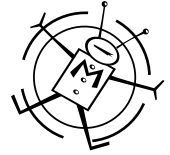




The Thirty-First Annual

# Maryland State Long Course Swimming Championships

May 30 – June 1, 2008



**Location:** Rockville Municipal Swim Center, 355 Martins Lane, Rockville, MD 20850  
*There is a 50 Meter, 8 lane heated outdoor pool, and an indoor 6 lane 25 yard pool.  
A pool will be available for warm-up and warm-down throughout the meet.*

<b>Dates and Times:</b>	Friday, May 30, 2008	Warm-up: 4:20 – 5:20 pm	Events: 5:30 pm
	Sat, May 31 and Sun, June 1, 2008		
	13-14 & Senior	Warm-up: 6:50 – 7:50 am	Events: 8:00 am
	10&Un & 11-12	Warm-up: 1:30 – 2:30 pm	Events: 2:40 pm

**Eligibility:** Open to all PVS registered athletes and invited United States Swimming athletes. Contestants must have equaled or bettered the applicable cut-off times. Entry times and USS memberships are subject to confirmation.  
NOTE: Entries for the 13-14 and Senior 50 Backstroke, 50 Breaststroke, and 50 Butterfly will be accepted from any swimmer who has already qualified for either the 100 or 200 event in the respective stroke.  
NOTE: Entries for the 11-12 200 Backstroke, 200 Breaststroke, and 200 Butterfly will be accepted from any swimmer who as already qualified for the 100 event in the respective stroke.

**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 and Manager and the PVS Age Group Chair, Bill Marlin at coach\_bill@verizon.net. The athlete (or coach) is also responsible for notifying the session referee of any disability prior to the competition.

**Rules:** Current United States Swimming Rules shall govern the meet. All events are timed finals. A contestant may enter no more than four individual events per day and no more than seven individual events for the meet. No on-deck USA-S registration will be permitted

**Seeding:** All individual events will be preseeded with the exception of the 400 Free and 400 IM. Swimmers in the 400 Freestyle must check in by 5:00 pm on Friday, May 30. Swimmers in the 400 IM must check in by 7:30 am on Sunday June 1. Verification of time for 400 Free and 400 IM is required with entry. PVS Scratch Policy will be enforced. 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. Seedings for the 13-14 and Senior 50 Backstroke, 50 Breaststroke, and 50 Butterfly as well as the 11-12 200 Backstroke, 200 Breaststroke and 200 Butterfly will be based on 100 yard times in the respective strokes, so please use these times for entries.

<b>Positive Check-in Deadlines:</b>	Friday night – Session 1	Events 1-6 5:00 pm Events 7-10 6:00 pm Events 11-16 7:00 pm
	Saturday morning – Session 2	Events 17-28 7:30 am Events 29-36 8:30 am Events 37-48 9:30 am
	Saturday afternoon – Session 3	Events 49-58 2:00 pm Events 59-66 3:00 pm Events 67-74 3:30 pm
	Sunday morning – Session 4	Events 75-82 7:30 am Events 83-90 8:30 am Events 91-98 9:30 am
	Sunday afternoon – Session 5	Events 99-108 2:00 pm Events 109-124 3:00 pm

Meet management will distribute positive check-in sheets to each club for each of the sessions being checked-in. Coaches for each club are responsible for completing the check-ins for their club by the appropriate deadline and turning them in to Mark Eldridge.

**Warm-up:** The prescribed Potomac Valley warm-up procedures and safety policies will be followed.

**Timers:** Clubs will be responsible to provide their fair share of timers, and will be assigned lanes by the meet manager.

**Officials:** All certified officials wishing to volunteer to work this meet, please contact the RMSC Officials Chairman, Jim Garner at (301) 977-1222.or garner@garnerjim.net prior to May 20. Please include your club affiliation, certifications held, and sessions you wish to work. Officials volunteering should sign in at the recording table prior to the start of Warm-ups. Certified officials who have not previously advised of their availability may volunteer their services to the Referee at this time.

**Awards:** Individual Events: Medals through third place for 12 & Under events  
 Relays: Medals for first place, ribbons for second and third in 12 & Under events  
 Age-Group: High point awards for first place and runner-up in each age-group.

