

YOU ARE INVITED TO THE
ANNAPOLIS SWIM CLUB
HOLIDAY INVITATIONAL MEET

To Be Held On
DECEMBER 11, 12, 13, 2009

At the
ARUNDEL OLYMPIC SWIM CENTER
2690 Riva Road, Annapolis, Maryland

Please send meet entries to: Ken DeGruchy
8214 Black Diamond Ct
Pasadena, Maryland 21122
Phone (410) 802-0027

Checks or Money Orders payable to "ASC."

\$6.00 per individual event

\$10.00 per relay

Each team is requested to submit one check for the entire team's entries

ENTRIES DUE BY November 30, 2009
DO NOT SEND ENTRIES TO MEET DIRECTOR

Each team invited is required to provide two (2) timers per session.

Annapolis Swim Club Holiday Invitational

- HOST** Annapolis Swim Club (“ASC”)
Meet Director: Ken DeGruchy, Kdegruchy@comcast.net, 410-802-0027
- SANCTION** Sanctioned by Maryland Swimming, Inc.
Sanction #
- LOCATION** The Arundel Olympic Swim Center (AOSC), Annapolis, Maryland
- FACILITY** The Arundel Olympic Swim Center is a 50 meter indoor facility. The competition pool is a twenty-five yard, eight lane pool, 6 to 13 feet in depth with non-turbulent lane dividers. Colorado automatic timing system, scoreboard, horn/strobe start. Lanes will be available during the meet for warm-up and swim down when appropriate supervision is provided by the swimmer’s coach/club. See warm-up information.
Parents are restricted to the spectator area only and are not permitted on the deck including the deck area surrounding the non-competition pool.
- PARKING** Friday: See parking restriction information page
Sat/Sun: Normal parking at AOSC
- RULES** The meet will be governed by current USA Swimming Rules. All participants must be registered USA Swimming athletes. Maryland Swimming, Inc. rules shall also apply.
- Scratch Procedures:**
For Maryland registered swimmers, Maryland Swimming, Inc. Scratch Procedures – Parts I-IV will be followed.
<http://www.mdswim.org/Officials/MSIScratchProcedures-Final-020504.pdf>
- For visiting, non Maryland LSC registered swimmers, if a swimmer fails to scratch and subsequently does not compete in the bonus, consolation or championship finals events, he/she will be barred from his/her next event including, a) preliminary event, b) bonus, consolation, championship finals or c) relay event, unless such failure to compete is excused by the meet referee. Any non Maryland LSC registered swimmer whom fails to scratch and subsequently does not compete in the bonus, consolation or championship finals events, he/she will be required to positively check in with the Administrative Referee for his/her remaining events.
- Finals:**
Senior and 13-14 Prelim Events followed by Consolation & Final Heats (Top 16)
11-12 & 10 & Under Prelim Events followed by Finals Heat Only (Top 8)
- 400 IM and 500 Free will require positive check in within one hour after the beginning of each session. Both events will be swum as timed finals and limited to the top 32 swimmers with the top two (2) heats swimming in the evening finals.**
- 1000 Free and 1650 Free will be combined and swam together but scored separately. 1000 and 1650 will be limited to the top 16 swimmers in each event. If a swimmer fails to positive check in, they will not be seeded and will not be allowed to swim.**
- Swimmers will need to provide their own timer AND counter for the 1000/1650/500 free [prelims only]**

ORDER OF EVENTS Order of Events is attached.

SAFETY DIRECTOR Ken DeGruchy kdegruchy@comcast.net

REFEREE John Lee Phone(202)256-4480 Johnlee301@comcast.net

OFFICIALS All certified USA Swimming officials wishing to volunteer should contact John Lee at JohnLee301@comcast.net (202) 256-4480

No one will be permitted in the competition area of the pool deck unless they are registered with USA Swimming as an athlete or as a non-athlete member working the meet and is in possession of their USA Swimming card or credentials. The only exception will be for volunteers assisting with the conduct of the meet.

OFFICIALS CERTIFICATION

This meet will be designated as a "Qualifying Meet," and a "National Evaluator" will be in attendance for certification and re-certification evaluations. Those desiring initial certification or re-certification above the LSC level should download the new application for this purpose from the "Officials" section under the "Volunteers" tab on the USA Swimming web site. There will be opportunities at the meet to be evaluated for N3 S&T, CJ, and Starter and N2-Deck Ref. However, there may not be enough resources to accommodate all such requests. All applications for evaluations should be e-mailed to the meet referee.

ENTRY RESTRICTIONS This meet is open to all swimmers registered with USA Swimming and a member of an "invited team." Each team is limited to 60 swimmers.

