

Speedo Eastern States Senior Circuit

Sponsored by Central Chesapeake Swimming (PEAK)
October 24-25, 2009

Sanctioned by USA Swimming through Potomac Valley Swimming

Sanction # PVI-10-10

LOCATION: [Prince Georges Sports and Learning Complex](#)
8001 Sheriff Road
Landover, MD 20785
301-583-2400

MEET REFEREE: John Presgraves, fhs1981@cox.net

DIRECTIONS: From the Capitol Beltway, take Exit 17B (202 West). Turn left at the first light, Brightseat Road. Take first right on to Sheriff Road. The Complex is on the left at the first traffic light.

FACILITY: 50 meter x 25 yard indoor pool. Eight (8) lanes will be used for competition. Daktronics Timing System with 10 lane scoreboard and Kiefer Wave Eater racing lane lines.

ELIGIBILITY: Open to all swimmers registered with USA Swimming Inc. who are part of the circuit or other invited teams. Age on October 24, 2009 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.

Inclusion Policy for Swimmers with a Disability: 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.

NOTICE: Since this swim meet is a public event, members of the press may be present at the meet. Press photographers may be taking pictures and may publish them in the newspaper or in the case of the Washington Post, on their swimming web site www.reachforthewall.com. No names or ages will be provided to the press without written permission of the parent.

CIRCUIT PARTICIPANTS ARE:

Virginia LSC

Coast Guard Blue Dolphins (CGBD)
Virginia YMCA Aquatic Club (VYAC)
Poseidon Swimming (PDSN)
Old Dominion Swim Club (ODAC)
South Eastern Va. Aquatic (SEVA)
Prince William Swim club (PWSC)
Sharks Swim Team (SHKS)
Regency Park Swim Team (RPST)

Potomac Valley LSC

Arlington Aquatic Club (AAC)
Central Chesapeake Swimming (PEAK)

Maryland LSC

Coastal Aquatic Swim Team
(CAST)

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

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](#).

WARM-UPS: Saturday, October 24, 2009

Session 1

Warm Up: 6:30 am - 8:20 am Start: 8:30 am

Session 2

Warm Up: 3:30 pm – 4:45pm Start: 5:00 pm

During Saturday morning warm-up, the first hour and 30 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 will be general warm-up and 15 minutes assigned as specific warm-up.

Sunday, October 25, 2009

Session 3

Warm Up: 6:30 am - 7:20am Start: 7:30 am

Session 4

Warm Up: 9:45 am - 10:45 am Start: 11:00 am

During Sunday (session 4) warm-up, the first 45 minutes will be general warm up. The last 15 minutes will be specific warm up with lanes available for pace and sprint.

ENTRIES:

Deadline for receipt of entries is October 15, 2009.

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 CCS to for the full amount of the entry fees due. If entries are e-mailed, the following must be received by October 20: 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:

**John C. Mason
Central Chesapeake Swimming
P.O. 1120
Bowie, MD 20718
301-249-5073**

E-Mail Entries To:

jmason5073@verizon.net

MEET DIRECTOR:

John Mason
301-249-5073
jmason5073@verizon.net

The Meet Director reserves the right to limit entries in any event, or use a 10 lane course if necessary, to prevent too lengthy a session, and to combine events.

FEES:

Individual Events..... \$5.00 **Make checks payable to Central Chesapeake Swimming**
Relay Events..... \$10.00

- RULES:** The 2009 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 USS Swimming by the deadline date may be fined \$100.00 per swimmer per event entered illegally.
- Effective October 1, 2009: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. For men, the swimsuit shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. All swimsuits shall be made from textile materials and may not contain zippers or other fastening devices. For additional information including the use of modesty wear under swimsuits, see the USA Swimming website.**
- AWARDS:** None given at meet.
- 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 400 and 800 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: **9:00 AM** Saturday for the 800 Free Relay, **5:30 PM** Saturday for the 400 Medley Relay, **11:15 AM** Sunday for the 400 Free Relays. Check in for following individual events are: 400 IM will be by **8:30 AM** Saturday morning, 1650 Free will be by **6:00 PM** Saturday evening, 500 Free will be by **11:30 AM** Sunday morning.
- OFFICIALS:** **Meet Referee: John Presgraves**
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 John Mason at jmason5073@verizon.net or by calling 301-249-5073. Thank you for your help in advance.
- TIMERS:** Teams from Maryland and Potomac Valley WILL be assigned to provide timers for this meet. If needed, each team will be contacted as to their assigned lanes by October 24. All teams are responsible for providing timers for their swimmers competing in events 25 & 26 (1650 Free) and 35 & 36 (500 Free).
- RESULTS:** All results will be posted on the wall in the hallway near the locker room entrance. The results will be posted to the CCS web site, CentralChesapeakeSwimming.com, and the PVS web site at conclusion of the meet.
- 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:** Access to the pool deck will be strictly controlled. Swimmers, 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

Saturday, October 24, 2009

Session 1

Warm-ups: 6:30 - 8:20 am/Start 8:30 am

Female Event #	Event	Male Event #
1	200 yd Freestyle Relay	2
3	200 yd Butterfly	4
5	100 yd Freestyle	6
7 %	400 yd Individual Medley	8 %
9	100 yd Backstroke	10
11 #	800 yd Freestyle Relay	12 #
% - Check-in time is 8:30 AM		
# - Check in time is 9:00 AM		

Session 2

Warm up 3:30-4:45 pm/Start 5:00 pm

Female Event #	Event	Male Event #
13	200 yd Individual Medley	14
15	200 yd Breaststroke	16
17	100 yd Butterfly	18
19	200 yd Freestyle	20
21 %	400 yd Medley Relay	22 %
% - Check-in time is 5:30 PM		

Sunday, October 25, 2009

Session 3

Warm-up 6:30-7:20 am/Start 7:30 am

Female Event #	Event	Male Event #
23 %	1650 yd Freestyle	24 %
% - Check-in time is 6:00 PM		

Session 4

Warm-up 9:45-10:45 am/Start 11:00 am

Female Event #	Event	Male Event #
25	200 yd Medley Relay	26
27	50 yd Freestyle	28
29	200 yd Backstroke	30
31	100 yd Breaststroke	32
33 %	400 yd Freestyle Relay	34 %
35 #	500 yd Freestyle	36 #
% - Check-in time is 11:15 AM		
# - Check-in time is 11:30 AM		

Summary Of Team Entries

Speedo Eastern States Senior Invitational
Sponsored by Central Chesapeake Swimming (PEAK)
October 24-25, 2009
Sanction No. PVI-

Club Entry Summary

Club Name _____

Club Code _____

Number of swimmers entered:

Total number of Girls _____ Total number of Boys _____

Total number of individual events..... _____ * \$5.00 = _____

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

TOTAL ENTRY FEES = _____

Please make check payable to **CCS**

Person to contact in case questions:

Name _____

Address _____

Phone: () _____ daytime

() _____ night

E-mail _____