

# ERSC 2016

## Spring Championship Invitational

Sunday April 17, 2016

Sanctioned by USA Swimming through Potomac Valley Swimming  
Sanction # PVC-16-74

**Entry Deadline: Tuesday, April 10th, 2016 by 5pm**



**STRONG MIND, STRONG BODY,  
STRONG SELF, STRONG TEAM**

Meet Director Elvin Foreman  
[eliteraysswim@gmail.com](mailto:eliteraysswim@gmail.com)  
301 456-5497

Meet Referee Mohamad Chouihka  
[mohamed.chouikha@gmail.com](mailto:mohamed.chouikha@gmail.com)

Club Officials Merari Chollette – 301-938-0250  
Chair [meraripvs@gmail.com](mailto:meraripvs@gmail.com)

Facility Fairland Aquatic Center  
13950 Old Gunpowder Rd.  
Laurel, MD 20707

One 25-yard course will be used during each. Warm-up / warm-down lane will be available throughout the meet.

Water depth ranges from 6'9" to 6'12" at both the starting end and turning end.

The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)

Timing System Semi-Automatic (buttons as primary) will be used for this meet.

Schedule Warm-ups: 7:00-8:00AM / Events: 8:10AM

Eligibility \*\* Meet Director reserves the right to adjust times after entries are received  
Open to invited USA Swimming teams. Swimmers shall compete at the age attained on Sunday, April 17, 2016

Rules Current USA Swimming rules shall govern the meet.

Swimmers may only participate in their own age group events or open events.

Swimmers may enter a maximum of 3 individual events during the entire meet.

Swimmers may enter a maximum of 2 relays.

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All events are timed finals.

Mixed relays must contain two girls and two boys. A maximum of two relays per team will be allowed for each relay event.

Only short course times are applicable.

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](#). Dive-overs will only be used for 9 & Over events.

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.

Except where venue facilities require otherwise, changing into our out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

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 12 &U sessions in Rule 205.3.1F.

- Awards Medals will be awarded for all individual events, first through third place and ribbons for fourth through eighth place. Medals will also be awarded for first through third place for relays. Team trophies will be awarded to the top three scoring teams at the conclusion of the meet.
- Scoring Events will be broken out to the following age groups for points and awards: 8 & Under, 9/10, 11-12, 13/14, 15 & over
- Relay events are not included in individual points total.

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

**Relay Events:** 40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2

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- Disability Swimmers PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy as adopted by the Board of Directors](#). Athletes with disabilities are welcome to participate, and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is

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- also responsible for notifying the session referee of any disability prior to the competition.
- Deck Entries Deck Entries are \$10.00 per individual event. Deck entries will only be done during warm-ups prior to the beginning of the meet events.
- Swimmers will be entered into open lanes in the existing heats on a first come first served basis. No extra heats will be created.
- Evidence of current USA-S registration will have required for all deck entries. This can be done by presenting a copy of your USA-S athlete registration card.
- Warm Up The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.
- Supervision Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas. Coaches & deck officials are required to display their valid 2014-2015 USA Swimming credentials.
- Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.
- 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.
- Meet Programs Meet programs will be made available at [www.eliterraysswimclub.net](http://www.eliterraysswimclub.net) by Friday, April 24, 2015, 12pm.
- Officials & Timers All certified officials wishing to volunteer to work this meet should contact Merari Chollette [meraripvs@gmail.com](mailto:meraripvs@gmail.com) 301.938.0250. Please include your club affiliation, certifications held, and sessions you wish to work.
- Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-up.
- Each participating club is requested to provide at least one official and 3 timers per session if entering 25 or more swimmers. A volunteer sign-up sheet may be set up; in that case the link will be sent to the invited teams to communicate to their teams.
- Entry Fees \$6.00 per individual event / \$8 per relay event  
\$2.00 Facility surcharge per swimmer

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Entry Procedure Teams should provide entries as follows:

Send e-mail to Elvin Foreman at: [eliteraysswim@gmail.com](mailto:eliteraysswim@gmail.com) Use as subject line - ERSC Spring Champs Meet Entry. Include with your commlink file one report by name and one by event. Create these reports in HyTek Team Manager and save as Word for Windows files. A PDF file is also required. In the body of your email, provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).

Entry Deadline: Sunday, April 10th, 2016 by 5pm

Important: The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt. The above date is the deadline for teams to submit their entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers. Check with your team for this

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Entry Procedure Cont'd	<p>Other Registration Details:</p> <p>Entries directly from individual team members will not be accepted. Entries by phone or fax entries will not be accepted.</p> <p>Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.</p> <p>Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.</p> <p>Each participating team is requested to remit one check to cover the entry fee for the entire team. Please make checks payable to "ERSC". Please do not send cash.</p> <p>Entry fees are due with each team's entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.</p> <p>Send checks to:</p> <p>Elite Rays Swim Club (ERSC )</p> <p>16386 Forrest Road</p> <p>King George, VA</p> <p>22485</p>
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Girls	Event	Boys
	<b>Warm up 7:00-8:00am, Event 8:10 am</b>	
1	Open 100 Freestyle	2
3	8 & Under 25 Butterfly	4
5	12 & Under 50 Butterfly	6

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7	Open 100 Free Butterfly	8
9	8 and under 25 Backstroke	10
11	12 and Under 50 Backstroke	12
13	Open 100 Backstroke	14
15	12 and Under 100 IM	16
17	Open 200 IM	18
19	8 and Under 25 Freestyle	20
21	10 and Under 50 Freestyle	22
23	11 and Over 50 Freestyle	24
25	8 and Under 25 Breaststroke	26
27	12 and Under 50 Breaststroke	28
29	Open 100 Breaststroke	30
31	Open 200 Freestyle	32
33	10 & Under Mixed 100 Freestyle Relay	
34	11 & 12 Mixed 200 Freestyle Relay	
35	13 & over Mixed 200 Freestyle Relay	

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatic Center and Elite Rays Swim Club, LLC. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event