of the meet. An athlete may only compete in his or her own age division.</p> <p>Coaches and Data submitters – please note entries are to be sent to Manga Dalizu at fairlandswim@comcast.net. If you would like an invitation to this meet, please contact the meet director.</p>
<p>RULES:</p>	<p>Current USA Swimming rules shall govern the meet. All events are timed finals. A contestant may enter no more than three individual events and two relays per day.</p> <p>A swimmer may not enter an event if they have equaled or bettered the PVS 14&U JUNIOR OLYMPIC CHAMPIONSHIPS qualifying standard for their age as of 3/09/17. A swimmer who has aged up since March 09, 2017 may not enter an event they were eligible to enter at PVS SHORT COURSE 14 & UNDER JUNIOR OLYMPIC CHAMPIONSHIPS.</p> <p>A 15 and older swimmer may not enter an event if they have equaled or bettered the PVS SC JUNIOR CHAMPIONSHIPS qualifying standard for their age as of 3/2/17.</p> <p>If a swimmer is ineligible to swim an event in this meet, that swimmer is also ineligible to swim the corresponding relay leg of that stroke and distance on a relay team..</p> <p>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.</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 in the water. When unaccompanied by a member-coach, it is the responsibility of</p>

	<p>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 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.</p> <p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</p> <p>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.</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 the 12 &U sessions in Rule 205.3.1F.4</p> <p>No on-deck USA-S registration will be permitted.</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 the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</p>
WARM-UP:	<p>The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed. Warm-ups may be assigned at the discretion of the Meet Manager.</p>
DECK ACCESS	<p>All USA Swimming registered coaches and officials are required to display current 2017 USA Swimming membership credentials/or DECK PASS in the deck area.</p> <p>Anyone not displaying proper credentials will be asked to leave the deck area.</p> <p>Parents not working the meet as a deck official, lane timer or other meet position are not permitted on the deck.</p>
AWARDS:	<p>Individual Awards: Medals will be awarded to first – eighth place finishers in each event. Events may be combined for the 9-10 and 11-12 age groups however they will be broken out to 9-10 and 11-12 ages for awards and points.</p> <p>Relay Awards: Medals will be awarded to first - third place teams.</p> <p>Team Awards: Teams will be split into three divisions based on team size determined by the club's registration numbers with USA Swimming. The top three teams in each division will receive recognition for their placement within their division.</p>
SCORING:	<p>Individual Events: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1</p> <p>Relay Events: 40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2</p> <p>Teams will be awarded no more than 2 sets of points for a single event.</p>

TIMERS:	Participating clubs are required to provide 1 timer for every 25 entries entered in the meet. Friday evening events 400 IM and 1650 Yd. Freestyle are distance events and swimmers must provide their own timer and counter if necessary.
SUPERVISION:	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. In keeping with facility request, please do not bring food from snack bar onto the pool deck. Deck Marshals will be stationed throughout the deck area. Please respect their authority. Bulkheads -- Pool management has requested that we limit the number of people standing on the bulkheads. As a result access to the bulkheads will be limited as follows: • During Competition – Please limit to Coaches that are coaching swimmers in that event; • Swimmers shall not be allowed on the bulkheads during the meet.
NOTES:	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatics Center and Maryland Suburban 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.
ADMISSION:	There is no admission charge. Programs for each session will be available for \$3.00 each. Working officials and coaches receive a free program.
FEES:	Fees for individual events are \$7.50 and \$12.00 per relay. Individual swimmer surcharge \$3.00 Remit one check to cover the entry fees for the entire team. Do not send cash. Telephone entries will not be accepted. Deck entries: \$10.00 (cash only) due at time of entry. Evidence of current USA-S registration will be required for deck entries. Deck entries will be accepted at the discretion of the meet director for empty lanes only. No new heats will be created.
ENTRIES:	NT's will be accepted according to limitations listed in event list. Club entries will be accepted by email. Submission of entries by email must include the following files: the Hy-Tek Commlink II file and The Team Manager Meet Entry Report file (by NAME). The name and phone number of the Club representative submitting the email must be included. INDIVIDUAL OR UNATTACHED ENTRIES WILL ONLY BE ACCEPTED BY delivery to the Post Office Box address below and will not be accepted by e-mail, unless those swimmers are training with a club and that club is submitting their entries in the required above Hy-Tek format. Clubs submitting by email may submit entries to fairlandswim@comcast.net in the subject heading type, " 19th Annual SPRING CHAMPIONSHIPS - ***** " with the club's initials substituted in place of the asterisks. Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.
DEADLINE:	The Meet Director must receive all entries for this meet NO LATER THAN TUESDAY, MARCH 14, 2017. 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.