- Age is determined by the swimmer's age on
- Each swimmer may compete in three (3) events per day.
- Each swimmer may compete in one (1) relay event per day.
- Each team is limited to one (1) relay per event
- Relay slips are due to the administrative official at the study of each Finals Session.
- The Meet Director reserves the right to limit the entries.
- **Positive Check In for the 1000 Free and 400 IM is required by 9:00 AM Friday and for the 1650 Free and 500 Free by 9:00 AM on Sunday.**
- Positive Check In for the 500 Free (womens & men 11-12 age group is required by 1:00 PM on Sunday.
- There will be no penalty for not checking in for timed finals distance events. However, once checked in, the swimmer must compete or be scratched from his/her next individual event.

ENTRY INFORMATION ALL Entries must be emailed to Ken DeGruchy at Kdegruchy@comcast.net
Each team invited is required to provide two (2) timers per session.

ENTRY FEES \$6.00 per individual event; \$10.00 per relay. Each team is requested to submit one check for the entire team's entries.

ENTRY DEADLINE

All entries must be received by the Meet Entry Chairperson by 5:00 PM, Monday, November 30, 2009 All entries must be accompanied by a check or money order payable to "ASC."

Mail payments to: Ken DeGruchy
8214 Black Diamond Ct
Pasadena, Maryland 21122
Phone (410) 802-0027

AWARDS High Point Team Awards for 1st Place and Runner-up. High Point Men's and Women's Team Award for each age group. Medals for 1st through 8th place will be awarded for all 12 & under events.

RESULTS

Results will be available for downloading from the MD Swimming web site 48 hours after the conclusion of the meet.

PROGRAMS

Programs will be available for \$15 covering all preliminary. Final Session programs will be free provided you show your prelim program otherwise the final session program will be \$1.00. .

FOOD/APPAREL

A full range of food, drinks, and swimming apparel will be sold during all sessions.

2009 Annapolis Swim Club
Holiday Invitational
December 11-13, 2009

Warm-Up Procedures

The Aquatic Center opens at 6:30 am each day.

All lanes are general warm-up.

Structured warm-ups begin 90 minutes before the start of each session.

Prelims	Finals
6:30 am (6:00 am Friday only) Lanes 1-8 General warm-up	4:30 pm Lanes 1-8 General warm up
7:40 am Lanes 3, 4, 5, 6 Lanes 1 & 8 Pace Lanes 2 & 7 Sprint	5:10 pm Lanes 3, 4, 5, 6 Lanes 1 & 8 Pace Lanes 2 & 7 Sprint
7:55 am (7:30 am Friday only) Clear competition pool	5:25 pm Clear Competition Pool

No Equipment (hand paddles, kickboards, zoomers) is allowed in the main racing pool during warm-ups.

Warm-up and warm down lanes in the non-racing pool will be limited based on need.

Any swimmer (entered in meet) caught playing in the beach entry portion of the pool will be removed from the meet.

Any swimmer (entered in meet) caught playing in the 3 foot portion of the pool will be removed from the meet.

Directions:

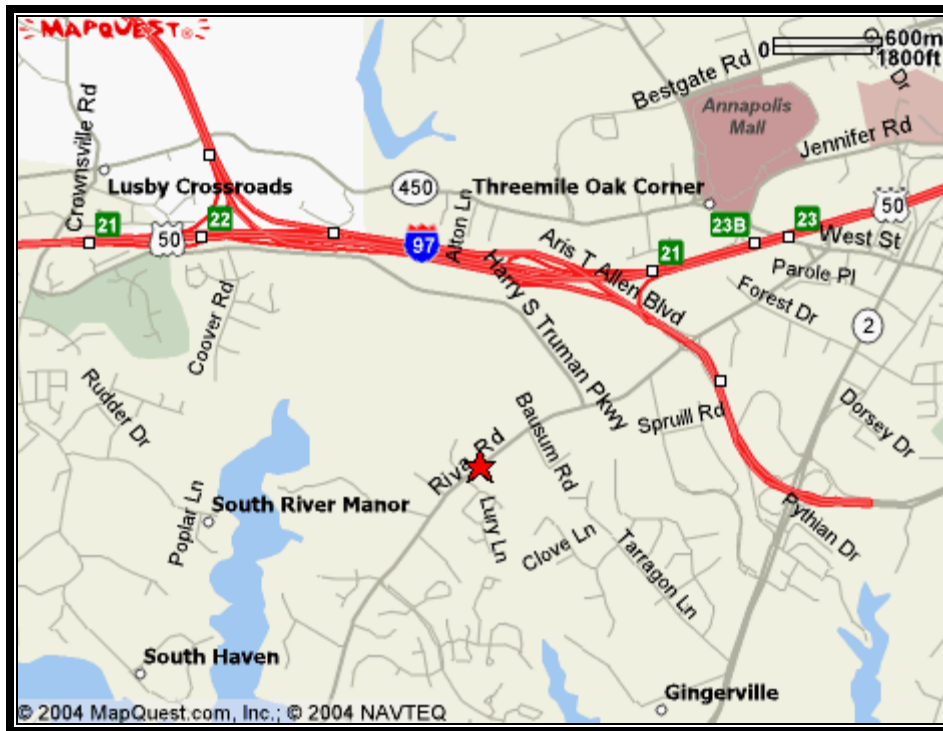
From Virginia and South -- Take 495 (Washington Beltway) to Route 50 East. Go East approximately 20 miles to **Route 665 (Aris T. Allen Blvd.)**. **Stay to the right and turn right onto Riva Road**. Go approximately 1 1/2 miles to the **Arundel Olympic Swim Center on the right (also entrance to Annapolis High School)**. **Pool is on the right.**

