



NOTE: Updated Warm Up & Start Times for Friday, Saturday & Sunday Preliminary Sessions. No Changes to finals. Swimmers will not be allowed in the building until 6:15am per GMU policy



**USA Swimming Speedo Champions Series Meet
Eastern Zone South Region
Hosted by Curl-Burke Swim Club
George Mason University, Fairfax, VA, March 22-25, 2012**

The Curl-Burke Swim Club welcomes you to the 2012 USA Swimming Speedo Champions Series Meet. The meet format is long course meters for both preliminaries and finals. All time trials, (time allowing) will also be long course meters.

The 2012 USA Swimming Speedo Champions Series Meet is held under the sanction of USA Swimming, Inc., through the Potomac Valley LSC – **Sanction Number - PVZ-12-502.**
Time Trial Sanction number - PVZ-12-502TT

MEET HOST CONTACT INFORMATION

Curl-Burke Swim Club
2704 Willow Drive
Vienna, Virginia 22181
703-319-4168

Meet Directors:

Brian Pawlowicz
brianpawlowicz@cubu.org
703-319-4168

Drury Norris
drurnorris@prodigy.net
703-437-0573

Meet Announcer:

Chris Coneeny
Prelims & Finals Only
There will be no announcing for time trials.

Meet Referee:

Jamie Cahn
jemcahn@comcast.net

LSC Officials Chairman:

Jack Neill
jjneill@fcps.edu

Lead Evaluator:

Pat Lunsford
pat@wurkconcepts.com

LOCATION

George Mason University, Fairfax, Virginia – Jim McKay Natatorium
4400 University Drive
Fairfax, Virginia 22030
703-993-3939

Meet Vendor: Official Speedo Championship Merchandise will be sold at the meet.

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





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FACILITY

The Jim McKay Natatorium competition pool is 25Y by 50M, with two moveable bulkheads, water depth ranging from 7 feet to 13 ½ feet and surrounded by an all tile deck. The pool has a state of the art automated pool filtration system to include an Ultraviolet system.

The competition course has a movable bulkhead at one end and heretofore is not certified under Article 104.2.2(C).

Advance Ticket Sales:

Advance tickets will go on sale February 13th, 2012. Please visit www.cubu.org

SCHEDULE

	Warm-Up	Prelims		Warm-up	Finals
Thursday	Coaches Meeting 2:30pm – Hospitality Room – Off the Deck			3:30pm-4:45pm	5:00pm
Friday	6:30am-7:50am	8:00am		4:30pm-5:45pm	6:00pm
Saturday	6:30am-7:50am	8:00am		4:30pm-5:45pm	6:00pm
Sunday	6:30am-7:50am	8:00am		3:30pm 4:45pm	5:00pm

Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

RULES

USA Swimming Rules will govern this competition. This includes the current national Championship rules including scratch rules (Section 207.12.10).

No late entries are permitted for this meet.

No on-deck USA-S registration is permitted

In compliance with USA-Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied





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by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Dive-over starts may be used during the preliminary sessions at this meet at the discretion of the Meet Manager and/or Meet Referee.

ELIGIBILITY

The Eastern Zone Southern Region Speedo Championship Series is open to any registered USA swimmer with a qualifying time shown in the attached qualifying standards. Swimmers from the Eastern Zone – Northern Region must attend the Northern Section meet. The qualifying time period is January 1, 2011 through the meet entry deadline.

TIME STANDARDS

See the enclosed order of events with the time standards.

ONLINE MEET ENTRY

Except for qualifying times achieved for the first time between March 13 and March 18, 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 DEADLINE

Entry deadline is Monday, March 12, 2012 at 10:00 p.m. (EST).

OME will open for this meet on February 10, 2012 at <http://www.usaswimming.org/ome>

TIMES ACHIEVED AFTER March 12, 2012

Additional entries from meets occurring between March 13, 2012 and March 18, 2012 are due by 10:00 p.m.(EDT) on Monday, March 19, 2012. 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 brianpawlowicz@cubu.org. This is for **first time cuts achieved in this specific time period**. All other entries must use the on-line entry procedure.

