



## Eastern Zone Southern Region Sectional Meet 2010 Speedo Championship Series Meet

March 25-28, 2010

At the Germantown Indoor Swim Center  
Hosted by the Rockville Montgomery Swim Club

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVZ-10-48

Time Trials Sanction # PVZ-10-48-TT

**Meet Director:** Christa Krukiel [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov)  
(240) 777-8074 work, daytime prior to 3/21/10  
(240) 281-7160 cell, evenings or anytime after 3/21/10

**Meet Referee:** Paul Maker [makerp@comcast.net](mailto:makerp@comcast.net)

**LSC Officials Chair:** Jack Neill [JJNeill@fcps.edu](mailto:JJNeill@fcps.edu)

**Meet Announcer:** Chris Coneeney

**Meet Vendor:** Aardvark Swim & Sport [www.aardvarkswimandsport.com](http://www.aardvarkswimandsport.com)

**Meet Website:** [www.pvswim.org/0910meet/10-48-info.html](http://www.pvswim.org/0910meet/10-48-info.html)

**Location:** [Germantown Indoor Swim Center](#), 18000 Central Park Circle, Boyds, MD 20841(240) 777-6830  
Indoor, 10 lanes, 25-yard pool, with non-turbulent lane lines, will be used for competition; the competition course has been certified in accordance with 104.2.2C, and is on file with USAS. The recreation pool (7 lane, 25-yard pool) will be available for continuous warm-up, warm-down from the start of warm-up everyday to 30 minutes after the conclusion of the last event. A 10 lane course will be used for prelims and distance events and an 8 lane course for finals (including the fastest heat of the W 1000/M 1650).

**Officials:** Certified officials wishing to work the meet should submit an application to Jamy Pfister at [JamyJayPfi@verizon.net](mailto:JamyJayPfi@verizon.net), Eastern Zone Officials Coordinator, by March 10, 2010 for assigned positions. The application form can be found at [www.easternzoneswimming.org/meet\\_info/2010SpringSectionals\\_SouthRegion\\_ApplicationtoOfficiate.pdf](http://www.easternzoneswimming.org/meet_info/2010SpringSectionals_SouthRegion_ApplicationtoOfficiate.pdf).

This meet is approval as a National Certification Qualifying Meet for all positions under the National Officials Certification Program. Any official interested in being evaluated should submit an Application to Officiate noting the request for evaluation. Details of the certification program can be found on the [USA swimming website](#).

**General Meeting:** Thursday, March 25, 2010 at 2:00pm. The General Meeting will take place in the 2<sup>nd</sup> floor conference room. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

**Facility Schedule:**

- Thursday, March 25: 12:00pm – 9:00pm (or 30 minutes after the last event, whichever is later)
- Friday – Sunday, March 26-28: 6:00am – 9:00pm (or 30 minutes after last event, whichever is later)

**Registration Schedule:**

- Thursday, March 25: 11:00am – 9:00pm
- Friday, March 26: 6:00am – 11:00am
- Other times: Contact the Front Desk/Meet Director.

**Meet Schedule:**

Competition Pool

- Thursday, March 25
  - o General Warm-up: 12:00pm-3:00pm
  - o Distance Warm-up: 3:20pm-4:20pm
  - o Distance Events Start: 4:30pm
- Friday, March 26 – Sunday, March 28
  - o Prelim Warm-up: 6:30am-8:50am
  - o Prelims Start: 9:00am
  - o Finals Warm-up: 5:00pm-5:50pm
  - o Finals Start: 6:00pm

Recreation Pool

- Thursday, March 25
  - o General Warm-up: 12:00pm-9:00pm (or 30 minutes after the last event, whichever is later)
- Friday, March 26 – Sunday, March 28
  - o General Warm-up: 6:30am-9:00pm (or 30 minutes after the last event, whichever is later)

**Warm-Up Procedures:** The following Potomac Valley Swimming warm-up procedures and safety policies will be followed:

- Enter the pool only at the start end of the pool. Enter feet-first, unless the lane has been designated for one-way starts.
- Swimmers must be under the supervision of a coach during warm-ups. All warm-up periods shall be supervised by the appointed marshals.
- During preliminary warm-ups, all but the final 30 minutes will be dedicated to general warm-up. Specific warm-ups will be conducted during the last 30 minutes.
- During finals warm-ups, periods are divided equally between general and specific programs. The first half of the warm-up will be dedicated to general warm-up and the last half of the warm-up will be dedicated to specific warm-up.
- During the general warm-up, no pace work or sprinting will be permitted.

