



# Tom Dolan Invitational December 3rd thru 6th, 2009



Sponsored by **CURL-BURKE SWIM CLUB**

*Sanctioned by USA Swimming through Potomac Valley Swimming  
Sanction # PVC-*

**Meet Director:** Brian Pawlowicz (703) 319-4168, [brianpawlowicz@cubu.org](mailto:brianpawlowicz@cubu.org)

**Meet Referee:** Art Davis (703) 625-9288 [emerand@comcast.net](mailto:emerand@comcast.net)

**Location:** George Mason University  
4400 University Blvd  
Fairfax, VA  
(703) 993-3939

**Hotel Information:** <http://www.gmu.edu/welcome/hotel.html>

**Schedule:**

<u>Thursday, December 3</u>	Distance Events Warm-up 4:30 to 5:20 PM Events 5:30 PM
<u>December 4, 5, &amp; 6</u>	13-14/ Open Preliminary Sessions Warm-up: 7:30 to 8:40 AM Events 8:45 AM
<u>December 4, 5, &amp; 6</u>	11-12 Preliminary /10 & Under Timed Final Sessions Warm-up 1:00 to 1:50 PM Events 2:00 PM
<u>December 4, 5, &amp; 6</u>	Final Sessions Warm-up: 5:00 to 6:00 PM Events 6:05 PM

- Two courses will be used during the Thursday session, 13 & over preliminary sessions and the 11-12 preliminary/ 10 & under sessions. Athletes should consider this when selecting events.

**Awards:** All 14 & under events will receive medals for 1st through 8th place for individual events and 1st through 3rd place for relay events. Places 9<sup>th</sup> to 16<sup>th</sup> for 11-12 and 10 & under will receive ribbons. High point awards will be presented to first place boys and girls in each age group and the open category.

**Eligibility:** Open to all registered Potomac Valley athletes and invited USA Swimming athletes that meet the event qualifying times. Non PVS Clubs – Please contact the meet director for direction.

**Meet Vendor:** Sport Fair will be on hand to sell merchandise and equipment.

Phone: (703) 524 9500  
Fax: (703) 524 9501  
Email: [info@sportfairusa.com](mailto:info@sportfairusa.com)  
5010 Lee Highway, Arlington, VA 22207

**Meet**

**T-Shirt:** **Ordering Information Coming Soon!**

**Concessions will be available.**

**Rules:** Current USA Swimming rules shall govern the meet.

- A contestant may participate in only his or her own age group events or in open events which are open to all ages. Contestants must have equaled or bettered the applicable qualifying times listed.
- A contestant may enter a maximum of seven (7) individual events and no more than three (3) individual events per day. Swimmers shall compete at the age attained on the first day of the meet.
- It may be necessary to limit entries in certain events due to time constraints.
- Dive-over starts will be used at this meet at the preliminary sessions and distance session. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).
- Swimmers must provide for their own timer and lap counter for the Distance Events on Thursday, December 3 only.
- College Swimmers – Be sure to un-attach from your NCAA team to keep your eligibility intact.
- **(NEW!)** 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.

### **Individual Events**

- Entry times need to have been achieved since September 1, 2008.
- All 11 & over events are trials and finals except for relays; the 1000 freestyle (13-14 & Open), 1650 freestyle (13-14 & Open), 200 strokes (fly, back and breast) and the 11-12 500 freestyle which will be timed finals.
- The new 400 IM for 11-12 will also be a timed final.
- All 11-12 individual events will have one (1) heat in the finals sessions.
- All 13-14 and Open individual events will have a "B" final and an "A" final heat. The "A" final will be swum first.
- "A" Final athletes may be paraded out of a ready room, depending on time constraints. Meet Director will make the call each day.
- All 10 & under events are timed finals and will be swum as part of the 12 & under preliminary session.
- (NEW!) Sunday Morning distance events will be limited to 6 heats each for men and women for the prelims. Entries will be on a first come, first served basis. The fastest heat, (7<sup>th</sup> heat), will be swum at finals as described below. Heats will be posted on Saturday evening after the check in deadline. If there is a scratch, the next fastest swimmer will move up. All swimmers that do not make it in to the top 7 heats will be considered qualified alternates. Late scratches may be permitted on Sunday morning with no penalty with a valid reason presented to the meet director and the meet referee.
- 13-14 and Open distance events will be swum combined, age groups will be scored separately.
- 1000, 1650, and 12 & Under 500 freestyle will be swum fastest to slowest.
- The fastest heat of the combined women's 1000 and the combined men's 1650 freestyle will swim as the first event in finals on the final day of the meet. All other women's 1000s and men's 1650s will be swum at the conclusion of the preliminary session.
- All distance events must be verified with the name & date of the meet where the qualifying time was achieved. This verification of entry times is to be provided with the entry. Entries failing to provide verification will not be accepted. Acceptable verification includes the Hy-Tek entry report.
- All entry times requiring verification must be verified before 5:00 PM on Thursday, December 3rd or they will be dropped from the meet.