Payment for these entries must be received at the pre-meet coaches meeting on Thursday, March 15, 2012. (Please make checks payable to the Curl-Burke Swim Club) 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 13, 2012 and March 18, 2012. Once the OME Deadline passes no time updates are permitted.

QUESTIONS REGARDING OME?

USA Swimming On-Line Meet Entry Questions (OME) contact:

Susan Woessner

Office: 719-866-3589

Cell: 719-332-0184

<http://www.usaswimming.org/ome>

ENTRY INSTRUCTIONS

Payment for entries using OME is accepted using Visa, Mastercard, American Express or Discover. After





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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 12, 2012 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 long course meters 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 13-19, 2012). These times must be submitted using Hy-Tek Team Manager. No fax entries can be accepted at any time.

ENTRY FEES

\$10 per individual event, \$10 per bonus event, \$25 per relay, there is also a \$7.50 per swimmer Swimming Surcharge, and \$25.00 per team Surcharge

EVENT LIMITATIONS

Swimmers may enter any number of events in which he/she has met the qualifying time standard, but may not compete in more than three (3) individual events per day, and a total of seven (7) for the meet. Each team is allowed to enter up to 2 relays in each event.

BONUS EVENTS: Swimmers making one (1) qualifying time will be permitted to enter one (1) bonus event. Swimmers making two (2) or more qualifying times will be permitted to enter two (2) bonus events. Limits on daily individual events three (3) and total meet seven (7) will still apply.

NOTE: Teams using Team Unify during the extended entry period, March 13-19, 2012, must submit an entry report with their entry file. Meet Manager does not import the bonus marker from Team Unify, and entry times will be rejected.

PROOF OF TIME / FINES

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 (IE those not in the SWIMS database) should be prepared to prove the time with a copy of the official meet results. High School, College, YMCA, and similar non-USA-S swims must be from a swim officially authorized by USA Swimming. ANY TIMES NOT ABLE TO BE PROVEN ARE SUBJECT TO A \$100 FINE.

Additionally, the Eastern Zone Policy for No Shows in Sunday's finals shall be observed. Any swimmer in the initially announced top 24 that does not scratch out of finals and does not show up to compete will be subjected to a \$50 fine. Checks will be made payable to the Eastern Zone.

SEEDING

Entries shall be seeded according to USA Swimming rules. Entry times conforming to the course length for this championship meet (LCM) shall be considered "conforming times". All other times meeting the appropriate standard shall be considered "non-conforming times". The order of seeding for this meet is: long course meters (LCM), short course meters (SCM), short course yards (SCY).





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COACHES MEETING

A coaches meeting will be held on Thursday at 2:30 p.m. If necessary, additional coaches meetings will be held as determined by the meet referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coaches meetings. Coaches are responsible for all information from these meetings including changes in the meet conduct.

OFFICIALS CERTIFICATION

This meet will be designated as a "Qualifying Meet" and "National Evaluators" 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 USA Swimming website (www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=98&AkiAs=Rainbow&lanq=en). There will be opportunities at the meet to be evaluated for the N2 & N3 level positions.

Certified officials wishing to work the meet should submit an application to the Eastern Zone Officials Chairman. The application can be found at http://www.easternzoneswimming.org/meet_info/2012SpringSectionals_ApplicationtoOfficiate.pdf.

CONDUCT OF THE MEET

All events, except the 800 and 1500 freestyle and relay events, will be conducted with preliminary and C, B, and A (bonus, consolation, and championship) final heats. The 800 free, 1500 free, and all relays are timed final events requiring positive check-in.

