

GOVERNMENT OF THE DISTRICT OF COLUMBIA  
Department of Parks and Recreation

Presents the

# 30th Annual Black History Invitational Swim Meet

February 12th - 14th, 2016  
Takoma Aquatic Center  
300 Van Buren Street, NW  
Washington, DC 20012



Approved by USA Swimming through Potomac Valley Swimming - #PVA-XX-XXX

<p>Facility and Location</p>	<p>Takoma Aquatic Center 300 Van Buren Street, N.W. Washington, DC 20012 (202) 576-9285</p> <p>One 25-yard, 8 lane courses will be used. The water depth ranges from 7' at the turn end to 13.5' at the starting end. The water depth ranges from 3'8"-6'8" in the warm up/warm down east pool.</p> <p>The competition courses have not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</p> <p>Lanes are 9 feet wide. Stainless steel gutter system. Colorado Timing Systems, multi-lane scoreboard. Continuous warm-up, warm-down will be available during the meet. Automatic timing (touch pads primary) will be used for this meet.</p>
<p>Meet Director</p>	<p>Rob Green (202) 256 – 4718 <a href="mailto:robert.green@dc.gov">robert.green@dc.gov</a></p>
<p>Meet Referee</p>	<p>Mohamed Chouikha <a href="mailto:mohamed.chouikha@gmail.com">mohamed.chouikha@gmail.com</a></p>
<p>Officials Chair</p>	<p>Erika Livingston <a href="mailto:Erika@aimstutoring.com">Erika@aimstutoring.com</a></p>
<p>Timing System</p>	<p>Automatic timing (touchpads primary) will be used for this meet. Buttons and watches will be used as backups.</p>
<p>Schedule</p>	<ul style="list-style-type: none"> <li>• Session 1 – Friday, February 12<sup>th</sup>   All ages warm up – 1:00 pm; events – 1:50 pm</li> <li>• Session 2 – Saturday, February 13<sup>th</sup>   13 &amp; Over warm up – 6:30 am; events – 7:20 am</li> <li>• Session 3 – Saturday, February 13<sup>th</sup>   11-12 warm up – 11:40 am; events – 12:30 pm</li> <li>• Session 4 – Saturday, February 13<sup>th</sup>   10 &amp; under warm up – 3:30 pm; events – 4:15 pm</li> <li>• Honorees Dinner and Social at Host Hotel – Saturday, February 13<sup>th</sup> 7:00 pm – 9:00 pm</li> <li>• Session 5 – Sunday, February 14<sup>th</sup>   13 &amp; Over warm up – 6:30 am; events – 7:20 am</li> <li>• Session 6 – Sunday, February 14<sup>th</sup>   11-12 warm up – 11:40 am; events – 12:30 pm</li> </ul>

	<ul style="list-style-type: none"> <li>• Session 7 – Sunday, February 15<sup>th</sup>   10 &amp; under warm up – 3:30 pm; events – 4:15 pm</li> </ul> <p><i>*Note: Meet manager will determine if session start times will need to be adjusted or if age groups need to be moved to a different sessions based on the number of entries received. A time line will be established and forwarded to each team by Friday, February 5<sup>th</sup>.</i></p>
Eligibility	<p>This meet is open to all swimmers. USA Swimming membership is not required for entry into the meet. Priority in acceptance of entries will be given to teams and athletes that swam in the meet the previous year. Any new teams or athletes interested in attending should notify the Meet Director with an estimated number of swimmers.</p> <p><i>*Note: We have set a maximum number of athletes who many enter this meet. Selection will be based on first arrival, first entered in events.</i></p>
Inclusion Policy	<p>PVS and DPR are committed to the <a href="#">Potomac Valley Inclusion Policy for Swimmers with a Disability</a>. 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 competition.</p>
Rules	<p>Current USA Swimming rules shall govern the meet. All events are timed finals.</p> <ul style="list-style-type: none"> <li>A. 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, restrooms 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.</li> <li>B. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</li> <li>C. 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 by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</li> <li>D. The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 &amp; U events per Rule 205.3.1F.</li> </ul>
Entries	<p>Each swimmer may enter a maximum of three (3) individual events per day, but not to exceed more than 8 individual events for the entire meet.</p>

Note: We intend that times from this meet be put into the United States Swimming database – to do so, the swimmers should enter their legal names as they are registered with USA Swimming and their correct date of birth. The preferred name feature will be used if they want to be in the meet under a different first name.

