

Speedo Eastern States Senior Circuit

Sponsored by Maryland Suburban Swim Club (MSSC)

Sanctioned by USA Swimming
through Potomac Valley Swimming

October 25-26, 2003
Sanction #PVC-04-30

MEET DIRECTOR: Christopher T. Huott (240)-417-5569

MEET LOCATION: Prince Georges Sports and Learning Complex
8001 Sheriff Road
Landover, MD 20785
301-583-2400

DIRECTIONS: From Capitol Beltway, exit 202 West. Turn left at first light, Brightseat Road. Take first right on Sheriff Road. Complex is on the left.

FACILITY: 50 meter x 25 yard indoor pool. Eight (8) lanes will be used for competition. Eight lanes will be available for continuous warm-up/warm-down. Daktronics Timing System with 10 lane scoreboard and Kiefer Wave Eater racing lane lines. The meet director reserves the right to use nine (9) or ten (10) lanes for competition during any session or individual event.

SCHEDULE:

Day		Warm-up Times	Start Time
Saturday	Session 1	6:45 - 8:30 AM	8:45 AM
	Session 2	3:30 - 5:00 PM	5:15 PM
Sunday	Session 3	6:45 - 7:30 AM	7:30 AM
	Session 4	9:45 - 11:00 AM	11:15 AM

WARM-UPS: During Saturday morning warm-up, the first hour and 40 minutes will be general warm-up. The last 20 minutes will be specific warm up with lanes assigned for pace, sprint and general warm-up. During Saturday evening warm-up, 1 hour and 10 minutes will be general warm-up and 20 minutes assigned as specific warm-up. During Sunday (session 4) warm-up, the first 45 minutes will be general warm up. The last 30 minutes will be specific warm up with lanes available for pace and sprint. Two 8 lane courses will be used for the 1650. Swimmers are responsible for providing timer and counter. 1650 Free (Events 25 - 26) will be swum slowest to fastest.

ELIGIBILITY: Open to all swimmers registered with USA Swimming Inc. who are part of the circuit. There are no qualifying times but all teams agree to bring swimmers who are training at a senior level and are preparing for successful qualification or participation in Sectionals and/or Nationals. Please see published Circuit Guidelines for more information. Age on October 25, 2003 will determine age for the entire meet. To be eligible to enter this meet, a swimmer must be registered with USA Swimming, Inc. no later than the entry deadline shown below. No on-deck registration will be permitted.

CIRCUIT PARTICIPANTS ARE:

Virginia LSC	Maryland LSC	Potomac Valley LSC
Coast Guard Blue Dolphins (CGBD)	Columbia Aquatic Association (CAA)	Arlington Aquatic Club (AAC)
Hargrave Military Academy (HA)	Eagle Swim Team (EST)	Fort Belvoir Swim Team (FBST)
Poseidon Swimming (PDSN)	Monocacy Aquatic Club (MAC)	Maryland Suburban Swim Club (MSSC)
Quantico Devil Dolphins (QDD)		Occoquan Swimming (OCCS)
South Eastern Va. Aquatic (SEVA)		

MEET FORMAT: All events will be **Timed Finals**.

ENTRIES: Deadline for receipt of entries is Tuesday, October 21, 2003

Entries must be submitted in short course yard times on 3.5" computer disks using Commlink II on HYTEK Meet Manager computer software. Entries sent by e-mail are preferred. If entries mailed, the following must be included. 1) a computer disk with a team manager file containing your teams entries, 2) a printout showing what is on the disk, 3) a completed summary sheet, 4) a check payable to BAC to for the full amount of the entry fees due. If entries are e-mailed, the following must be received by Tuesday, October 21, 2003. 1) a completed summary sheet 2) a check for the full amount of the entry fees due. Any team not sending entry summary sheet and payment by the date listed above, may not be allowed to compete.

Swimmers may enter (3) individual events per session but no more than (5) total for the day on Saturday. Swimmers may enter the 1650 Free plus 3 events on Sunday. Swimmers may participate in 2 relays per session. Relay teams must be designated A, B, C, etc. if a team enters more than one relay. All entry times must have been achieved in USS sanctioned or approved competition.

Send Entries To: MSSC
Christopher T. Huott
P.O. 570
Laurel, MD 20704

E-Mail Entries To: chrish@erols.com

MEET DIRECTOR: The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session, and to combine events in which there are insufficient entries.

Meet Director: Christopher T. Huott
240-417-5569

FEES:

Individual Events.....	\$4.00
Relay Events.....	\$10.00
Swimmer Fee.....	\$2.00

Make Checks payable to: MSSC

RULES: The 2003 USA Swimming Code and Rules will apply. Potomac Valley Safety and warm-up procedures will be in effect. In accordance with Potomac Valley Swimming Policy, only those coaches who, at all times, clearly display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet.