**Scoring:** Individual: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1  
 Relays: 40 34 32 30 28 16 24 22 20 18 14 12 10 8 6 4 2  
 No more than 2 relay teams may score for each club in each event.

**Admission:** There is no admission charge. Heat sheets will be available at no charge.

**Entry**

**DEADLINE:** Christian and Dan will make final decision on all entries but we want each swimmer to be active in the decision making process. Entries due to entries@machineaquatics.com NO LATER THAN Sunday, May 13, 2007.  
 Entries will be accepted by swimmers signed up for 2007 Longcourse only.

**Session 1**

Friday Program - May 30, 2008

Warm-up: 4:20 - 5:20 pm Events: 5:30 pm

Girls Event	No Slower than		Event Description	No Slower Than		BoysEvent
	SCY	LCM		SCY	LCM	
1	6:09.29	5:29.29	12 & Under 400 Meter Freestyle #	6:05.99	5:26.69	2
3	5:37.89	5:01.59	13-14 400 Meter Freestyle #	5:36.19	5:00.09	4
5	5:15.89	4:41.99	Senior 400 Meter Freestyle #	4:54.59	4:24.79	6
7			11-12 200 Meter Backstroke			8
9	2:31.69	2:50.79	13-14 200 Meter Backstroke	2:24.69	2:43.09	10
11	2:22.59	2:41.09	Senior 200 Meter Backstroke	2:13.29	2:30.39	12
13	28.59	32.69	13-14 50 Meter Freestyle	26.79	30.59	14
15	27.79	31.69	Senior 50 Meter Freestyle	24.49	27.79	16

Positive Check-in required for all events in Session 1 - See above

# Use 500 yard freestyle short course times - Verification of time required with entry.

**Session 2**

Saturday Morning Program - May 31, 2008

Warm-up: 6:50 - 7:50 am Events: 8:00 am

Girls Event	No Slower than		Event Description	No Slower Than		Boys Event
	SCY	LCM		SCY	LCM	
17	2:28.99	2:47.79	13-14 200 Meter Butterfly	2:22.69	2:41.19	18
19	2:23.29	2:43.59	Senior 200 Meter 200 Butterfly	2:14.99	2:31.89	20
21	2:48.59	3:11.19	13-14 200 Meter Breaststroke	2:40.49	3:02.79	22
23	2:45.89	3:08.19	Senior 200 Meter Breaststroke	2:28.89	2:48.89	24
25	1:00.19	1:08.49	13-14 100 Meter Freestyle	58.29	1:06.19	26
27	58.39	1:06.19	Senior 100 Meter Freestyle	52.49	59.69	28
29			13-14 50 Meter Butterfly *			30
31			Senior 50 Meter Butterfly *			32
33	1:09.99	1:18.49	13-14 100 Meter Backstroke	1:06.09	1:15.19	34
35	1:06.99	1:16.79	Senior 100 Meter Backstroke	1:01.39	1:09.39	36
37	2:27.59	2:47.09	13-14 200 Meter Individual Medley	2:22.49	2:41.39	38
39	2:21.39	2:40.79	Senior 200 Meter Individual Medley	2:07.19	2:23.89	40
41			13-14 50 Meter Breaststroke *			42
43			Senior 50 Breaststroke *			44
45	-----		13-14 200 Meter Freestyle Relay	-----		46
47	-----		Senior 200 Meter Freestyle Relay	-----		48

Positive Check-in required for all events in Session 2 - See above

\*Swimmers must have achieved the meet QT for the 100 or 200 in this stroke. Please enter using 50 times.