From New York and North -- Take Route 95 to the Harbor Tunnel. After exiting the tunnel, go approximately 5 miles to Route 97. Take Route 97 south toward Annapolis (approximately 20 miles). Continue on Route 97 to Route 665 (Aris T. Allen Blvd.). Follow directions above from Route 665 above.

Accommodations:

Courtyard Marriott Annapolis 2559 Riva Road Annapolis, MD 21401 Phone (410) 266-1555	25 rooms reserved: \$104/night Annapolis Swim Club Rooms will be held through 20Nov09
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Holiday Inn Express 2451 Riva Road Annapolis, MD 21401 Phone (410) 224-4317	20 rooms reserved: \$93/night Rooms will be held through 11Nov09 Annapolis Swim Club
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Annapolis Swim Club Holiday Invitational

**Holiday Meet Parking Restrictions!!!!
Friday 12/11/2009 ONLY**

Parking at the Swim Center is limited to COACHES/Staff and Vendors.

Please park at the Greek Church [Saints Constantine & Helen Greek Church. The church is located 1/2 mile from the swim center. Go past the swim center and the church will be on your left. A shuttle (school bus) will provide transportation: 6:30am-4:00pm!!! No parking is permitted at the Annapolis High School parking lot or surrounding county lots without a permit. YOUR CAR WILL BE TOWED.

The parking restriction is for Friday ONLY.

Thank you for your cooperation.

Annapolis Swim Club Holiday Invitational

Day 1

Day 1 Friday, December 11, 2009

Session 1 (Warm-ups 7:00 AM meet starts at 8:00 AM)

<u>Women's Events</u>	<u>Description</u>	<u>Men's Events</u>
7	13-14 100 Fly	8
9	Open 100 Fly	10
15	13-14 200 Free	16
17	Open 200 Free	18
23	13-14 100 Breast	24
25	Open 100 Breast	26
31*	13-14 400 IM	32*
33*	Open 400 IM	34*
1**	Open 1000 Free	2**
39#	13-14 200 Free Relay	40#
41#	Open 200 Free Relay	42#

* Events 31-34 will require positive check in and will be swum as timed finals with the fastest two heats swimming in the evening. Positive check in ends at 9:00AM

** Top 8 female/male swim at finals

All relays will be swum during finals (limit 1 relay team per event)

Session 2 (Approximate start 12:00 PM)

<u>Women's Events</u>	<u>Description</u>	<u>Men's Events</u>
3	10 & under 50 fly	4
5	11-12 50 fly	6
11	10 & under 100 free	12
13	11-12 100 free	14
19	10 & under 50 breast	20
21	11-12 50 breast	22
27	10 & under 200 IM	28
29	11-12 200 IM	30
35#	10 & under 200 Free Relay	36#
37#	11-12 200 Free Relay	38#

Relays for 12 & under will be swum during prelims as timed finals (limit 1 relay team per event)

Session 3 (Warm ups 4:30 PM finals start at 5:30 PM)

Finals for events 1-34, 39-42

Relay slips are due to the administrative official at the start of each Finals Session.

Annapolis Swim Club Holiday Invitational
Day 2

Day 2 Saturday, December 12, 2009

Session 4 (Warm ups 7:00 AM meet starts at 8:00 AM)

<u>Women's Events</u>	<u>Description</u>	<u>Men's Events</u>
43	13-14 200 IM	44
45	Open 200 IM	46
51	13-14 50 Free	52
53	Open 50 Free	54
59	13-14 200 Breast	60
61	Open 200 Breast	62
67	13-14 100 Back	68
69	Open 100 Back	70
75*	13-14 500 Free	76*
77*	Open 500 Free	78*
83#	13-14 400 Medley Relay	84#
85#	Open 400 Medley Relay	86#

* Events 75-78 require positive check in and will be swum as timed finals with the fastest two heats swimming in the evening. Positive check in ends at 9:00 AM.