Lane timing cards (furnished at the session) shall be submitted for each relay team only.

The master entry shall show the name, address, and telephone number of the person responsible for each team's entry.

Each team is required to provide two volunteer timers for the duration of each session. Depending on the number of teams present, the meet director reserves the right to request teams to contribute a certain amount of timers proportional to their entries. For the 500 Yard Freestyle and 400 Yard I.M events athletes must provide their own timers. These are positive check-in events, swimmers must check in during warm ups to indicate their presence and intent to swim these events.

Entries must be submitted electronically via e-mail. Follow the instructions under the appropriate heading below.

Entries must indicate the athlete's legal name and date of birth. Each club is requested to remit one check to cover the entry fees for the entire team. Please put the club name on the entry check (if not a club check) and note the number of entries. Do not send cash. Meet director has been instructed not to accept telephone or fax entries.

Entries not submitted on the required forms, not complete, not legible or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry.

**NO DECK ENTRIES WILL BE ACCEPTED.**

Electronic entries files should include:

- Export of meet entries
- Entry report by name
- Entry report by event

Send entry fee check via USPS to:

Takoma Aquatic Center  
Attn: Rob Green (Checks made payable to the "DC Treasurer")  
300 Van Buren Street, NW  
Washington, DC 20012

	<p>Clubs submitting by email should submit entries to the meet director (listed below.) Include in the subject heading type, "30<sup>th</sup> Black History Meet –"****" with the club's initials substituted in place of the asterisks. The meet director will acknowledge receipt by return e-mail within 24 hours. Clubs that do NOT receive an acknowledgment of receipt of their entries should call the meet director to confirm receipt.</p>
<p>Qualifying Times</p>	<p>Swimmers are requested to provide their best times swam in competition as their entry times. If no such times are available, times obtained under the supervision of a coach are acceptable.</p> <p>All entries for events 200 yards and longer <u>must</u> have a verifiable time that is no slower than (NST) the qualifying time listed in the announcement.</p>
<p>Entry Deadline</p>	<p>The final day to submit entries is Tuesday, January 26<sup>th</sup>, 2016.</p> <p>As of this date the meet will be officially closed, no additional entries will be accepted. The meet will be seeded based on the entries received at that time. Entries are not considered as received until all fees are paid.</p> <p>Entries will be seeded on a first come first serve basis. If the total number of entries received exceeds the time available for the various sessions, entries will be returned based on the order of receipt. The Meet Director may limit the number of heats swum in any event if a session time line exceed the time allowed or should the number of entries exceed 800 athletes.</p> <p>There will be no deck entries for this meet.</p>
<p>Scoring and Awards</p>	<p>Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place for individual and relay events, place ribbons will be awarded for 4<sup>th</sup> through 8<sup>th</sup> place in individual events only. Heat winner ribbons will be awarded throughout the meet for individual events to heat winners.</p> <p><u>High Point:</u></p> <p>Special recognition will be given to the male and female swimmer from each age group who accumulates the most points.</p> <p>The 12 &amp; Under individual events will be scored as 8 &amp; U, 9 &amp; 10, and 11 &amp; 12 age groups. The 13 &amp; Over events will be scored 13 &amp; 14 and 15 – 18 respectively.</p>

