



Turkey Claus Showdown Championship

December 11th- 13th, 2009

Sponsored by Machine Aquatics Swim Team

Sanctioned by USA Swimming through Potomac Valley Swimming



The Turkey Claus Showdown meet is a proud official sponsor of the DC Area Toys for Tots program. We are asking **EVERY** participating swimmer to **donate 1 NEW toy for children in need in the area.** Swimmers can donate the toy at the meet!!

Meet Director	Paris Jacobs 2314 Toddsbury Place Reston, Va 20191 571-238-7657
Location	Takoma Aquatic and Community Center 300 Van Buren St, NW Washington, DC 20011 202-576-9284, 202-576-9285
Schedule	13 & Over warm-ups for Friday, Saturday & Sunday: 7:00 a.m. to 8:00 a.m. Events 8:10 a.m. 12 & Under Warm-ups for Friday, Saturday & Sunday: 12:15 p.m. to 1:05 p.m. Events 1:15 p.m. <u>Two courses (1 7 lane and 1 8 lane) will be used each day for all prelim sessions. Boys in one course and girls in the other course.</u> 13 & Overs in the morning, 12 and Unders in the afternoon. Finals Warm-up: 4:30 to 5:30 PM Events 5:40 PM
Awards	All 14 & under events will receive medals for 1st through 8th place for individual events and 1st through 3rd place for relay

	<p>events.</p> <p>High point awards will be presented to first place boy and girl in each age group and the 15 & Over category.</p> <p>Award will also be given to the first place Team.</p>
Eligibility	<p>Open to all registered Potomac Valley athletes and USA Swimming athletes with in given criteria.</p> <p>Swimmers with three (3) or more Tom Dolan Invitational Cuts may not enter the meet.</p> <p>Meet manager reserves the right to close entries once the maximum number of splashes allotted for water time is reached.</p>
Rules	<p>Current USA Swimming rules shall govern the meet.</p> <p>There are no Qualifying Time Standards for this meet.</p> <p>All swimmers with three (3) or more cuts for the Tom Dolan Invitational are NOT ELIGIBLE for the meet.</p> <p>All individual events will be governed by “No Faster Than” (NFT) time standards. These NFT time standards are equivalent to the individual event qualification time standards maintained at the Tom Dolan Invitational Meet (December 3-6th, 2009). A swimmer can only enter individual events in which his/her official USA Swimming time is not faster than the posted NFT time standard.</p> <p>NEW!! Swimmers with NT, (No Times), ARE permitted.</p> <p>A contestant may participate in only his or her own age group events</p> <p><u>Contestants may enter as many events as they wish but must scratch down to a maximum of seven (8) individual events by Friday morning with no more than three (3) individual events per day.</u> Swimmers shall compete at the age attained on the first day of the meet.</p> <p>Entries in longer distance events may need to be limited due to time constraints. If necessary, it will be done based on the verifiable proof of entry time.</p> <p><u>Meet Manager reserves the right to Positive Check-In all 200 yard events in the interest of manageable time lines.</u></p> <p><u>Meet Manager also reserves the right to adjust warm-up times for the 12 & Under sessions after entries have come in.</u></p>

	<p>Dive-over starts will be used at this meet. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.</p> <p>Individual Events</p> <p>All 9-10 events are trials and finals and will have one (1) heat in the finals sessions.</p> <p>All 11-12 individual events will have a "B" final and an "A" final heat, except the 400 IM which will be timed finals. The "A" final will be swum first.</p> <p>All 13-14 and 15 & Over individual events will have a "B" final and an "A" final heat. The "A" final will be swum first.</p> <p>400 IM require positive check-in.</p>
Relay Events	<p>All Relays are timed finals. All Relays will be swum fastest to slowest.</p> <p>All 200 yard relays will be pre-seeded. A team may enter only two (2) relays per relay event.</p> <p>ALL RELAY EVENTS WILL BE SWUM IN THE PRELIMINARY SESSION.</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.</p> <p>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>
Time Trials	<p>There will be no time trials conducted at this meet.</p>
PVS Check-in Policy	<p>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.</p>
PVS Scratch Policy	<p>If you do not wish to swim in the Final, you may "Scratch" from the event by following the proper procedure:</p> <ul style="list-style-type: none"> · 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.