All relays **MUST** positively check-in and declare their intent to swim by the scratch deadline for that day's events **TO BE SEEDED**. ***When checking in Sunday's Relays, coaches shall declare whether they wish those relays to swim in prelims or finals. Those relays wishing to swim in finals (up to the 16 fastest) will be so seeded. All other relays will be seeded in prelims according to their seed time. ("Sunday relay rule.")***

All distance swims **MUST** positively check-in and declare their intent to swim by the scratch deadline for that day's events **TO BE SEEDED**.

DISTANCE EVENTS

Women's 1500 free and the Men's 800 free will be conducted as timed finals on Thursday evening. The heats will be swum slowest to fastest; swimming all heats of the Women's 1500 freestyle followed by all heats of the Men's 800 freestyle.

The women's 800 freestyle and Men's 1500 freestyle will be conducted as timed finals on Sunday and have only the fastest (single) heat swum in the final session. All other heats are to swim in the afternoon so that the second fastest men's is timed to end at 4:00pm. Both events shall be swum slowest to fastest. The heats swum in the afternoon will alternate between the 1500 and the 800 in the following pattern:

- a) Second fastest men's heat will be last
- b) Second fastest women's heat next to last
- c) Third fastest men's heat will be third from last
- d) Third fastest women's heat will be fourth from last and continuing, in this manner, until all heats are swum





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RELAYS

All relay events will be conducted as timed final events. The fastest **two** seeded heats of the 800 Freestyle Relay (Friday), 200 Medley Relay (Saturday), 400 Freestyle Relay (Saturday), 200 Freestyle Relay (Sunday), and the 400 Medley Relay (Sunday) will swim in the finals session. (See exception on Sunday as a result of the "Sunday Relay Rule.") All remaining seeded heats will be swum at the preliminary session. Each relay team must have at least one swimmer on it that is entered (and competed) in an individual non-bonus event. All relay only swimmers must be included in the entry to permit their registration to be verified.

SCRATCH and POSITIVE CHECK-IN PROCEDURES

The USA Swimming Scratch Policy Rule 207.12.10 A-E will apply throughout the meet.

Scratches from finals (**of prelim and final events**) shall be made with the Administrative Referee. All other scratches shall be made at the Scratch box which shall be located at the meet check-in table until the General Meeting, at the General Meeting and then at the Clerk of Course table.

All relays and distance events (800 and 1500 Free) must be checked in.

Both the Scratch deadlines and Positive Check-In deadlines for all events are as follows:

Thursday events 15 minutes following the conclusion of the general meeting.

Friday events - 5:30 p.m. Thursday

Saturday events - 6:30 pm Friday

Sunday events - 6:30 pm Saturday

SCORING

SCORING BY PLACE

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

TEAM AWARDS

The top 3 teams in combined scoring, and the top 3 teams in women's and men's scoring will receive awards.

INDIVIDUAL AND RELAY AWARDS

Medals for 1 – 3rd places will be awarded for individual events; 1 – 3rd places in relay events.

AWARDS CEREMONIES AND READY ROOM

Swimmers competing in the A final events should report to the ready room area no later than 10 minutes prior to their event. The A finalist are expected to remain in the ready room until the march-out for their event. March out of athletes for the A final may be time dependent as well. Coached will be advised if the A final is marching out or being announced at the blocks. Awards will be presented following the schedule listed under the break order.

WARM UP PROCEDURE





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Current PVS Swimming and USA Swimming rules will govern all aspects of the warm-up. No diving, and feet first entry is required, except in designated lanes and times. General warm-up with circle swimming will take place in lanes 1 – 8 from the start of the warm-up period, to 45 minutes prior to the start of the meet. Circle swimming will be conducted in a counter clockwise direction. At 45 minutes prior to the start of the meet, 2 lanes will be designated pace and 2 – 4 lanes will be designated for one way sprints.

USA SWIMMING MEMBERSHIP

All swimmers, coaches, and officials must be current 2012 members of USA Swimming. Any team or individual entering a swimmer without a current USA Swimming membership may be subject to a fine of \$100 per swimmer. There will not be deck registration.