### **Relay Events**

- All relays 400 and longer require positive check-in.
- All 200 relays will be pre-seeded and swum fastest to slowest.
- There is no limit on the number of relay entries per club. However, only two (2) relay teams per club per relay event may score.
- Verification of entry time must be provided for all relay entries with the entry, composite time is acceptable.
- Relay entries with "no time (NT)" will not be accepted.
- All relay entry times requiring verification must be verified before 5:00 PM on Thursday, December 3rd or they will be dropped from the meet.
- Only the fastest heat of the 13-14 and Open 800 free relays will be swum during the finals session. All other heats will be swum at the conclusion of Friday's preliminary session.
- Only the fastest heat of the 13-14 and Open 400 medley relays will be swum during the finals session. All other heats will be swum at the conclusion of Saturday's preliminary session.
- Only the fastest heat of the 13-14 and Open 400 free relays will be swum during the finals session. All other heats will be swum at the conclusion of Sunday's preliminary session (prior to the distance events).

### **Time Trials**

There will be no time trials conducted at this event.

### **PVS Positive Check-in Policy**

For those events requiring positive check-in, athletes (or coaches for relay events) shall designate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked-in prior to the specified time will be scratched from the event. Athletes who have 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.

### **PVS "Scratch" Policy**

If you do not wish to swim in the Final, you may "Scratch" from the event by following the proper procedure:

- You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" finals or "B" finals, if scheduled.
- You may declare an intent to "scratch." You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent." You must confirm this intent on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically scratched.
- If an athlete fails to properly scratch from an event and does not appear for the Final event, they "shall be barred from further competition for the remainder of the meet".

### **Inclusion Policy for Swimmers with 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.

**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

- 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 and for cleaning up their team areas. Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Working Coaches & deck officials are required to display their 2009 or 2010 USA Swimming card Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck
- Admission:** There is no admission charge. The meet program will be available for \$15.00 and will include a coupon for a finals program for each finals session conducted at no additional charge.
- Photography:** No flash photography is allowed during the start of the races. Timers are starting their watches based on the strobe light that comes from the starting system. No “team” or parent photographers will be permitted on the deck. Press will be issued credentials.
- Officials:** All certified officials wishing to volunteer to work this meet please contact Art Davis at (703) 625-9288 or [emerand@comcast.net](mailto:emerand@comcast.net) **no later than Monday, November 23, 2009**. Please include your club affiliation, certifications held, and sessions you wish to work. Those officials who learn of their availability subsequent to November 24 are encouraged to contact Art Davis as soon as possible.
- 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.
- Seating:** Due to the limited pool deck space, **Officials, USA Swimming Registered Coaches and Swimmers** only will be permitted on the pool deck. No personal chairs will be allowed on deck.
- 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.
- Entries:** Entries may be sent via e-mail.
1. Entries must arrive by the due date and time.
  2. Relay only swimmers must be included in the team's entry roster.
  3. Include with your commlink file one (1) report by **name** and one (1) by **event**. Create these reports in Team Manager and save as Word for Windows files.
  4. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).
  5. Send e-mail to [brianpawlowicz@cubu.org](mailto:brianpawlowicz@cubu.org)
  6. Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.

Entries may be sent via mail/express mail/ etc.

Computer disk entries (Hy-tek) are encouraged. Disk entries require one (1) meet entry report by **name** and one (1) by **event** from *Team Manager*. Entries may also be submitted on a PVS Master Entry Sheet. All entries must include a completed “**Entry Cover Sheet**”.