**Rules:** Current USA Swimming rules will govern all competition.

**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, <http://www.usaswimming.org/usasweb/DesktopDefault.aspx>

**Eligibility:** The Eastern Zone Southern Region Speed Championship Series Meet is open to any swimmer currently registered with USA Swimming with a qualifying time (Qualifying Standards are attached). The qualifying time must have been achieved between January 1, 2009 and the meet entry deadline.

**Timers:** It may be necessary to solicit timers from the spectators attending the meet. All visiting teams/LSC's should be prepared to provide meet timers. The meet director reserves the right to assign teams or LSC with lane assignments for timer coverage depending on entries.

**Meet Format:** The meet will be swum with circle-seeded preliminary heats in the morning session with C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. A 10 lane course will be used for prelims and distance events and an 8 lane course for finals (including the fastest heat of the W 1000/M 1650). All relay events, as well as the 1000 freestyle and 1650 freestyle will be swum as timed final events.

- Thursday Distance Events (W 1650/M 1000): The women's 1650 yard Freestyle will be swum slowest-to-fastest, followed by the men's 1000 yard Freestyle swum slowest-to-fastest. These events are timed finals.
- Sunday Distance Events (W 1000/M 1650): The fastest heat of 8 in the women's 1000 yard Freestyle followed by the fastest heat of 8 in the men's 1650 yard Freestyle will be swum at the beginning of the evening final session. The remaining heats will swim on Sunday afternoon in a 10 lane course, such that the last heat finishes at 4:30pm. The heats will be swum alternating women and men such that the second-fastest men's heat swim last, the second-fastest women's heat swims next-to-last, etc. The heat order and schedule will be published after the scratch deadline on Saturday night. These events are timed finals.
- Relay Events: Relays are timed-final events. The fastest two heats will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session. Relays that do not check-in by the appropriate deadline will be scratched. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. Relay participants may only compete on one relay team per relay event, either the 'A' relay or 'B' relay but not both. Only the fastest two relays per team will score points. Each relay must have at least one swimmer who qualifies and competes in at least one non-bonus individual event. 200 yard Medley Relay entry times must be provable 400 Medley Relay times.
- Sunday Relays (200 free relay, 400 medley relay): The "Sunday Relay Rule" will be in effect. Any relay that wishes to swim with preliminaries during the morning session may do so. All Sunday relays will be asked to indicate a preference for swimming with preliminaries or with finals, when that relay is positively checked-in at the Clerk of Course. The preliminaries/finals preference must be declared by the check-in deadline (Saturday at 6:30pm). The fastest 16 relays that wish to swim during the evening finals will swim during the evening finals. All other Sunday relays will swim during the Sunday morning preliminaries.
- A/B Flight Format: Dependent on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an "A/B Flight" format. If adopted, details of this procedure, including the number of heats of each event to be swum in the "A Flight" session, will be announced at the general meeting.

### **Entry Information:**

- Qualification Period: January 1, 2009 through deadline for meet.
- Seeding Order: SCY, LCM, SCM. Bonus events are seeded last.
- Entry Fees: \$12.50 for individual events, \$25.00 for relay events.
- Time Trials Fees: \$10.00 for individual events, \$25.00 for relay events.
- Regular Entry Deadline: Tuesday, March 16, 2010 at 11:59 PM EST. OME will open for this meet on February 1, 2010 at <http://www.usaswimming.org/ome>.

**Entry Rules:** A swimmer may only swim a maximum of three (3) individual events per day (including time trials) and a maximum of seven (7) individual events (including time trials) for the meet. A swimmer may enter any number of individual events in which the qualifying time standard has been met. Each team is allowed to enter up to 2 relays in each event.

- **Bonus Events:** Swimmers making 1 qualifying time will be permitted to enter one bonus event. Swimmers making 2 qualifying times will be permitted to enter 2 bonus events. Swimmers making 3 qualifying times will be permitted to enter 1 bonus event. Swimmers making 4 or more qualifying times are not permitted to enter bonus events. Bonus entries are seeded last.
- At least one swimmer participating on each relay team must also be entered and compete in at least one, non-bonus, individual event. All relay-only swimmers must be listed on the meet entry.

**Online Meet Entry:** Except for qualifying times achieved for the first time between March 16 and March 21, all entries must be submitted through USA Swimming's website using OME (Online Meet Entry). All coaches planning on attending the meet MUST be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry MUST show proof of current credentials prior to receiving coach's packets or deck credentials.