DECK ADMITTANCE

All participating swimmers and coaches and working officials will be issued deck credentials. These must be presented for admission to the pool deck. Please use designated pool entry areas.

REGISTRATION AND CREDENTIALS

Coach packets and credentials for athletes, coaches, and officials will be available in the entrance area. Credentials must be visible at all times when on deck.

MEET JURIES

The meet referee shall announce two meet juries (eligibility and technical) at the general information meeting. Written protests involving eligibility or technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the meet referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the appropriate jury. There is a \$50 fee for a protest made by anyone other than registration personnel. The fee is refundable if the protest is upheld. (see 207.12.8 & 207.12.9)

TIME TRIALS

Time trials will be offered, time permitting, and at the discretion of the meet directors, 15 minutes after the completion of each preliminary session, and after Thursday Events. Swimmers must be entered and compete in at least one individual or relay event in order to participate in time trials. Swimmers must sign up for time trials by 5:00pm Thursday and 60 minutes prior to the scheduled end of each day's preliminary events. The entry fee is \$15.00 for individual events, and \$30.00 for relays events. Checks should be made payable to Curl-Burke Swim Club. The time trial schedule is as follows. Time trials will be swum in the following order.

Thursday (only 800 and 1500 free will be offered)

Friday Time Trials: Friday/Saturday/Sunday events in that order

Saturday Time Trials: Saturday/Sunday/Friday events in that order

Sunday Time Trials: (Time Permitting) Sunday/Friday/Saturday events in that order

The 800 and 1500 Free will also be offered as the last event on either Friday or Saturday. The day will be announced at the General Meeting.

ADMISSION AND PROGRAMS

All Session Admission

\$20.00 (Includes psych sheet for prelim and timed final events and a voucher for a heat sheet for each day's finals), \$7.50 children up to 12, 6 & Under





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Thursday Admission

free

Friday – Sunday Admission

\$3.00 adult, \$1.00 children

Single day Prelim- \$3.00 adult, \$1.00 children

Single day Finals- \$5.00 adult, \$2.00 children

CONCESSIONS

Concessions will be available TBD throughout the meet.

LOCKER ROOMS

Locker rooms are located adjacent to the pool deck. Swimmers shall use the locker rooms to enter and exit from the pool area. Curl-Burke Swim Club, the George Mason University or the George Mason University Campus Recreation Services cannot be responsible for lost or stolen items

PARKING

Parking will be available in the designated parking areas. Specific information will be posted prior to the start of the meet. University classes will be in session on Thursday and Friday, and parking regulations will be enforced by the campus police. Any fines incurred from illegal parking are the responsibility of the party fined, not the Curl-Burke Swim Club or George Mason University Campus Recreation Services.

MEET RESULTS

Printed copies of meet results may be purchased upon request for \$10.00. Live results will also be posted on Potomac Valley Swimming's website, which is hosted at www.pvswim.org and the Curl-Burke Swim Club's website, www.cubu.org.





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EVENT ORDER**

Women's Events		Men's Events
	Day 1 Thursday, March 15	
1	1500 meter Freestyle	
	800 meter Freestyle	2
	Day 2 Friday, March 16	
3	200 meter Freestyle	4
5	100 meter Breaststroke	6
7	100 meter Butterfly	6
9	400 meet Individual Medley	10
11	800 meter Freestyle Relay	12
	Day 3 Saturday, March 17	
13	200 Medley Relay	14
15	200 meter Butterfly	16
17	50 meter Freestyle	18
19	200 meter Breaststroke	20
21	100 meter Backstroke	22
23	400 meter Freestyle	24
25	400 meter Freestyle Relay	26
	Day 4 Sunday, March 18	
27	200 meter Freestyle Relay	28
29	800 meter Freestyle	
	1500 meter Freestyle	30
31	200 meter Backstroke	32
33	100 meter Freestyle	34
35	200 meter Individual Medley	36
37	400 meter Medley Relay	38