	<p><i>Points will be awarded as follows:</i></p> <table border="1"> <thead> <tr> <th>Place</th> <th>Points</th> <th>Place</th> <th>Points</th> <th>Place</th> <th>Points</th> <th>Place</th> <th>Points</th> </tr> </thead> <tbody> <tr> <td>1<sup>st</sup></td> <td>20</td> <td>5<sup>th</sup></td> <td>14</td> <td>9<sup>th</sup></td> <td>9</td> <td>13<sup>th</sup></td> <td>4</td> </tr> <tr> <td>2<sup>nd</sup></td> <td>17</td> <td>6<sup>th</sup></td> <td>13</td> <td>10<sup>th</sup></td> <td>7</td> <td>14<sup>th</sup></td> <td>3</td> </tr> <tr> <td>3<sup>rd</sup></td> <td>16</td> <td>7<sup>th</sup></td> <td>12</td> <td>11<sup>th</sup></td> <td>6</td> <td>15<sup>th</sup></td> <td>2</td> </tr> <tr> <td>4<sup>th</sup></td> <td>15</td> <td>8<sup>th</sup></td> <td>11</td> <td>12<sup>th</sup></td> <td>5</td> <td>16<sup>th</sup></td> <td>1</td> </tr> </tbody> </table> <p>Relay events will not be considered in the individual's point total. All events are timed finals. Individual scores through 16<sup>th</sup> place will be maintained and posted during the meet.</p>	Place	Points	Place	Points	Place	Points	Place	Points	1 <sup>st</sup>	20	5 <sup>th</sup>	14	9 <sup>th</sup>	9	13 <sup>th</sup>	4	2 <sup>nd</sup>	17	6 <sup>th</sup>	13	10 <sup>th</sup>	7	14 <sup>th</sup>	3	3 <sup>rd</sup>	16	7 <sup>th</sup>	12	11 <sup>th</sup>	6	15 <sup>th</sup>	2	4 <sup>th</sup>	15	8 <sup>th</sup>	11	12 <sup>th</sup>	5	16 <sup>th</sup>	1
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Officials	<p>All certified USA Swimming officials wishing to volunteer to work this meet should contact the Club Officials Chair, Erika Livingston at <a href="mailto:Erika@aimstutoring.com">Erika@aimstutoring.com</a> prior to February 12th, 2016.</p> <p>Please include your club affiliation, certifications held, and sessions you wish to work in your email message. Certified officials who have not been contacted should volunteer their services to the Meet Referee early during the warm-up period. Officials assigned to this meet should sign in at the results table at the start of warm-up.</p>																																								
Timers	<p>Athletes are responsible for providing their own timers for the 400 Yard I.M. and for the 500 Yard Freestyle events. Each team is asked to provide timers for each session in which they have athletes swimming. The meet director will assign timer requirements by team once all entries have been received.</p>																																								
Sanction	<p>Documents have been submitted to Potomac Valley Swimming of USA Swimming to have the meet approved. Therefore, USA Swimming should recognize times obtained at this meet for the purpose of qualifying for other meets.</p>																																								
Fees	<p><b>Entries fees are to be made payable to the "DC TREASURER". Fees are non-refundable. Entries will not be considered received until all fees are paid.</b></p> <p>Fees for individual events are \$5.00 and \$10.00 for relay events. In addition, there will be an \$8.00 surcharge per athlete. Each team/club is requested to remit only one check or money order to cover entry fees.</p> <p><b>NO CASH PAYMENTS WILL BE ACCEPTED.</b> Entry fees are due no later than Friday, February 5<sup>th</sup>, 2016.</p>																																								
Admission	<p>There is no admission charge, but a ticket will be required. Please visit <a href="http://dpr.dc.gov">dpr.dc.gov</a> for the ticket link after December 1<sup>st</sup>, 2015. The public is welcome to attend.</p>																																								

