

# ALL YORK ENTRIES WILL BE DUE BY OCTOBER 15

We have been advised by the meet manager that this meet will fill up. In order to guarantee our entries will be accepted ALL entries must be on time.

**SIGN UP NOW SO YOU DO NOT  
MISS OUT.**

## Swim & Rock 2009

November 20 - 22, 2009

Sponsored by SDS

Sanctioned by USA Swimming through Potomac Valley Swimming  
Sanction # PVI-10-17

### 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 on one course. Lanes will be available for continuous warm-up and warm down throughout the meet for the 11 and over swimmers.

Special Note:

- Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. **EACH SESSION WILL BE LIMITED TO 600 SWIMMERS. ENTRIES WILL BE ACCEPTED ON A FIRST COME FIRST SERVE BASIS.** The Meet Manager will endeavor to inform invited teams promptly when the meet has been fully subscribed.
- **NO DECK ENTRIES WILL BE ALLOWED. NO EXCEPTIONS.**

- Spectators are not allowed on the pool deck and seating is limited.
- **NO FOOD** or concessions available at meet.
- **Swim & Rock T-Shirts will be sold at the meet.**
- **FREE PROGRAMS:** Meet programs will be available to download @ [www.seadevils.org](http://www.seadevils.org) on November 18, 2009.
- **PROGRAMS:** A limited number meet programs will be sold during the meet. Meet Programs available will include every event and session and will be sold for \$15.00.
- **FINALS PROGRAMS:** Will be available at the meet at no cost.

**Meet Manager:**

Kristy Kellogg at [kkellogg@wthf.com](mailto:kkellogg@wthf.com) & [kmkmlaw@aol.com](mailto:kmkmlaw@aol.com) (Please use both email addresses)

**Officials:**

All certified officials wishing to volunteer to work this meet please contact Sergio Nirenberg at [snirenberg@gmail.com](mailto:snirenberg@gmail.com) by Sunday November 8, 2009. **Complete the form found at <http://www.seadevils.org/meets/meets.htm> to receive a complimentary meet shirt at the meet.**

Officials assigned to this meet should sign-in at the Admin table at the start of the Warm-up. Certified officials who have not previously advised of their availability may volunteer their services to the Referee at this time.

**Timers:**

**Teams will be expected to provide timers in proportion to their entries in each session. Timer lane assignments will be sent to invited teams after entries are received.**

**All swimmers swimming the 500 Free MUST provide their own timers.**

**Schedule:**

11 and Older Prelims	Warm-up: 6:30-7:50 AM	Events: 8:00 AM
9-10 Timed Finals	Warm-up: 1:15-1:50 PM	Events: 2:00 PM
11 and Older Finals	Warm-up: 5:00-5:50 PM	Events: 6:00 PM

**Warm Ups:**

The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. 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 listed below or individual swimmers at the discretion of the meet manager.  
Athletes shall compete at the age attained on the first day of the meet.  
PV Teams – AAC, HACC, MAKO, MARLINS, SNOW, SDS, YORK  
VA Teams – BASS, QDD, RAYS  
Invitations will be sent via email by the Meet Manager.

**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. **For the 11 & Over Sessions contestants may not swim in more than 2 events on Saturday.**

**Relays:**

Teams may enter two (2) relays per event. Due to the limited space, relays are only swum in the 9-10 sessions.

**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.

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

#### **Exceptions:**

The 11-12,13-14 and 15-18 500 Free and 14 and Under and 15-18 400 IM will swim as follows: All entrants in the 500 Free and the 400 IM will swim in Prelims in the appropriate session. Top eight (8) qualifiers in each age group will advance to the A Finals.

- The 11-12 500 Free will swim as Timed Finals in the Friday Prelims Session.
- There will be a 10 Minute Break prior to the 9-10 500 Free on Sunday.