	<p>· 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 rescind or "pull" 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.</p> <p>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".</p>
Scoring	<p>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</p>
Warm-Up	<p>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.</p>
Supervision	<p>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.</p>
Admission	<p>There is no admission charge.</p>
Programs	<p>The entire meet program will be available for \$10.00. Finals programs each night will be free with finals coupon from meet program. Finals programs will be available for \$2.00 for those with out their finals program coupon.</p>
Officials	<p>All certified officials wishing to volunteer to work this meet please contact the Machine Aquatics Officials Chairman, Scott Robinson at officials@machineaquatics.com prior to December 4th, 2009. Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the computer table at the start of warm-up. Certified officials who have not been contacted should volunteer their services to the Referee.</p>
Seating	<p>Due to the limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck. Personal Chairs will BE permitted on the deck for coaches only. Swimmers will not be permitted to bring chairs on deck.</p>
Warning	<p>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.</p>
Entries	<p>Entries may be sent via e-mail.</p>

	<p>1. Entries must arrive by the due date and time.</p> <p>2. 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. <u>You must also check the box for "proof of time"</u></p> <p>3. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).</p> <p>4. Send e-mail to paris@machineaquatics.com</p> <p>5. 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.</p> <p>Entries may be sent via mail/express mail/ etc.</p> <p>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 included a completed "Entry Cover Sheet."</p> <p>Events file for use in Team Manager (hyv.file) is posted .</p> <p>Coaches will be provided with National Relay Slips at the meet.</p> <p>Deck entries are permitted for this meet is time and space permits..</p> <p>The meet director will not accept phone or fax entries.</p> <p>If using a mail service (Fed Ex, UPS, etc.) sign the waiver allowing the service to leave your entries without requiring a signature.</p> <p>Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible club official will not be accepted.</p>
Fees	<p>Fees for individual events are \$6.00, relays are \$12.00.</p> <p>There is a \$2.00 surcharge per athlete to cover additional DC Park and Rec. Service fees</p> <p>Each participating Club is requested to remit one check to cover the entry fee for the entire team. Do not send cash. Make checks payable to MACHINE AQUATICS. Entry fees are due with</p>

	entries.
Entry Deadline	<p>PRELIMINARY ENTRIES ARE DUE BY 5:00 p.m., Thursday, November 24th, 2009.</p> <p>FINAL ENTRY FILE IS DUE BY 5:00 p.m. TUESDAY, DECEMBER 1st , 2009</p> <p>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.</p>
Send Entries To	<p>Paris Jacobs 2314 Toddsbury Place Reston, Va 20191</p> <p>E-Mail entries will be accepted. Send electronic entries including meet entry reports to: pjacobs10@comcast.net <u>Entry fee check must be sent ASAP</u></p>

REMINDER:



The Turkey Claus Showdown meet is a proud official sponsor of the DC Area Toys for Tots program. We are asking **EVERY** participating swimmer to **donate 1 NEW toy for children in need in the area.** Swimmers can donate the toy at the meet!!

**ALL EVENTS ARE A NO FASTER THAN (NFT) EVENT
ENTRY TIMES ARE IN SHORT COURSE YARDS
ONLY.**

Friday, December 11, 2009 @ Takoma Park Pool Warm-up 7:00 - 8:00 a.m. Events at 8:10 a.m.				
NFT	GIRLS EVENT #	EVENT	BOYS EVENT #	NFT
2:06.50	1	13-14 200 Free	2	149.00
1:59.00	3	15 & Over 200 Free	4	1:49.60
1:07.00	5	13-14 100 Fly	6	1:05.00
102.20	7	15 & Over 100 Fly	8	57.00
2:25.00	9	13-14 200 Back	10	2:22.10
2:16.00	11	15 & Over 200 Back	12	2:05.60
5:00.00	13	13-14 400 IM	14	5:00.80
4:42.00	15	15 & Over 400 IM	16	4:22.10
9:10.00	17	13-14 800 Free Relay	18	8:34.00
8:25.00	19	15 & Over 800 Free Relay	20	7:43.00