Supervision	<p>Coaches must be registered with USA Swimming. Coaches are responsible for the conduct of their athletes and families and friends, as well as maintaining clean team areas during and following each session. Only athletes, coaches, timers and USA Swimming certified deck officials (trainees) are permitted on the deck. Coaches and deck officials must display valid 2016 USA Swimming credentials. Coaches who present a USAS Coaches certification may request a Coaches Meet Badge (see Rob Green or Mohamed Chouikha) before the start of your first session.</p> <p>In order to control traffic and to make the meet an enjoyable experience, persons not working the meet as a deck official, timer, or other meet official are not permitted on the deck. You must either have a meet badge or a USA Swimming Coach or Official ID card to be on deck. Volunteers should remain in spectator areas during sessions in which they are not working.</p>
Warm Ups	<p>For the safety of swimmers, current USA Swimming (Potomac Valley) warm up rules shall apply.</p> <p>Warm up shall be conducted under the supervision of a USA Swimming referee. Coaches are required to supervise their swimmers at all times.</p>
Results	<p>Team Manager and Meet Manager result files, along with meet result reports will be emailed to each club/team. Results will also be posted on the Potomac Valley Website.</p>
Liability	<p>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Takoma Aquatic Center and DC Wave Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>

DC Department of Parks & Recreation  
 Takoma Aquatic Center  
 Attn: Robert Green  
 300 Van Buren Street, NW  
 Washington, DC 20012  
 (202) 256 - 4718  
[robert.green@dc.gov](mailto:robert.green@dc.gov)

# TEAM ENTRY FORM

Team Name and Code:						
Head Coach:						
Team Address:						
City/State/Zip Code:						
Team Phone:						
Email:						
Cell:						
Entry Counts	8&U	9-10	11-12	13-14	15&O	Total
# of Female Swimmers						
# of Female Entries						
# of Female Relays						
# of Male Swimmers						
# of Male Entries						
# of Male Relays						
<b>Entry Fees</b>						
Surcharge	Total # of swimmers X \$8.00 =					
Individual Entries	Total # of Individual Entries X \$5.00 =					
Relay Entries	Total # of Relays X \$10.00 =					
Total						



## SCHEDULE OF EVENTS

<i>Session 1 – Friday, February 12th</i>		
<i>Women</i>	<i>Events</i>	<i>Men</i>
<i>1</i>	<i>12 &amp; Under 100 Butterfly</i>	<i>2</i>
<i>3</i>	<i>13 &amp; Over 500 Freestyle</i>	<i>4</i>
<i>5</i>	<i>12 &amp; Under 500 Freestyle</i>	<i>6</i>
<i>7</i>	<i>13 &amp; Over 200 Butterfly</i>	<i>8</i>
<i>9</i>	<i>12 &amp; Under 200 Butterfly</i>	<i>10</i>
<i>11</i>	<i>13 &amp; Over 100 Breaststroke</i>	<i>12</i>
<i>13</i>	<i>12 &amp; Under 100 Breaststroke</i>	<i>14</i>
<i>15</i>	<i>13 &amp; Over 400 Individual Medley</i>	<i>16</i>
<i>17</i>	<i>12 &amp; Under 50 Backstroke</i>	<i>18</i>

<i>Session 2 – Saturday, February 13th</i>		
<i>Women</i>	<i>Events</i>	<i>Men</i>
<i>19</i>	<i>13 – 14 400 Freestyle Relay</i>	<i>20</i>
<i>21</i>	<i>Open 400 Freestyle Relay</i>	<i>22</i>
<i>23</i>	<i>13 &amp; Over 200 Individual Medley</i>	<i>24</i>
<i>25</i>	<i>13 &amp; Over 50 Freestyle</i>	<i>26</i>
<i>27</i>	<i>13 &amp; Over 100 Backstroke</i>	<i>28</i>
<i>29</i>	<i>13 &amp; Over 200 Freestyle</i>	<i>30</i>
<i>31</i>	<i>13 &amp; Over 200 Medley Relay</i>	<i>32</i>

<i>Session 3 – Saturday, February 13th</i>		
<i>Women</i>	<i>Events</i>	<i>Men</i>
<i>33</i>	<i>11-12 200 Freestyle Relay</i>	<i>34</i>
<i>35</i>	<i>11-12 200 Breaststroke</i>	<i>36</i>
<i>37</i>	<i>11-12 100 Freestyle</i>	<i>38</i>
<i>39</i>	<i>11-12 50 Breaststroke</i>	<i>40</i>
<i>41</i>	<i>11-12 100 Backstroke</i>	<i>42</i>
<i>43</i>	<i>11-12 200 Individual Medley</i>	<i>44</i>