MAKE CHECK PAYABLE & SEND ENTRIES TO:	Maryland Suburban Swim Club P.O. Box 160 Laurel, Maryland 20725 Attn: Lynne Gerlach
POSITIVE CHECK-IN	All events 200 yards and greater MAY require positive check-in. Please check the scorer's table upon arrival.

FRIDAY EVENING SESSION - MARCH 24, 2017
WARM-UP: 4:30 - 5:20 PM EVENTS: 5:30 PM

GIRLS EVENT #	NO FASTER THAN (SCY)	ALL AGE EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
1	7:00.00R	9-10 YR OLD 500 YD FREESTYLE	7:00.00R	2
	5:56.00R	11-12 YR OLD 500 YD FREESTYLE	5:56.00R	
3	5:28.10R	13-14 YR OLD 500 YD FREESTYLE	5:13.70R	4
	5:33.00R	15&OVER 500 YD FREESTYLE	5:08.00R	
5	2:58.00	9-10 YR OLD 200 YD IM	2:58.00	6
	2:33.20	11-12 YR OLD 200 YD IM	2:33.40	
7	5:01.00S	OPEN 400 YD IM*(9-14)	4:47.00S	8
	5:08.90S	OPEN 400 YD IM*(15+)	4:21.90S	
9	19:40.00T	13-14 YR OLD MIXED 1650 YD FREESTYLE*	18.50.00T	9
	20:09.10T	15&OVER MIXED 1650 FREESTYLE*	18:56.80T	

All Events on Friday Evening will be swum FAST to SLOW and may require positive check in.

***Swimmers must provide their own timer/counter for the 400 IM and 1650 FREESTYLE.**

Events will be combined 9-12 or 13 and Over however broken out into age groups, 9-10, 11-12, 13-14, 15&O for scoring and awards.

R- Times Slower than 8:00.00 will not be entered in the 500 Freestyle

S – Times Slower Than 6:40 will not be entered in the 400 IM

T - Times slower than 21:30.00 for the 1650 will not be entered.

SATURDAY MORNING SESSION - MARCH 25, 2017
WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM

GIRLS EVENT #	NO FASTER THAN (SCY)	11 - 12 YEAR OLD EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
13	NT	11-12 YR OLD 200 YD MEDLEY RELAY	NT	14
15	32.60	11-12 YR OLD 50 YD BACKSTROKE	33.10	16
17	1:12.20	11-12 YR OLD 100 YD BUTTERFLY	1:12.30	18
19	2:31.00	11-12 YR OLD 200 YD BACKSTROKE	2:32.70	20
21	37.20	11-12 YR OLD 50 YD BREASTSTROKE	37.60	22
23	1:01.40	11-12 YR OLD 100 YD FREESTYLE	1:02.40	24
25	2:53.00	11-12 YR OLD 200 YD BREASTSTROKE	2:53.70	26
27	1:12.20	11-12 YR OLD 100 YD IM	1:11.30	28
29	NT	11-12 YR OLD 400 YD FREESTYLE RELAY	NT	30
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				

SUNDAY MORNING SESSION - MARCH 26, 2017
WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM

GIRLS EVENT #	NO FASTER THAN (SCY)	11 - 12 YEAR OLD EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
63	NT	11 - 12 OLD 200 YD FREESTYLE RELAY	NT	64
65	2:16.00	11-12 YR OLD 200 YD FREESTYLE	2:15.00	66
67	31.20	11-12 YR OLD 50 YD BUTTERFLY	32.00	68
69	1:21.20	11-12 YR OLD 100 YD BREASTSTROKE	1:21.60	70
71	2:49.00	11-12 YR OLD 200 YD BUTTERFLY	2:44.00	72
73	1:11.00	11-12 YR OLD 100 YD BACKSTROKE	1:11.00	74
75	28.40	11-12 YR OLD 50 YD FREESTYLE	28.40	76
77	NT	11-12 YR OLD 400 YD MEDLEY RELAY	NT	78
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				