- **Entry Instructions:** Payment for entries using OME is accepted using Visa, MasterCard, American Express or Discover. After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet. You can return to your entry to modify entry times through the initial March 16, 2010 entry deadline. Once you have paid for your entry, you may add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. Entry times, under OME, are taken from the SWIMS national database, or a custom time may be entered. All swims entered as a custom time must be proven in hard copy, at the meet. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than short course yards will be treated as "non-conforming" and will be seeded according to USA Swimming procedures. Do not convert times before entering them. Entries that have NOT used the OME entry process will not be accepted, except for those times achieved during the extended entry period (March 16-21, 2010). These times must be submitted using Hy-Tek Team Manager. No fax entries will be accepted at any time.
- **Questions Regarding OME?** Contact: Susan Woessner, Office: 719-866-3589; Cell: 719-332-0184.

**Late Qualifying Times:** Additional entries from meets occurring between March 16, 2010 and March 21, 2010 are due by 5:00 PM (EST) on Monday, March 22, 2010. These entries must be submitted to the host club via email only, using a Hy-Tek entry file. These entries should be emailed directly to [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov). This is for first time cuts achieved in this specific time period. All other entries must use the on-line entry procedure.

- Electronic Email Entries: Email a Hy-Tek entries file (preferred) or a SDIF file to [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov).
- Emails must include reports by name and by event with proof of times.
- Payment for these entries must be received at the pre-meet general meeting on Thursday, March 25, 2010. If payment is not received at this time, these entries will be scratched from the meet. Please remember that this is only for new qualifying times that occur between March 16, 2010 and March 21, 2010. Once the OME deadline passes no time updates are permitted.
- Entry Fee Payable To: Montgomery County Recreation Department (MCRD).

**Proof of Time:** Verification of times for all events (including relays) is required. Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used. Coaches entering with custom times (those not in the SWIMS database) or times achieved during the late qualifying period must be prepared to prove the times with a copy of the official meet result. High School, College, YMCA and similar non-USAS swims must be a swim officially authorized by USA Swimming.

**Warning:** Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the said fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2010.

**Scratch Procedures/Positive Check In:** The scratch box and positive check in will be located at the Registration Table until the General Meeting. The scratch box and positive check in will then be at the General Meeting. Following the General Meeting, the scratch box and positive check in will be located with the Clerk of Course on deck.

This meet will follow the National Championship Scratch Rules as specified in rule 207.12.6. Specific procedures will be explained at the General Meeting on Thursday afternoon. Scratches from finals can only be done directly with the Administrative Referee. Do not use the scratch box. **A \$50.00 fine, per no show, will be given for No Shows in Sunday's finals.**

After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event preliminary or timed final heat in which they have been entered and have not been scratched will be barred from further individual and relay events that day. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events. Relays that do not check-in by the appropriate deadline will be scratched.

Scratch deadlines are as follows:

- Thursday, 3:00pm: Thursday distance events (W 1650/M 1000).
- Thursday, 5:00pm: All Friday events (including positive check-in for 800 free relay).
- Friday, 6:30pm: All Saturday events (including positive check-in for 200 medley relay and 400 free relay).
- Saturday, 6:30pm: All Sunday events (including W 1000/M 1650 and positive check-in for 200 free relay and 400 medley relay).

**Time Trials:** Time trial fees: \$10.00 for individual events; \$25.00 for relays. Time Trials will start 15 minutes after the conclusion of timed finals on Thursday, and 30 minutes after the conclusion of the preliminaries session on Friday, Saturday and Sunday (time permitting). Time trials are open to all swimmers entered into the meet, including relay-only swimmers. Each swimmer is limited to a maximum of two time trials during the meet. Also, please be aware that time trials count towards the daily maximum of three events. Registration for time trials will close at 5:00pm on Thursday, and 10:00am on Friday, Saturday and Sunday, unless otherwise announced at the General Meeting. Time trials will be conducted as long as there is time available. Time trials will end no later than 4:30pm on Friday and Saturday. Time trials on Sunday will end 30 minutes prior to the start of the heats of the Women's 1000 free/Men's 1650 free. The order of events for time trials is listed below.

**Note that the 1000 freestyle and 1650 freestyle are only offered on Thursday.**

- Thursday time trials: 1000 free, 1650 free events only.
- Friday time trials: Friday/Saturday/Sunday events, in that order.
- Saturday time trials: Saturday/Sunday/Friday events, in that order.
- Sunday time trials: Sunday/Friday/Saturday events, in that order.