PENALTIES:

1. Penalties for entries using fraudulent and/or non-verifiable entry times:
 - a. Swimmer shall be disqualified from the event entered illegally.
 - b. Club may be fined up to \$100.00 for each offense, and a record of such offenses shall be kept and published as part of the official meet results.
2. Clubs entering swimmers not legally registered with USA Swimming by the deadline date may be fined \$100.00 per swimmer per event entered illegally.

AWARDS: None given at meet. Swimmers will be receiving a circuit participation award from Speedo at the January meet. Thank you to our Senior Circuit sponsors and please support Speedo with your business when ever possible.

SCORING: Scoring will be on a sixteen-place basis. Individual events will be awarded 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events will receive double these point values.

SEEDING: **All events at the distance of 200 and below will be preseeded. All relays, 400 IM's, 500 Free's, and 1650 Free's will be deck seeded and requires a positive check in.** Positive check in for relay events are at the following times: **8:15 AM** Saturday for the 200 and 800 Free Relays, **4:45 PM**

Saturday for the 400 Medley Relay, **10:45 AM** for the 200 Medley and 400 Free Relays. Check in for following individual events are: 400 IM will be by **8:30 AM** Saturday morning, 500 Free will be by **5:00 PM** Saturday evening, 1650 Free will be by **7:30 AM** Sunday morning.

OFFICIALS:

Referees: Dave Macedonia

We ask for your teams help in supplying officials for the meet. Any one in the process of achieving certification through on-deck training is welcome. Contact Vickie Chen, MSSC Senior Circuit Officials Chairman. 301-464-8518 jvaachen@yahoo.com Thank you for your help in advance.

TIMERS:

Teams from Maryland and Potomac Valley WILL be assigned to provide timers for lanes. If needed, each team will be contacted as to their assigned lanes by October 23. All teams are responsible for providing timers for their swimmers competing in events 25 & 26 (1650 Free)

RESULTS:

All results will be posted on the pool deck and in the hallway behind the upstairs bleacher seating. Results will also be posted on the PVS website <http://www.pvswim.org/>

GENERAL:

Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Sports Complex rules, posted at the pool and in the meet program, will be disqualified from the meet and escorted from the facility. **The Sports Complex prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers.**

Deck Access: Coaches, officials and volunteer staff only will be permitted on the deck during warm-ups and competition. Spectators must remain in the balcony seating area or in the lobby. **THE ADVENTURE POOL WILL NOT BE AVAILABLE DURING THIS MEET EXCEPT FOR ACCESS TO AND FROM THE LOCKER ROOMS.**

Meet Programs: Meet programs will be sold for \$5.00

Snack Bar: The Sports Complex will operate a snack bar during the meet.

ORDER OF EVENTS

SESSION 1 SATURDAY PROGRAM – OCTOBER 25, 2003 WARM-UP: 6:45 - 8:30 AM EVENTS: 8:45 AM

FEMALE EVENT #	EVENTS	MALE EVENT #
1	200 Yard Freestyle Relay	2
3	200 Yard Butterfly	4
5	100 Yard Freestyle	6
7	400 Yard IM	8
9	100 Yard Backstroke	10
11	800 Yard Freestyle Relay	12

SESSION 2 SATURDAY PROGRAM – OCTOBER 25, 2003 WARM-UP: 3:30 - 5:00 PM EVENTS: 5:15 PM

FEMALE EVENT #	EVENTS	MALE EVENT #
13	200 Yard IM	14
15	200 Yard Breaststroke	16
17	100 Yard Butterfly	18
19	200 Yard Freestyle	20
21	400 Yard Medley Relay	22

SESSION 3 SUNDAY PROGRAM – OCTOBER 26, 2003 WARM-UP: 6:45 - 7:30 AM EVENTS: 7:30 AM

FEMALE EVENT #	EVENTS	MALE EVENT #
23	1650 Yard Freestyle	24

SESSION 4 SUNDAY PROGRAM – OCTOBER 26, 2003 WARM-UP: 9:45 - 11:00 AM EVENTS: 11:15 AM

FEMALE EVENT #	EVENTS	MALE EVENT #
25	200 Yard Medley Relay	26
27	50 Yard Freestyle	28
29	200 Yard Backstroke	30
31	100 Yard Breaststroke	32
33	500 Yard Freestyle	34
34	400 Yard Freestyle Relay	36

Summary of Team Entries

Speedo Eastern States Senior Invitational
Host: Bowie Maryland Suburban Swim Club, (MSSC)
October 25-26, 2003
Sanction No. PVC-04-30

Club Entry Summary

Club Name _____

Club Code _____

Number of swimmers entered:

Total number of Girls _____ Total number of Boys _____

Total number of swimmers..... _____ * \$2.00 = _____

Total number of individual events..... _____ * \$4.00 = _____

Total number of relays..... _____ * \$10.00 = _____

TOTAL ENTRY FEES = _____

Please make check payable to **MSSC**

Person to contact in case questions:

Name _____

Address _____

Phone: () _____ **daytime**

() _____ **night**

E-mail _____