- Coaches will be provided with National Relay Slips at the meet.
- Deck entries are permitted for this meet and will only occur if there is an open lane in a pre-seeded heat. Deck entries will be \$15.00 each. There will be no deck entered relays. If an event is positive check-in, the check in will be completed per the schedule, then seeded. Any open lanes after this will be available for deck entry. A valid USA Swimming card will be required if the swimmer is not already in the meet and vetted through the PVS meet recon procedure.
- The meet director will not accept phone or fax entries.
- If using a mail service (Fed Ex, UPS, etc.) sign the waiver allowing the service to leave your entries without requiring a signature.
- Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible club official will not be accepted.

**Entry Times:** Long course entry times must be designated with a "L" on paper entries. These non-conforming times will be seeded after short course entry times.

**Fees:** Fees for individual events are \$8.00, relays \$16.00.  
There will be a one time surcharge of \$4.00 per entered athlete, payable with the team's entries for the meet.

Each participating Club is requested to remit one check to cover the entry fee and surcharge for the entire team. Do not send cash. Make checks payable to **CURL-BURKE SWIM CLUB**.  
Entry fees and surcharge are due with entries.

**Entry Deadline:**

The entry dead line is **5:00 PM, Friday, November 20, 2009**. Entries for first time Qualifying Times only achieved after the November 20, 2009 deadline will be accepted until **5:00 PM, Tuesday, November 24, 2009**.

**Entries will be accepted on a first-come, first-served basis. It is anticipated that this event will be fully entered.**

**Important:** The above dates are deadlines 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.

**Send Entries To:** **Brian Pawlowicz**  
**10416 Lake Ridge Drive**  
**Oakton, VA 22124**  
[brianpawlowicz@cubu.org](mailto:brianpawlowicz@cubu.org)

**\*\* Important \*\* - Coaches must submit a cell phone number that they will answer in between prelims and finals, in case a swimmer scratches in to the finals and needs to be notified. Cell phone number should be submitted with the entry email.**

**Link to Area Hotels:** <http://www.gmu.edu/welcome/hotel.html>

**TOM DOLAN INVITATIONAL**  
**December 3 to 6, 2009 @George Mason U. - Fairfax, VA**

<b>Thursday, December 3, 2009 @ George Mason University</b>						
<b>Warm-up 4:30 to 5:20 PM</b>			<b>Events 5:30 PM</b>			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
1	6:00.99	5:34.99	<b>12 &amp; U 500 freestyle</b>	5:59.99	5:32.99	2
3	19:04.99	20:19.79	<b>13-14 1650 freestyle</b>			
5	18:55.99	19:42.59	<b>Open 1650 freestyle</b>			
			<b>13-14 1000 freestyle</b>	11:24.99	10:24.39	4
			<b>Open 1000 freestyle</b>	10:19.99	9:47.49	6
7	2:40.99	3:01.69	<b>12 &amp; U 200 backstroke</b>	2:44.99	3:06.19	8

**Note:** All athletes who intend on swimming events 1 to 6 must check-in by 5:00 PM at the scratch table. Athletes swimming event 7 or 8 must check-in by 7:00 PM.

<b>Friday, December 4, 2009 13 &amp; Over Preliminaries @ George Mason University</b>						
<b>Warm-up 7:30 to 8:40 AM</b>			<b>Events 8:45 AM</b>			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
9	1:16.59	1:22.99	<b>13-14 100 breast</b>	1:12.49	1:20.39	10
11	1:12.39	1:21.99	<b>Open 100 breast</b>	1:05.99	1:17.19	12
17	2:06.49	2:19.99	<b>13-14 200 free</b>	2:01.99	2:19.19	18
19	1:58.99	2:16.09	<b>Open 200 free</b>	1:48.99	2:04.99	20
25	1:06.99	1:14.39	<b>13-14 100 fly</b>	1:04.99	1:11.99	26
27	1:02.19	1:12.99	<b>Open 100 fly</b>	56.99	1:05.99	28
33	4:59.99	5:49.79	<b>13-14 400 IM</b>	5:00.79	5:32.29	34
35	4:41.99	5:39.09	<b>Open 400 IM</b>	4:22.09	5:14.89	36
45	9:09.99		<b>13-14 800 free relay</b>	8:33.99		46
47	8:24.99		<b>Open 800 free relay</b>	7:42.99		48

**Note:**

- 400 IM check-in by 8:30 AM
- All 800 freestyle relays must check-in by 10:00 AM. The fastest heat in each event will swim at the end of the PM finals, all others swim at the end of preliminaries. Event is swum fastest to slowest.