SATURDAY MIDDAY SESSION - MARCH 25, 2017
WARM-UP: 11:40 – 12:20 AM EVENTS: 12:30 PM

GIRLS EVENT #	NO FASTER THAN (SCY)	9-10 YEAR OLD EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
31	NT	9-10 YR OLD 200 YD MEDLEY RELAY	NT	32
33	38.30	9-10 YR OLD 50 YD BACKSTROKE	38.50	34
35	1:30.40	9-10 YR OLD 100 YD BUTTERFLY	1:31.00	36
37	2:31.00*	9-10 YR OLD 200 YD BACKSTROKE	2:32.70*	38
39	43.10	9-10 YR OLD 50 YD BREASTSTROKE	43.60	40
41	1:12.30	9-10 YR OLD 100 YD FREESTYLE	1:12.00	42
43	2:53.00*	9-10 YR OLD MIXED 200 YD BREASTSTROKE	2:53.70*	44
45	1:22.10	9-10 YR OLD 100 YD IM	1:21.80	46
47	NT	9-10 YR OLD 400 YD FREESTYLE RELAY	NT	48
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				
*Must have provable BB time or better in the 100 of the stroke to enter with NT. MEET DIRECTOR reserves the right to swim 37/38 and 43/44 as mixed event.				

SUNDAY MIDDAY SESSION - MARCH 26, 2017
WARM-UP: 11:40 – 12:20 AM EVENTS: 12:30 PM

GIRLS EVENT #	NO FASTER THAN (SCY)	9 - 10 YEAR OLD EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
79	NT	9-10 YR OLD 200 YD FREESTYLE RELAY	NT	80
81	2:37.00	9-10 YR OLD 200 YD FREESTYLE	2:35.60	82
83	37.10	9-10 YR OLD 50 YD BUTTERFLY	37.40	84
85	1:33.40	9-10 YR OLD 100 YD BREASTSTROKE	1:33.40	86
87	2:50.00*	9-10 YR OLD MIXED 200 YD BUTTERFLY	2:44.00*	88
89	1:22.50	9-10 YR OLD 100 YD BACKSTROKE	1:22.50	90
91	32.70	9-10 YR OLD 50 YD FREESTYLE	32.60	92
93	NT	9-10 YR OLD 400 YD MEDLEY RELAY	NT	94
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				
*Must have provable BB time or better in the 100 of the stroke to enter with NT. MEET DIRECTOR reserves the right to swim 37/38 and 43/44 as mixed event.				

SATURDAY AFTERNOON SESSION - MARCH 26, 2017

WARM-UP: 3:30 - 4:20 PM EVENTS: 4:30 PM

GIRLS EVENT #	NFT (SCY)	13&OVER EVENTS	NFT (SCY)	BOYS EVENT #
49	NT	13&OVER 400 FREESTYLE RELAY	NT	50
51	1:05.00	13-14 100 YD BACKSTROKE	1:02.40	52
	1:06.60	15&O 100 YD BACKSTROKE	1:00.40	
53	2:28.00	13-14 200 YD BUTTERFLY	2:19.10	54
	2:33.00	15&O 200 YD BUTTERFLY	2:20.00	
55	1:14.50	13-14 100 YD BREASTSTROKE	1:09.80	56
	1:17.60	15&O 100 YD BREASTSTROKE	1:09.60	
57	58.00	13-14 100 YD FREESTYLE	54.00	58
	57.60	15&O 100 YD FREESTYLE	52.00	
59	2:21.20	13-14 200 YD IM	2:13.60	60
	2:22.30	15&O 200 YD IM	2:09.20	
61	NT	13&O 800 FREESTYLE RELAY	NT	62
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				

SUNDAY AFTERNOON SESSION - MARCH 26, 2017

WARM-UP: 3:30 – 4:20 PM EVENTS: 4:30 PM

GIRLS EVENT #	NFT (SCY)	13&OVER EVENTS	NFT (SCY)	BOYS EVENT #
95	NT	13&OVER 200 FREESTYLE RELAY	NT	96
97	2:04.00	13&O 200 YD FREESTYLE	1:57.00	98
	2:04.70		1:54.00	
99	1:04.60	13&O 100 YD BUTTERFLY	1:01.00	100
	1:06.20		59.00	
101	2:40.00	13&O 200 YD BREASTSTROKE	2:31.40	102
	2:43.60		2:30.70	
103	2:18.00	13&O 200 YD BACKSTROKE	2:12.50	104
	2:23.00		2:12.60	
105	26.50	13&O 50 YD FREESTYLE	25.00	106
	26.90		24.20	
107	NT	13&O 400 YD MEDLEY RELAY	NT	108
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				