

Swim & Rock 2005

November 18-20 2005

Sponsored by SDS

Sanctioned by USA Swimming through Potomac Valley Swimming
Sanction

Meet Location: Oak Marr Recreation Center, 3134 Jermantown Road Oakton, VA 22124									
Facility: Oak Marr is a 50-meter pool with 21 lanes of short course pool. We will be running two (2) courses for the meet, one 8-lane course and one 7-lane course. 11 and over preliminaries sessions and the 10 and under sessions will be swum in two courses, finals sessions will be swum in one course. Lanes will be available for continuous warm-up and warm down throughout the meet for the 11 and over swimmers.									
Meet Manager: Karl Hellmann hellmannkj@yahoo.com									
Officials: All certified officials wishing to volunteer to work this meet please contact either Trish Portare at Patricia.Portare@fcps.edu or JC Richards at jc.richards@jer.com prior to Saturday November 12 th . Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the Admin table at the start of the Warm-up. Certified officials, who have not been contacted, should volunteer their services to the Referee.									
Timers: Participating clubs are required to provide timers in proportion to their entries. The meet manager will determine the number of timers per club and any lane assignments.									
Schedule: <table><tr><td>11 and Older Prelims</td><td>Warm-up: 6:30-7:50 AM</td><td>Events: 8:00 AM</td></tr><tr><td>9-10 Timed Finals</td><td>Warm-up: 1:00-1:30 PM</td><td>Events: 1:45 PM</td></tr><tr><td>11 and Older Finals</td><td>Warm-up: 5:00-5:50 PM</td><td>Events: 6:00 PM</td></tr></table>	11 and Older Prelims	Warm-up: 6:30-7:50 AM	Events: 8:00 AM	9-10 Timed Finals	Warm-up: 1:00-1:30 PM	Events: 1:45 PM	11 and Older Finals	Warm-up: 5:00-5:50 PM	Events: 6:00 PM
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Warm Ups: <u>The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed.</u> For 11 & Older Prelims and 9-10 Sessions, teams will be assigned lanes for warm-ups. Coaches are responsible for monitoring their swimmers during warm-ups and the meet. For 11 & Older Finals, there will be open warm-ups with assigned sprint and pace lanes. Note: The Meet Manager reserves the right to modify the warm-ups based on the number of entries. Coaches will be notified by email in such an occurrence.									
Eligibility: Open to all USA Swimming registered swimmers from the invited teams. Athletes shall compete at the age attained on the first day of the meet.									
Individual Events: Contestants may enter a maximum of seven (7) individual events and may not participate in more than three (3) individual events per day.									
Relays: Teams may enter two (2) relays per event. All Relays are swum in the prelims session.									
Warning: 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.									

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.

Entries/Fees:

Email entries are preferred. See email address below. Include the entry file from Team Manager, as well as a report by Swimmer and a report by Event.

Teams entering by mail, please send two computer disks (Hy-Tek).

Include one meet entry report by swimmer and one report by event.

Fees for individual events are \$4.50; relay events are \$9.00.

Each club is requested to remit one check to cover the entry fees for the entire team.

Optional:

Before preparing your entries, events for this meet can be downloaded and then imported into Team Manager (download zipfile, unzip it and then go to team manager/file/import/meet events).

To download as a file, you may need in Netscape to right click on the mouse and select "Save Link As" and with Microsoft Explorer right click on the mouse and select "Save Target As".

MAKE CHECKS PAYABLE TO: SDS

Please do not send cash.

Late (deck) entries are \$10.00 per individual event and must be submitted no later than 30 minutes prior to the first event of each session.

Entry Deadline:

All entries must be received no later than 5:00 PM, Tuesday November 8, 2005

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.

Email or Mail Entries to:

SDS – Swim and Rock 2005

P.O. Box 650070

Sterling, VA 20165

Email (Preferred): hellmannkj@yahoo.com

Phone:(703) 917-9208 press mailbox #1

Meet Directors are requested to acknowledge receipt by return email within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than email to confirm receipt.

Competition Rules:

Current USA Swimming rules shall govern the meet.

For 11-12 Age Group

A Final - Top eight (8) qualifiers from prelims swim in finals.

For 13-14 & 15-18 Age Group

A & B Final - Top sixteen (16) qualifiers from prelims swim in finals. Order of Finals is B, A.

Exceptions:

- The 11-12 500 Free and 11-18 1000 Free events will swim as Timed Finals in the Friday Prelims Session. Scoring for the 1000 Free will be by the following age groups; 11-12, 13-14 and 15-18.
- The 11-18 400 IM will swim and score as follows:
11-12 Age Group, Timed Finals in Saturday Prelims Session.
13-14 and 15-18 Age Group, Prelims in Saturday Prelims Session,
Top eight (8) qualifiers in 13-14 & 15-18 age groups will swim in the Finals Session.
Scoring for the 400 IM will be by the following age groups; 11-12, 13-14 and 15-18.
- The 13-18 500 Free will swim as follows:
13-14 and 15-18 Age Group, Prelims in Sunday Prelims Session,
Top eight (8) qualifiers in each age group will swim in the Finals Session.
Scoring for this event will be by the following age groups; 13-14 and 15-18.