**Deck Access:** Only swimmers, coaches, officials and meet staff with proper credentials will be permitted on the pool deck. Teams will be allocated deck passes for coaches following a formula based on the number of athletes entered into individual events (relay-only swimmers are not counted):

- 1-7 swimmers in individual events: 2 deck pass
- 8-14 swimmers in individual events: 3 deck passes
- 15-25 swimmers in individual events: 5 deck passes

26 or more swimmers in individual events: 6 deck passes

Deck passes will only be issued to individuals listed on the official entry summary form, and must be registered with USA Swimming. All coaches must display their USA Swimming card at all times when on the pool deck, as well as their meet credentials and must be prepared to show a current USA Swimming registration card at the registration table to receive their deck pass. Unattached swimmers who are affiliated with a team will be counted in the numbers for that team. Unattached swimmers without any team will be issued one deck pass. Replacements for lost credentials will cost \$10.00.

**Scoring:** Scoring will be to 16 places. Only the fastest two relays from each team will be scored.

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

**Awards:** Awards will be presented during the evening finals. A full sequencing of events and awards will be published with the heat sheet for each finals session. Awards for the Thursday distance events will be presented during the Friday evening finals.

- Individual events: Top 5 finishers
- Relay events: Top 3 relay teams
- Team awards (female, male, and combined scores): Top 3 teams
- Individual high point: Top 3 female and top 3 male

**Concessions:** There will be a concession stand open for the duration of the meet. The concession area is on the upper level of the pool, near the restrooms.

**Hospitality:** A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. The Hospitality Area will be in the Wet Classroom located just off the Competition Pool deck.

**Spectator Admission and Heat Sheets:** The spectator seating area will open one hour before the start of each session. The spectator entrance is on the upper level of Germantown Indoor Swim Center. Prices are as follows:

- No charge for admission
- Prelims Heat Sheet: \$5.00
- Finals Heat Sheet: \$3.00

### **Swim Center Rules and Conduct**

At the request of [Montgomery County Recreation Department](#), swimmers are not to leave the pool deck without appropriate attire. Coaches will be responsible for the conduct of their athletes while in the facility and surrounding grounds. Failure to follow these rules or any inappropriate behavior will result in the athlete being barred from further competition in the meet. Parents will be responsible for the conduct of any minor children that accompany them.

- Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time.
- No glass containers are permitted within the facility.
- Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up.
- No camera cell phones are permitted in the locker rooms.

**Locker Rooms:** Day lockers will be available for use at GISC for athletes, coaches and officials. Do not leave locks on lockers overnight. Do not leave valuables in your locker. The Montgomery County Recreation

Department, Rockville-Montgomery Swim Club and Potomac Valley Swimming are NOT responsible for lost or stolen property.

**Medical Assistance:** Medical assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff. The closest hospital and emergency room is [Shady Grove Adventist Hospital](#).

**Parking:** Parking will be available at the Germantown Indoor Swim Center for officials and coaches. Meet Credentials **MUST** be shown in order to get into the parking lot at the swim center. Parking for everyone else is available in the designated lots surrounding the swim center. Handicap vehicles will be permitted to park in the swim center lot. Bus parking will be available in designated lots. All vehicles must be in appropriately marked parking spaces. Violators will be ticketed and/or towed. Parking in SoccerPlex may be limited due to other events.

**Directions:** Exit I-270 at Rte 118 (Germantown Road) Drive 3.2 miles southwest and turn right at Richter Farm Road. Drive .6 miles and turn left on Schaeffer Road. Go around the circle and turn right on Central Park Circle.

### **Hotel Accommodations**

[Wyndham-Gaithersburg](#)

805 Russell Avenue, Gaithersburg, MD (301) 670-0008

[Fairfield Inn](#)

20225 Century Boulevard, Germantown, MD (301) 916-0750

[Gaithersburg Marriott Washingtonian Center](#)

9751 Washingtonian Boulevard, Gaithersburg, MD (301) 590-0044

[Hampton Inn](#)

20260 Goldenrod Lane, Germantown, MD (301) 428-1300

[Hilton Gaithersburg](#)

620 Perry Parkway, Gaithersburg, MD (301) 977-8900

[Holiday Inn](#)

2 Montgomery Village Avenue, Gaithersburg, MD (301) 948-8900

[Homestead Studio Suites Hotel](#)

20141 Century Boulevard, Germantown, MD (301) 515-4500

[Extended Stay America](#)