<b>Friday, December 4, 2009 12 &amp; Under Preliminaries @ George Mason University</b>						
<b>Warm-up 1:00 to 1:50 PM</b>			<b>Events 2:00 PM</b>			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
141	5:36.09	6:23.99	<b>11-12 400 IM (NEW!!)</b>	5:28.89	6:20.19	142
13	37.79	43.09	<b>11-12 50 breaststroke</b>	37.99	43.39	14
15	43.39	50.69	<b>10 &amp; U 50 breaststroke</b>	43.39	50.49	16
21	1:03.59	1:12.19	<b>11-12 100 free</b>	1:03.59	1:12.19	22
23	1:14.59	1:24.19	<b>10 &amp; U 100 free</b>	1:13.99	1:23.59	24
29	32.49	36.49	<b>11-12 50 butterfly</b>	32.59	36.49	30
31	37.99	43.69	<b>10 &amp; U 50 butterfly</b>	38.59	43.89	32
37	1:13.49	1:25.89	<b>11-12 100 backstroke</b>	1:13.59	1:25.59	38
39	1:26.59	1:39.19	<b>10 &amp; U 100 backstroke</b>	1:26.99	1:39.59	40
41	3:02.19	3:25.59	<b>12 &amp; U 200 breaststroke</b>	3:02.19	3:25.59	42
43	4:38.99		<b>11-12 400 freestyle relay</b>	4:35.99		44

**Note:**

- All 400 freestyle relays must check-in by 2:30 PM. The event is swum fastest to slowest as the final event of preliminaries.
- 11-12 400 IM Check in closes at 1:30pm.

<b>Saturday, December 5, 2009 13 &amp; Over Preliminaries @ George Mason University</b>						
<b>Warm-up 7:30 to 8:40 AM</b>			<b>Events 8:45 AM</b>			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
53	1:54.69		<b>13-14 200 freestyle relay</b>	1:49.19		54
55	1:49.19		<b>Open 200 freestyle relay</b>	1:37.89		56
57	2:44.89	3:06.89	<b>13-14 200 breast</b>	2:39.29	2:54.79	58
59	2:37.79	3:01.99	<b>Open 200 breast</b>	2:23.99	2:47.09	60
65	27.19	30.99	<b>13-14 50 free</b>	25.89	29.39	66
67	25.79	29.99	<b>Open 50 free</b>	23.29	27.49	68
73	1:07.19	1:17.09	<b>13-14 100 back</b>	1:04.99	1:12.59	74
75	1:03.39	1:13.59	<b>Open 100 back</b>	57.79	1:07.59	76
81	5:26.99	5:03.49	<b>13-14 500 free</b>	5:15.99	4:53.49	82
83	5:14.99	4:49.99	<b>Open 500 free</b>	4:53.99	4:30.99	84
89	4:44.99		<b>13-14 400 medley relay</b>	4:32.29		90
91	4:29.49		<b>Senior 400 medley relay</b>	4:05.19		92

**Note:**

- 500 freestyle check-in by 9:30 AM
- 400 medley relays check-in by 10:00 AM. Events swum fastest to slowest. The fastest heat in each event will swim at the end of the PM finals, all others swim at the end of preliminaries.