Friday, December 11, 2009 @ Takoma Park Pool Warm-up 12:15 - 1:05 p.m. Events at 1:15 p.m.				
NFT	GIRLS EVENT #	EVENT	BOYS EVENT #	NFT
2:18.30	21	11-12 200 Free	22	2:18.80
2:46.00	23	9-10 200 Free	24	2:43.00
1:22.80	25	11-12 100 Breast	26	1:22.40
1:35.50	27	9-10 100 Breast	28	1:36.40
2:52.00	29	11-12 200 Fly	30	2:50.30
34.00	31	11-12 50 Back	32	34.00
39.00	33	9-10 50 Back	34	38.80
1:12.60	35	11-12 100 IM	36	1:12.40
1:22.80	37	9-10 100 IM	38	1:24.00
4:39.00	39	11-12 400 Free Relay	40	4:36.00

Saturday, December 12, 2009 @ Takoma Park Pool**Warm-up 7:00 - 8:00 a.m. Events at 8:10 a.m.**

NFT	GIRLS EVENT #	EVENT	BOYS EVENT #	NFT
27.20	41	13-14 50 Free	42	25.90
25.80	43	15 & Over 50 Free	44	23.30
2:29.00	45	13-14 200 Fly	46	2:25.00
2:18.80	47	15 & Over 200 Fly	48	2:04.00
1:16.60	49	13-14 100 Breast	50	1:12.50
1:12.40	51	15 & Over 100 Breast	52	1:06.00
5:27.00	53	13-14 500 Free	54	5:16.00
5:15.00	55	15 & Over 500 Free	56	4:54.00
4:45.00	57	13-14 400 Medley Relay	58	4:32.30
4:29.50	59	15 & Over 400 Medley Relay	60	4:05.20

Saturday, December 12, 2009 @ Takoma Park Pool**Warm-up 12:15 - 1:05 p.m. Events at 1:15 p.m.**

NFT	GIRLS EVENT #	EVENT	BOYS EVENT #	NFT
33.00	61	9-10 50 Free	62	33.00
28.80	63	11-12 50 Free	64	29.00
38.00	65	9-10 50 Fly	66	38.60
32.50	67	11-12 50 Fly	68	32.60
3:02.20	69	11-12 200 Breast	70	3:02.20
1:26.60	71	9-10 100 Back	72	1:27.00
1:13.50	73	11-12 100 Back	74	1:13.60
2:48.00	75	9-10 200 Medley Relay	76	2:47.80
2:24.50	77	11-12 200 Medley Relay	78	2:24.30

Sunday, December 13, 2009 @ Takoma Park Pool**Warm-up 7:00 - 8:00 a.m. Events at 8:10 a.m.**

NFT	GIRLS EVENT #	EVENT	BOYS EVENT #	NFT
2:23.80	79	13-14 200 IM	80	217.70
2:15.80	81	15 & Over 200 IM	82	205.00
58.60	83	13-14 100 Free	84	55.30
55.45	85	15 & Over 100 Free	86	50.30
2:44.90	87	13-14 200 Breast	88	2:39.30
2:37.80	89	15 & Over 200 Breast	90	2:24.00
1:07.20	91	13-14 100 Back	92	1:05.00
1:03.40	93	15 & Over 100 Back	94	57.80
4:09.50	95	13-14 400 Free Relay	96	3:59.40
3:55.60	97	15 & Over 400 Free Relay	98	3:34.20

Sunday, December 13 , 2009 @ Takoma Park Pool

Warm-up 12:15 -1:05 p.m. Events at 1:15 p.m.

NFT	GIRLS EVENT #	EVENT	BOYS EVENT #	NFT
2:06.30	99	11-12 200 Free Relay	100	2:05.90
2:23.90	101	9-10 200 Free Relay	102	2:23.00
2:36.20	103	11-12 200 IM	104	2:37.60
3:05.00	105	9-10 200 IM	106	3:05.90
1:03.60	107	11-12 100 Free	108	1:03.60
1:14.60	109	9-10 100 Free	110	1:14.00
2:41.00	121	11-12 200 Back	122	2:45.00
37.80	111	11-12 50 Breast	112	37.80
43.40	113	9-10 50 Breast	114	43.40
1:15.00	115	11-12 100 Fly	116	1:15.00
1:35.00	117	9-10 100 Fly	118	1:36.00
5:24.20	119	11-12 400 Medley Relay	120	5:20.70

** NOTE EVENT #121 & #122 WILL BE SWUM IN ORDER POSTED AFTER
EVENT #110 AND PRIOR TO EVENT #111.**