All relays will be swum during finals (1 relay team per event)

Session 5 (Approximate start 12:00 PM)

<u>Women's Events</u>	<u>Description</u>	<u>Men's Events</u>
47	10 & under 100 IM	48
49	11-12 100 IM	50
55	10 & under 200 Free	56
57	11-12 200 Free	58
63	10 & under 100 Breast	64
65	11-12 100 Breast	66
71	10 & under 50 Back	72
73	11-12 50 Back	74
79#	10 & under 200 Medley Relay	80#
81#	11-12 200 Medley Relay	82#

Relays for 12 & unders will be swum during prelims as timed finals (1 relay team per event)

Session 6 (Warm ups 4:30 PM meet start 5:30PM)

Finals for events 43-78, 83-86

Relay slips are due to the administrative official at the start of each Finals Session.

Annapolis Swim Club Holiday Invitational
Day 3

Day 3 Sunday, December 13, 2009

Session 7 (Warm ups 7:00 AM meet start 8:00 AM)

<u>Women's Events</u>	<u>Description</u>	<u>Men's Events</u>
93	13-14 200 Back	94
95	Open 200 Back	96
101	13-14 100 Free	102
103	Open 100 Free	104
109	13-14 200 Fly	110
111	Open 200 Fly	112
119#	13-14 400 Free Relay	120#
121#	Open 400 Free Relay	122#
87*	Open 1650	88*

*Fastest 8 Female/Male swim at finals

All relays will be swum during finals (1 relay team per event)

Events 87 & 88 require positive check in with positive check in ending at 9:00 AM.

Session 8 (Approximate start 12:00 PM)

<u>Women's Events</u>	<u>Description</u>	<u>Men's Events</u>
89	10 & under 100 Back	90
91	11-12 100 Back	92
97	10 & under 50 Free	98
99	11-12 50 Free	100
105	10 & under 100 Fly	106
107	11-12 100 Fly	108
113**	11-12 500 Free	114**
115#	10 & under 400 Free Relay	116#
117#	11-12 400 Free Relay	118#

** Timed final event all swim in the afternoon session

Relays for 12 & under will be swum during prelims as timed finals (1 relay team per event)

Events 113 & 114 require positive check in with positive check in ending at 1:00 PM.

Session 9 (Warm ups 4:30 PM meet start 5:30PM)

Finals for event 87-112, 119-122

Relay slips are due to the administrative official at the start of each Finals Session.

MARYLAND SWIMMING, INC.

SCRATCH PROCEDURES (PARTS I-IV ONLY)

(May 6, 2004)

I. USA Swimming Rules: MSI follows USA Swimming Rules Section 207.7.9 D (1) – (4) and Section 207.7.9E(1) – (3) with modifications and clarifications as follows.

II. Pre-seeded Timed Final Events: There is no penalty for not competing (scratching) in a pre-seeded timed final event.

III. Positive Check-in Events (applies to both timed final and prelims/finals events): In meets with positive check-in events, swimmers have to check-in with a meet official prior to swimming their events. Refer to the information package or meet notice for check-in requirements. If the swimmer fails to swim (scratches) after checking in for a positive check-in event, the swimmer will be disqualified from his/her next individual event unless the swimmer declares a false start per Rule 102.15.5D prior to the start of his/her heat. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event.

IV. Prelims/Finals Events (non-National Championship format meets):

- A. There is no penalty for a swimmer not competing in the preliminary heats of individual events.
- B. A swimmer qualifying for (based on the results of the preliminaries) and wishing to scratch from a bonus, consolation or championship finals race shall notify the scratch official within 30 minutes of the announcement of the event results.
- C. Alternately, a swimmer may make a declaration of intent to scratch within 30 minutes of the announcement of the preliminary event results, with final decision to scratch or not scratch being reported to the scratch official within 30 minutes of the completion of the swimmer's last individual preliminary event of the session. A swimmer declaring their intention to scratch and failing to return to the scratch official to make final resolution on the intent to scratch will result in the swimmer being seeded into the respective final heat. This Rule also applies to announced alternates for each of the individual events.
- D. All other swimmers finishing below the places of the announced alternates will be excused from the responsibility of returning for bonus, consolation or championship finals heats.
- E. If a swimmer fails to scratch and subsequently does not compete in the bonus, consolation or championship finals events, he/she will be barred from competing in the remainder of the meet, including relays unless such failure to compete is excused by the meet referee. For swimmers registered in the Maryland LSC, if the failure to compete occurs at the swimmer's last event of the meet, the swimmer will be fined \$50.00. This fine must be paid in accordance with Maryland Swimming Inc. Rules and Regulations before that swimmer or any swimmer from that club may compete in any other MSI sanctioned or approved meet.
- F. There will be no penalty for not competing in pre-seeded relays.
- G. Per USA Swimming Rule 207.7.9 D (1), declared false starts are not allowed in the bonus, consolation, or championship final heats of a prelims/finals event.
- H. In Maryland Swimming non-championship meets, the meet host is responsible for specifying, in the meet notice, any authorized deviations to these procedures.