<b>Saturday, December 5, 2009 12 &amp; Under Preliminaries @ George Mason University</b>						
<b>Warm-up 1:00 to 1:50 PM</b>			<b>Events 2:00 PM</b>			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
49	2:24.49		<b>11-12 200 medley relay</b>	2:24.29		50
51	2:47.99		<b>10 &amp; U 200 medley relay</b>	2:47.79		52
61	1:22.79	1:34.69	<b>11 &amp; 12 100 breaststroke</b>	1:22.39	1:34.69	62
63	1:35.49	1:53.69	<b>10 &amp; U 100 breaststroke</b>	1:36.39	1:53.99	64
69	28.79	33.49	<b>11-12 50 freestyle</b>	28.99	32.79	70
71	32.99	37.19	<b>10 &amp; U 50 freestyle</b>	32.99	37.09	72
77	33.99	38.49	<b>11-12 50 backstroke</b>	33.99	38.49	78
79	38.99	44.89	<b>10 &amp; U 50 backstroke</b>	38.79	44.79	80
85	2:36.19	3:00.99	<b>11-12 200 IM</b>	2:37.59	3:01.59	86
87	3:04.99	3:28.99	<b>10 &amp; U 200 IM</b>	3:05.89	3:30.99	88
93	2:51.99	3:14.09	<b>12 &amp; U 200 fly</b>	2:50.29	3:12.19	94

**PENROSE**  
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<b>Sunday, December 6, 2009 13 &amp; Over Preliminaries @ George Mason University</b>						
<b>Warm-up 7:30 to 8:40 AM</b>			<b>Events 8:45 AM</b>			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
99	NT		<b>13-14 200 medley relay</b>	NT		100
101	NT		<b>Open 200 medley relay</b>	NT		102
103	2:24.99	2:44.99	<b>13-14 200 back</b>	2:22.09	2:36.39	104
105	2:15.99	2:39.99	<b>Open 200 back</b>	2:05.59	2:26.59	106
111	58.59	1:06.09	<b>13-14 100 free</b>	55.29	1:03.89	112
113	55.44	1:02.99	<b>Open 100 free</b>	50.29	57.99	114
119	2:28.59	2:42.49	<b>13-14 200 fly</b>	2:24.99	2:34.79	120
121	2:18.79	2:38.49	<b>Open 200 fly</b>	2:03.99	2:26.00	122
127	2:23.79	2:40.09	<b>13-14 200 IM</b>	2:17.69	2:37.89	128
129	2:15.79	2:35.99	<b>Open 200 IM</b>	2:04.99	2:23.99	130
133	4:09.49		<b>13-14 400 freestyle relay</b>	3:59.39		134
135	3:55.59		<b>Open 400 freestyle relay</b>	3:34.19		136
137	11:40.99	10:29.69	<b>13-14 1000 freestyle</b>			
139	11:15.99	10:16.89	<b>Open 1000 freestyle</b>			
			<b>13-14 1650 freestyle</b>	19:30.99	19:19.79	138
			<b>Open 1650 freestyle</b>	17:25.99	18:34.49	140

**Note:**

- 400 freestyle relay check-in by 10:00 AM. Events swum fastest to slowest. The fastest heat in each event will swim at the end of the PM finals session, all others swim at the end of preliminaries (prior to the distance events).
- Women's 1000 freestyle and Men's 1650 freestyle check-in by 6:45 PM Saturday (check-in to begin Saturday AM). Events swum fastest to slowest and combined by age group. The events will be scored separately. The fastest heat will swim as the first event of finals.

<b>Sunday, December 6, 2009 12 &amp; Under Preliminaries @ George Mason University</b>						
<b>Warm-up 1:00 to 1:50 PM</b>			<b>Events 2:00 PM</b>			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
95	2:06.29		<b>11-12 200 freestyle relay</b>	2:05.89		96
97	2:23.89		<b>10 &amp; U 200 freestyle relay</b>	2:22.99		98
107	1:12.59		<b>11-12 100 IM</b>	1:12.39		108
109	1:22.79		<b>10 &amp; U 100 IM</b>	1:23.99		110
115	1:14.99	1:24.49	<b>11-12 100 butterfly</b>	1:14.99	1:25.19	116
117	1:34.99	1:47.19	<b>10 &amp; U 100 butterfly</b>	1:35.99	1:47.19	118
123	2:18.29	2:39.49	<b>11-12 200 freestyle</b>	2:18.79	2:37.19	124
125	2:45.99	3:14.99	<b>10 &amp; U 200 freestyle</b>	2:42.99	3:10.99	126
131	5:24.19		<b>11-12 400 medley relay</b>	5:20.69		132

**Note:**

- 400 medley relays must check-in by 3:30 PM. The event is swum fastest to slowest as the final event of preliminaries.

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