Withdrawing from Finals:

PVS scratch rules apply for swimmers scratching finals. If a swimmer fails to properly scratch from a final event and does not appear for the final, he/she will be barred from further competition for the remainder of the meet, unless excused by the Referee.

PVS Positive Check-in Policy:

Athletes who have not been checked-in prior to the specified time will be scratched from the event. Athletes who have been checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Referee.

Positive Check-in:

All events 200 and up will be positive check-in. Positive check-in times may be adjusted.

Friday

- Events # 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 – 7:30AM
- Events # 19, 20, 21, 22, 23, 24 – 8:15AM
- Events # 25, 26, 27, 28 – 8:30AM Will swim fastest to slowest in Prelims session.

Saturday

- Events # 37, 38 – 7:30AM
- Events # 103, 104 – 1:15PM

Sunday

- Events # 67, 68, 69, 70, 71, 72 – 7:30AM
- Events # 79, 80, 81, 82, 83, 84 – 8:00AM
- Events # 87, 88 – 8:15AM Will swim fastest to slowest in Prelims session.
- Events # 117, 118 – 1:15PM
- Events # 127, 128 – 1:45PM

Awards:

All swimmers entered in an individual event will receive a swim cap.

Individual Events:

Medals 1st through 8th place and ribbons 9th through 16th place.

Relays:

Ribbons 1st through 8th place for relays.

Scoring:

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

Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Friday 11-12, 13-14 & Seniors Session		
Girls and Boys Prelims on separate courses, Finals on One course		
Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM		
Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
1*	11-12 200 Free	2*
3*	13-14 200 Free	4*
5*	15-18 200 Free	6*
7*	11-12 200 Breast	8*
9*	13-14 200 Breast	10*
11*	15-18 200 Breast	12*
13	11-12 100 Fly	14
15	13-14 100 Fly	16
17	15-18 100 Fly	18
19*	11-12 200 IM	20*
21*	13-14 200 IM	22*
23*	15-18 200 IM	24*
25@*	11-12 500 Free	26@*
27@*	11-18 1000 Free	28@*
@ - Timed Finals swum fastest to slowest in prelims session. * - Positive Check-In event, see Meet Announcement for closing time.		

Saturday 11-12, 13-14 & Seniors Session		
Girls and Boys Prelims on separate courses, Finals on One course		
Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM		
Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
29	11-12 200 Medley Relay	30
31	13-14 200 Medley Relay	32
33	15-18 200 Medley Relay	34
35	11-12 100 IM	36
37%*	11-18 400 IM	38%*
39	11-12 50 Free	40
41	13-14 50 Free	42
43	15-18 50 Free	44
45	11-12 50 Fly	46
47	11-12 100 Breast	48
49	13-14 100 Breast	50
51	15-18 100 Breast	52
53	11-12 100 Back	54
55	13-14 100 Back	56
57	15-18 100 Back	58
% - The top 8 qualifiers in the 13-14 & 15-18 age groups will swim in the finals session. * - Positive Check-In event, see Meet Announcement for closing time.		

Saturday 9-10 Timed Finals Session		
Girls and Boys on separate courses		
Timed Finals Warm-up: 1:00 - 1:30 PM Events: 1:45 PM		
Girls Event #	Event	Boys Event #
101	9-10 200 Medley Relay	102
103*	9-10 200 Free	104*
105	9-10 100 Breast	106
107	9-10 50 Back	108
109	9-10 100 Fly	110
111	9-10 50 Free	112
113	9-10 100 IM	114
* - Positive Check-In event, see Meet Announcement for closing time.		

Sunday 11-12, 13-14 & Seniors Session		
Girls and Boys Prelims on separate courses, Finals on One course		
Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM		
Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
59	11-12 200 Free Relay	60
61	13-14 200 Free Relay	62
63	15-18 200 Free Relay	64
65	11-12 50 Breast	66
67*	11-12 200 Back	68*
69*	13-14 200 Back	70*
71*	15-18 200 Back	72*
73	11-12 100 Free	74
75	13-14 100 Free	76
77	15-18 100 Free	78
79*	11-12 200 Fly	80*
81*	13-14 200 Fly	82*
83*	15-18 200 Fly	84*
85	11-12 50 Back	86
87%*	13-18 500 Free	88%*
% - The top 8 qualifiers in 13-14 & 15-18 age groups will swim in the finals session.		
* - Positive Check-In event, see Meet Announcement for closing time.		

Sunday 9-10 Timed Finals Session		
Girls and Boys on separate courses		
Timed Finals Warm-up: 1:00 - 1:30 PM Events: 1:45 PM		
Girls Event #	Event	Boys Event #
115	9-10 200 Free Relay	116
117*	9-10 200 IM	118*
119	9-10 50 Breast	120
121	9-10 100 Free	122
123	9-10 50 Fly	124
125	9-10 100 Back	126
127*	9-10 500 Free	128*
* - Positive Check-In event, see Meet Announcement for closing time.		