<b>Session 4 – Saturday, February 13th</b>		
<b>Women</b>	<b>Events</b>	<b>Men</b>
<b>45</b>	<b>10 &amp; Under 200 Freestyle Relay</b>	<b>46</b>
<b>47</b>	<b>10 &amp; Under 200 Breaststroke</b>	<b>48</b>
<b>49</b>	<b>10 &amp; Under 100 Freestyle</b>	<b>50</b>
<b>51</b>	<b>10 &amp; Under 50 Breaststroke</b>	<b>52</b>
<b>53</b>	<b>10 &amp; Under 100 Backstroke</b>	<b>54</b>
<b>55</b>	<b>10 &amp; Under 200 Individual Medley</b>	<b>56</b>

<b>Session 5 – Sunday, February 14th</b>		
<b>Women</b>	<b>Events</b>	<b>Men</b>
<b>57</b>	<b>13-14 400 Medley Relay</b>	<b>58</b>
<b>59</b>	<b>Open 400 Medley Relay</b>	<b>60</b>
<b>61</b>	<b>13 &amp; Over 200 Backstroke</b>	<b>62</b>
<b>63</b>	<b>13 &amp; Over 100 Freestyle</b>	<b>64</b>
<b>65</b>	<b>13 &amp; Over 200 Breaststroke</b>	<b>66</b>
<b>67</b>	<b>13 &amp; Over 100 Butterfly</b>	<b>68</b>
<b>69</b>	<b>13-14 200 Freestyle Relay</b>	<b>70</b>
<b>71</b>	<b>Open 200 Freestyle Relay</b>	<b>72</b>

<b>Session 6 – Sunday, February 14th</b>		
<b>Women</b>	<b>Events</b>	<b>Men</b>
<b>73</b>	<b>11-12 200 Freestyle Relay</b>	<b>74</b>
<b>75</b>	<b>11-12 100 Individual Medley</b>	<b>76</b>
<b>77</b>	<b>11-12 50 Butterfly</b>	<b>78</b>
<b>79</b>	<b>11-12 200 Freestyle</b>	<b>80</b>
<b>81</b>	<b>11-12 200 Backstroke</b>	<b>82</b>
<b>83</b>	<b>11-12 50 Freestyle</b>	<b>84</b>

<b>Session 7 – Sunday, February 14th</b>		
<b>Women</b>	<b>Events</b>	<b>Men</b>
<b>85</b>	<b>10 &amp; Under 200 Freestyle Relay</b>	<b>86</b>
<b>87</b>	<b>10 &amp; Under 100 Individual Medley</b>	<b>88</b>
<b>89</b>	<b>10 &amp; Under 50 Butterfly</b>	<b>90</b>
<b>91</b>	<b>10 &amp; Under 200 Freestyle</b>	<b>92</b>
<b>93</b>	<b>10 &amp; Under 200 Backstroke</b>	<b>94</b>
<b>95</b>	<b>10 &amp; Under 50 Freestyle</b>	<b>96</b>

## ***HOST HOTEL INFORMATION***

***Bethesda Marriott***

***5151 Pooks Hill Rd.  
Bethesda, MD 20814***

***\$89.00 per nite (plus 13% tax)  
Double Rooms***

### ***USE LINK BELOW TO MAKE RESERVATIONS***

***[https://resweb.passkey.com/Resweb.do?mode=welcome\\_ei\\_new&eventID=14320180](https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=14320180)***

Located northwest of Washington, D.C. in Maryland's Capital Region, the Bethesda, Maryland hotel is part of a thriving area with 200 restaurants, 20 art galleries and some of the best shopping in the area. Wisconsin Ave is accessible just outside the hotel for direct access to I-270 and 495 and an easy 2 mile drive to downtown Bethesda, MD where plenty of parking is available and its bustling streets are often hosting special events. We understand ease of transportation is a must, which is why we offer complimentary shuttle service to downtown Bethesda, local destinations like the NIH campus and White Flint Mall, and the MetroRail Red Line which provides continuous service to downtown Washington, DC.