

2016 EARLY BIRD LONG COURSE INVITATIONAL
APRIL 30 – MAY 1, 2016
SPONSORED BY MARYLAND SUBURBAN SWIM CLUB
SANCTIONED BY USA SWIMMING THROUGH POTOMAC VALLEY SWIMMING
Sanction # PVC-16-77

MEET DIRECTOR:	Manga Dalizu 301-526-6597 fairlandswim@comcast.net
MEET REFEREE:	Lynne Gerlach 240-286-2319 gerlach@msscswimming.com
OFFICIALS CHAIR:	Hope Oehler 443-631-7958 qingwaa@yahoo.com
MEET LOCATION:	Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, MD 20707 301-362-6060 The meet will be swum in an 8 lane course with a water depth of 13' at the deep end and 5' at the shallow end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)
TIMING SYSTEM:	Automatic Timing (touch pads primary) will be used.
SCHEDULE:	12 & Under Sessions: Warm-up: 7:00 – 7:50 AM Events: 8:00 AM 13 & Over and Open Sessions: Warm-up: 12:50 - 1:50 PM Events: 2:00 PM
ELIGIBILITY:	Open to all USA Swimming clubs and registered athletes. If your club would like an invitation to this meet please contact the Meet Director. This meet has no qualifying times. 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. Entries limited to 1 st 4500 received.
RULES:	Current USA Swimming rules shall govern the meet. All events are timed finals. A contestant may enter no more than four individual events per day. Deck entries will be accepted however no new heats will be created. The fee is \$10.00 per individual event. 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 . 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.

	<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>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.</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 sessions that include 12 & U events per Rule 205.3.1F.</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.</p>
TIMERS:	<p>Participating clubs are required to provide timers in proportion to their entries. The Meet Director will determine the number of timers per club and lane assignments. The Host Club is required to provide one timer per lane.</p>
OFFICIALS:	<p>All certified officials wishing to volunteer to work this meet please contact Hope Oehler At gingwaa@yahoo.com by April 25. Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the Officials' table at the start of warm-up. Certified officials, who have not been contacted, should volunteer their services to the Referee.</p>
SUPERVISION:	<p>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA- S 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.</p> <p>Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Working Coaches & deck officials are required to display their 2016 USA Swimming card.</p> <p>Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck.</p>
ADMISSION:	<p>There is no admission charge. Programs will be available for \$2.00 each. Working officials and coaches will receive a program. If positive check-in is used, there will be no programs for sale. Copies of the program will be posted as they become available and will be posted to Meet Mobile.</p>
FEES:	<p>Fees for individual events are \$7.00. There is a \$2.00 per athlete surcharge. Remit one check to cover the entry fees for the entire team. Do not send cash. Telephone entries will not be accepted. There will be no deck entries accepted at this meet.</p>

AWARDS:	Ribbons will be awarded for 1st through 8th place in the following age groups: 10 & Under and 11-12.
ENTRIES:	<p>Short course entry times will be considered conforming times for this meet. Long course entry times must be designated with a capital letter "L". These non-conforming times will be seeded after short course times. Club entries will be accepted by email. Submission of entries by email must include the following files: the Hy-Tek CommLink II file, The Team Manager Meet Entry Report files (one by SWIMMER and one by EVENT) and an "Entry Cover Sheet." 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 house 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, "2016 EARLY BIRD LONG COURSE - ****" with the club's initials substituted in place of the asterisks.</p> <p>Optional: Before preparing your entries, events for this meet can be downloaded and then imported into team manager. (download "?????.zip") and then go to team manager/file/import/meet events to import events.</p> <p>Meet Directors are requested to acknowledge receipt by return e-mail within 48 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.</p>
WARNING:	Any Club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00 and no further entries will be accepted from that Club until the said fine has been paid.
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.
DEADLINE:	<p>The Meet Director must receive all entries for this meet NO LATER THAN TUESDAY, April 19, 2016.</p> <p>Important: The above date is the deadline for clubs to submit their entries. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p> <p>Meet entry coordinator: Manga Dalizu 301-526-6597</p>
MAKE CHECKS PAYABLE TO:	MARYLAND SUBURBAN SWIM CLUB
SEND ENTRY FEE TO:	<p>Maryland Suburban Swim Club Attn: Lynne Gerlach P.O. Box 160 Laurel, MD 20725 PHONE #: 240-286-2319</p>
CHECK-IN EVENTS:	<p>Events may require positive check-in. If so, check-in closing times will be 30 minutes before the start of the session for the first 3 strokes and the remaining events will close 90 minutes after the start of the first event of the session.</p> <p>Session 1 events 1-12 close at 7:30 AM and 13-20 at 9:30 AM Session 2 events 21-28 close at 1:30 PM and 29-38 at 3:30 PM Session 3 events 39-50 close at 7:30 AM and 51-58 at 9:30 AM</p>

Session 4 events 59-68 close at 1:30 PM and 69-76 at 3:30 PM

Saturday, April 30, 2016

WARM-UP: 7:00 – 7:50 AM EVENTS: 8:00 AM

Women's Event #	12 & Under Saturday Session	Men's Event #
1	10 & under 200 Meter IM	2
3	11-12 200 Meter IM	4
5	10 & under 50 Meter Backstroke	6
7	11-12 50 Meter Backstroke	8
9	10 & under 50 Meter Breaststroke	10
11	11-12 50 Meter Breaststroke	12
13	10 & under 100 Meter Butterfly	14
15	11-12 100 Meter Butterfly	16
17	10 & under 100 Meter Freestyle	18
19	11-12 100 Meter Freestyle	20
Events may require positive check-in.		

Saturday, April 30, 2016

WARM-UP: 12:50 - 1:50 PM EVENTS: 2:00 PM

Women's Event #	13&Over Saturday Session	Men's Event #
21	Open 200 Meter IM	22
23	13 -14 100 Meter Backstroke	24
25	15 and Over 100 Meter Backstroke	26
27	Open 200 Meter Butterfly	28
29	13-14 100 Meter Breaststroke	30
31	15 and Over 100 Meter Breaststroke	32
33	13-14 100 Meter Freestyle	34
35	15 and Over 100 Meter Freestyle	36
37	Open 400 Meter Freestyle	38
Events may require positive check-in.		

Sunday, May 1, 2016
WARM-UP: 7:00 – 7:50 AM EVENTS: 8:00 AM

Women's Event #	12 and Under Sunday Session	Men's Event #
39	10 & under 200 Meter Freestyle	40
41	11-12 200 Meter Freestyle	42
43	10 & under 100 Meter Breaststroke	44
45	11-12 100 Meter Breaststroke	46
47	10 & under 100 Meter Backstroke	48
49	11-12 100 Meter Backstroke	50
51	10 & under 50 Meter Butterfly	52
53	11-12 50 Meter Butterfly	54
55	10 & under 50 Meter Freestyle	56
57	11-12 50 Meter Freestyle	58
Events may require positive check-in.		

Sunday, May 1, 2016
WARM-UP: 12:50 - 1:50 PM EVENTS: 2:00 PM

Women's Event #	13&Over Sunday Session	Men's Event #
59	13 -14 200 Meter Freestyle	60
61	15 and Over 200 Meter Freestyle	62
63	13-14 100 Meter Butterfly	64
65	15 and Over 100 Meter Butterfly	66
67	Open 200 Meter Breaststroke	68
69	Open 200 Meter Backstroke	70
71	13-14 50 Meter Freestyle	72
73	15 and Over 50 Meter Freestyle	74
75	Open 400 Meter IM	76
Events may require positive check-in.		