Comments:

1. Fastest two heats of each relay will be swum in the final session in the order indicated. The remaining heats will be swum in prelims – with 200's at the beginning of the session and the 400's/800's at the end. Sunday's relays shall be seeded according to the "Sunday relay rule."
2. Thursday events shall be swum slowest to fastest with all heats of the Women's 1500 prior to the Men's 800
3. Sunday events (Men's 1500 & Women's 800) only the fastest (single) heat swim in the final session. All other heats are to swim in the afternoon so that the second fastest men's heat is timed to end 60 minutes prior to finals
4. In Sunday's Finals, the events will be swum in numerical order.





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Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	28.19	25.39	50 Freestyle	22:49	24.99	25.59
1:01.89	1:00.89	54.79	100 Freestyle	48.99	54.39	55.69
2:12.69	2:10.79	1:57.49	200 Freestyle	1:46.49	1:58.09	2:01.49
4:38.19	4:32.59	5:12.49	500 Freestyle	4:48.39	4:10.89	4:18.59
9:34.99	9:19.99	10:40.29	1000 Freestyle	10:09.89	8:58.59	9:11.39
18:16.79	17:43.19	17:54.39	1650 Freestyle	16:43.99	16:35.19	17:21.99
1:09.39	1:07.89	1:01.09	100 Backstroke	55:09	1:01.19	1:02.89
2:28.99	2:26.49	2:11.89	200 Backstroke	1:59.39	2:12.59	2:15.39
1:18.29	1:16.49	1:08.89	100 Breaststroke	1:02.19	1:09.09	1:10.39
2:49.39	2:47.09	2:30.49	200 Breaststroke	2:15.39	2:30.29	2:32.99
1:07.49	1:06.79	1:00.09	100 Butterfly	54.09	1:00.09	1:00.89
2:29.49	2:28.19	2:13.49	200 Butterfly	2:01.49	2:14.89	2:16.29
2:30.59	2:26.59	2:12.49	200 Individual Medley	1:59.79	2:12.99	2:16.59
5:22.19	5:09.69	4:39.99	400 Individual Medley	4:15.09	4:43.19	4:49.89
9:06.29	8:58.89	8:05.39	800 Freestyle Relay	7:22.39	8:06.69	8:14.79
4:14.99	4:10.89	3:45.79	400 Freestyle Relay	3:21.89	3:44.09	3:48.69
1:57.79	1:56.19	1:44.59	200 Freestyle Relay	1:32.69	1:42.19	1:45.49
4:44.09	4:40.29	4:12.29	400 Medley Relay	3:46.99	4:15.59	4:19.69
4:44.09	4:40.29	4:12.29	**200 Medley Relay	3:46.99	4:15.59	4:19.69

** Use the 400 Medley Relay Qualifying Time

Qualifying Period: January 11, 2011 through entry deadline for spring meet.

Notes:

- 1) Conforming times will be LCM.
- 2) All entered relays must have bettered the event qualifying time, 2 relays max per team.
*4 x 50 Medley Relay entry time is based on the 4 x 100 Meter Medley Relay
4 x 50 Medley Relays will be seeded based on provable 4 x 100 Medley Relay times.
- 3) Each relay team must have at least one swimmer on who entered (and competed) in an individual (non-bonus) event.
- 4) Relay Only swimmers will be permitted to swim time trial events.
- 5) **BONUS EVENTS:** Swimmers making 1 qualifying time will be permitted to enter one bonus event. Swimmers making 2 or more qualifying times will be permitted to enter two bonus events. Limits on daily individual events (3) and total meet (7) will still apply.



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**** 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. We will also try and provide text message accessibility in the weeks leading up to the meet.**

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, George Mason University, The Jim McKay Natatorium and the Curl Burke Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

HOTEL INFORMATION and DIRECTIONS