**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](#).**

#### **Dive-Over Starts:**

The Meet Manager has determined that Dive-Over Starts will be used at all morning preliminary and afternoon timed final sessions. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

#### **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 # 9, 10, 11, 12 – 7:30AM
- Events # 13, 14, 15, 16, 17, 18 – 8:00AM
- Events # 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30 – 8:30AM
- Events: 27, 28, 29 & 30 will swim fastest to slowest in Prelims session.

#### **Saturday**

- Events # 33, 34, 35, 36 – 7:30AM
- Events # 43, 44, 45, 46, 47, 48 – 8:00AM

- Events # 103, 104 – 1:15PM

**Sunday**

- Events # 57, 58, 59, 60, 61, 62 – 7:30AM
- Events # 75, 76, 77, 78 – 8:15AM
- Events: 75 and 76 will swim slowest to fastest – Timed Finals.
- 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 1<sup>st</sup> through 8<sup>th</sup> place and ribbons 9<sup>th</sup> through 16<sup>th</sup> place.

**Relays (9-10 Sessions Only):**

Ribbons 1<sup>st</sup> through 8<sup>th</sup> place for relays.

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 50 Breast	2
3	13-14 100 Fly	4
5	15-18 100 Fly	6
7	11-12 100 Fly	%
9*	13-14 200 Breast	10*
11*	15-18 200 Breast	12*
13*	11-12 200 Breast	14*
15*	13-14 200 Free	16*
17*	15-18 200 Free	18*
19*	11-12 200 Free	20*
21*	13-14 200 IM	22*
23*	15-18 200 IM	24*
25	11-12 200 IM	26
27*%\$	13-14 500 Free	28*%\$
29*@\$	11-12 500 Free	30*@\$
* - Positive Check-In event, see Meet Announcement for closing time. \$ - Swimmers must provide their own timers during Prelims & Finals Sessions. @ - Timed Finals swum fastest to slowest in Prelims Session. % - Swum fastest to slowest in Prelims Session. Top 8 finishers in Prelims swim Finals Session.		

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 #
31	11-12 100 IM	32
33*%	14 & U 400 IM	34*%
35*%	15-18 400 IM	36*%
37	11-12 50 Free	38
39	13-14 50 Free	40
41	15-18 50 Free	42
43*	11-12 200 Fly	44*
45*	13-14 200 Fly	46*
47*	15-18 200 Fly	48*
49	11-12 100 Back	50
51	13-14 100 Back	52
53	15-18 100 Back	54
% - Top 8 finishers from Prelims will swim in the Finals Session. * - Positive Check-In event, see Meet Announcement for closing time.		

<b>Saturday 9-10 Timed Finals Session</b>		
<b>Girls and Boys on separate courses</b>		
<b>Timed Finals Warm-up: 1:15 - 1:50 PM Events: 2:00 PM</b>		
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.		

<b>Sunday 11-12, 13-14 &amp; Seniors Timed Finals Session</b>		
<b>Girls and Boys Separate courses</b>		
<b>Time Finals Warm-up: 6:30 - 7:50 AM Events: 8:00 AM</b>		
Girls Event #	Event	Boys Event #
55	11-12 50 Fly	56
57*	15-18 200 Back	58*
59*	13-14 200 Back	60*
61*	11-12 200 Back	62*
63	15-18 100 Free	64
65	13-14 100 Free	66
67	11-12 100 Free	68
69	15-18 100 Breast	70
71	13-14 100 Breast	72
73	11-12 100 Breast	74
75*%\$	15-18 500 Free	76*%\$
77	11-12 50 Back	78
* - Positive Check-In event, see Meet Announcement for closing time. \$ - Swimmers must provide their own timers during Time Final Session. % - Swum slowest to fastest in Session.		

<b>Sunday 9-10 Timed Finals Session</b>		
<b>Girls and Boys on separate courses</b>		
<b>Timed Finals Warm-up: 1:15 - 1:50 PM Events: 2:00 PM</b>		
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
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
127*@\$	9-10 500 Free	128*@\$
* - Positive Check-In event, see Meet Announcement for closing time. @ - Timed Finals swum fastest to slowest. \$ - Swimmers must provide their own timers during Timed Finals.		