# Session 3

Saturday Afternoon Program - May 31, 2008

Warm-up: 1:30 - 2:30 pm Events: 2:40 pm

Girls Event	No Slower than		Event Description	No Slower Than		BoysEvent
	SCY	LCM		SCY	LCM	
49	3:08.59	3:32.59	10 & Un 200 Meter Individual Medley	3:07.09	3:30.89	50
51	2:40.29	3:01.19	11-12 200 Meter Individual Medley	2:36.29	2:56.69	52
53			11-12 200 Meter Butterfly			54
55	41.39	46.59	10 & Un 50 Meter Backstroke	40.69	45.79	56
57	34.89	39.39	11-12 50 Meter Backstroke	34.09	38.39	58
59	1:41.09	1:54.29	10 & Un 100 Meter Breaststroke	1:41.09	1:54.29	60
61	1:23.89	1:35.19	11-12 100 Meter Breaststroke	1:21.79	1:32.89	62
63	33.59	38.09	10 & Un 50 Meter Freestyle	33.09	37.59	64
65	29.79	33.89	11-12 50 Meter Freestyle	29.29	33.19	66
67	1:28.09	1:39.19	10 & Un 100 Meter Butterfly	1:27.99	1:39.09	68
69	1:14.09	1:23.49	11-12 100 Meter Butterfly	1:12.49	1:21.59	70
71	-----		10 & Un 200 Meter Medley Relay	-----		72
73	-----		11-12 200 Meter Medley Relay	-----		74

Positive Check-in required for all events in Session 3 - See above

# Session 4

Sunday Morning Program - June 1, 2008

Warm-up: 6:50 - 7:50 am Events: 8:00 am

Girls Event	No Slower than		Event Description	No Slower Than		BoysEvent
	SCY	LCM		SCY	LCM	
75	5:09.19	5:42.89	13-14 400 Meter Individual Medley	5:05.29	5:42.19	76
77	4:55.19	5:30.59	Senior 400 Meter Individual Medley	4:35.29	5:06.89	78
79	1:08.39	1:17.39	13-14 100 Meter Butterfly	1:04.39	1:12.59	80
81	1:04.49	1:12.99	Senior 100 Meter Butterfly	58.29	1:05.89	82
83			13-14 50 Meter Backstroke *			84
85			Senior 50 Meter Backstroke *			86
87	1:18.69	1:29.49	13-14 100 Meter Breaststroke	1:13.19	1:23.29	88
89	1:14.39	1:24.99	Senior 100 Meter Breaststroke	1:08.39	1:17.69	90
91	2:10.79	2:27.99	13-14 200 Meter Freestyle	2:05.39	2:22.39	92
93	2:04.79	2:20.79	Senior 200 Meter Freestyle	1:52.59	2:07.59	94
95	-----	-----	13-14 200 Meter Medley Relay	-----		96
97	-----	-----	Senior 200 Meter Medley Relay	-----		98

Positive Check-in required for all events in Session 4 - See above

\* Enter using best time for the 100 backstroke. Swimmers must have achieved the meet QT for the 100 or 200 backstroke.

# Session 5

Sunday Afternoon Program - June 1, 2008

Warm-up: 1:30 - 2:30 pm Events: 2:40 pm

Girls Event	No Slower than		Event Description	No Slower Than		BoysEvent
	SCY	LCM		SCY	LCM	
99	2:40.09	3:00.89	10 & Un 200 Meter Freestyle	2:37.59	2:58.19	100
101	2:20.19	2:38.39	11-12 200 Meter Freestyle	2:17.29	2:35.59	102
103			11-12 200 Meter Breaststroke			104
105	39.09	44.19	10 & Un 50 Meter Butterfly	39.59	44.39	106
107	32.99	37.59	11-12 50 Meter Butterfly	32.39	36.59	108
109	1:27.79	1:38.89	10 & Un 100 Meter Backstroke	1:25.59	1:36.39	110
111	1:15.79	1:25.39	11-12 100 Meter Backstroke	1:13.39	1:22.89	112
113	44.79	50.79	10 & Un 50 Meter Breaststroke	44.59	50.49	114
115	38.49	43.79	11-12 50 Meter Breaststroke	37.89	43.09	116
117	1:15.79	1:25.69	10 & Un 100 Meter Freestyle	1:16.09	1:26.09	118
119	1:04.59	1:13.39	11-12 100 Meter Freestyle	1:03.19	1:11.79	120
121	-----		10 & Un 200 Meter Freestyle Relay	-----		122
123	-----		11-12 200 Meter Freestyle Relay	-----		124

Positive Check-in required for all events in Session 5 - See above