12450 Milestone Center Drive, Germantown, MD (301) 540-9369

# Eastern Zone Southern Region Sectional Meet

## 2010 Speedo Championship Series Meet

March 25-28, 2010

### Order of Events

#### Thursday, March 25, 2010

*Timed Finals: 4:30pm start*

Women			#	Event	#	Men		
LCM	SCM	SCY				SCY	SCM	LCM
18:16.79	17:43.19	17:54.39	1	1650 yard Freestyle				
				1000 yard Freestyle	2	10:09.89	8:58.59	9:11.39

#### Friday, March 26, 2010

*Prelims: 9:00am start*

*Finals: 6:00pm start*

Women			#	Event	#	Men		
LCM	SCM	SCY				SCY	SCM	LCM
2:12.69	2:10.79	1:57.79	3	200 yard Freestyle	4	1:46.49	1:58.09	2:01.49
1:18.29	1:16.49	1:08.89	5	100 yard Breaststroke	6	1:02.19	1:09.09	1:10.39
1:07.49	1:06.79	1:00.09	7	100 yard Butterfly	8	54.09	1:00.09	1:00.89
5:22.19	5:09.69	4:39.99	9	400 yard IM	10	4:15.09	4:43.19	4:49.89
9:06.29	8:58.89	8:05.39	11	800 yard Free Relay	12	7:22.39	8:06.69	8:14.79

#### Saturday, March 27, 2010

*Prelims: 9:00am start*

*Finals: 6:00pm start*

Women			#	Event	#	Men		
LCM	SCM	SCY				SCY	SCM	LCM
4:44.09	4:40.29	4:12.29	13	200 yard Medley Relay	14	3:46.99	4:15.59	4:19.69
2:29.49	2:28.19	2:13.49	15	200 yard Butterfly	16	2:01.49	2:14.89	2:16.29
28.59	28.19	25.39	17	50 yard Freestyle	18	22.49	24.99	25.59
2:49.39	2:47.09	2:30.49	19	200 yard Breaststroke	20	2:15.39	2:30.29	2:32.99
1:09.39	1:07.89	1:01.09	21	100 yard Backstroke	22	55.09	1:01.19	1:02.89
4:38.19	4:32.59	5:12.49	23	500 yard Freestyle	24	4:48.39	4:10.89	4:18.59
4:14.99	4:10.89	3:45.79	25	400 yard Free Relay	26	3:21.89	3:44.09	3:48.69

#### Sunday, March 28, 2010

*Prelims: 9:00am start*

*Finals: 6:00pm start*

Women			#	Event	#	Men		
LCM	SCM	SCY				SCY	SCM	LCM
1:57.79	1:56.19	1:44.59	27	200 yard Free Relay	28	1:32.69	1:42.19	1:45.49
9:34.99	9:19.99	10:40.29	29	1000 yard Freestyle				
				1650 yard Freestyle	30	16:43.99	16:35.19	17:21.99
2:28.99	2:26.49	2:11.89	31	200 yard Backstroke	32	1:59.39	2:12.59	2:15.39
1:01.89	1:00.89	54.79	33	100 yard Freestyle	34	48.99	54.39	55.69
2:30.59	2:26.59	2:12.49	35	200 yard IM	36	1:59.79	2:12.99	2:16.59
4:44.09	4:40.29	4:12.29	37	400 yard Medley Relay	38	3:46.99	4:15.59	4:19.69

#### Scratch deadlines:

- Thursday, 3:00pm: Thursday distance events (W 1650/M 1000).
- Thursday, 5:00pm: All Friday events (including positive check-in for 800 free relay).
- Friday, 6:30pm: All Saturday events (including positive check-in for 200 medley relay and 400 free relay).
- Saturday, 6:30pm: All Sunday events (including W 1000/M 1650 and positive check-in for 200 free relay and 400 medley relay).

**Relay Events:** Relays are timed-final events. The fastest two heats will swim the finals during the evening session. The Sunday Relay Rule will be in effect for Sunday relays. Remaining heats will swim with preliminaries during the morning session. All relays must be positively checked-in by the appropriate scratch deadline. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. 200 yard Medley Relay entry times must be provable 400 Medley Relay times.

**Thursday Distance Events:** The Women's 1650 yard Freestyle will be swum slowest-to-fastest, followed by the Men's 1000 yard Freestyle swum slowest-to-fastest. These events are timed finals.

**Sunday Distance Events:** The fastest heat of the Women's 1000 yard Freestyle and the fastest heat of the Men's 1650 yard Freestyle will be swum at the beginning of the evening finals session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 4:30pm. The heats will be swum alternating women and men such that the second-fastest men's heat swims last, the second-fastest women's heat swims next-to-last, etc. The heat order will be published after the scratch deadline. These events are timed finals.