

WASHINGTON METROPOLITAN PREP SCHOOL SWIMMING AND DIVING LEAGUE CHAMPIONSHIPS

FEBRUARY 6 & 7, 2008 (Diving)

FEBRUARY 8-9, 2008 (Swimming)

ENTRY DEADLINE: FEBRUARY 1 (see pages 3 & 4)

MEET ANNOUNCEMENT

Meet Director: Tom Krawczewicz, DeMatha High School, President,
Washington Metropolitan Prep School Swimming and Diving League
(WMPSSDL)

Meet Managers: Matt Mongelli, Georgetown Preparatory School
Bob Walker, Stone Ridge High School
Tim Sullivan, Past Parent, Gonzaga College High School
Tim Husson, Parent, DeMatha High School
Anita O'Quinn, Gonzaga College High School (Diving)
Tony Murray, St. John's College High School

Sanctioned By: National Federation of State High School Athletic Associations through the
WMPSSDL, and approved by Potomac Valley Swimming

Only full members of the WMPSSDL may enter swimmers and divers in this Championship. This meet will contest National Federation of State High School Associations (Federation) Events, as provided in the Federation rules. Those events are as follows:

Men	Events	Women
1.	200 yard Medley Relay	2.
3.	200 yard Freestyle	4.
5.	200 yard Individual Medley	6.
7.	50 yard Freestyle	8.
9.	1 meter Diving	10.
11.	100 yard Butterfly	12.
13.	100 yard Freestyle	14.
15.	500 yard Freestyle	16.
17.	200 yard Freestyle Relay	18.
19.	100 yard Backstroke	20.
21.	100 yard Breaststroke	22.
23.	400 yard Freestyle Relay	24.

The swimming portion of the meet will be held at Georgetown Preparatory School in Rockville, Maryland. The men's diving events will be held at Holton-Arms School in Bethesda, Maryland, and the Women's diving events will be held at Stone Ridge School of the Sacred Heart in Bethesda. Free parking will be available in the parking lots located near all pools, but carpooling is recommended. Directions to the pools are provided later in this Meet Announcement. Swimming Trials for Men will be held at 4:00 p.m. on Friday, Feb. 8 (warm-ups from 2:30-3:55 p.m.). Swimming Trials for Women will be held on Saturday at 8:00 a.m. (warm-ups from 6:30-7:55 a.m.) Swimming Championships for both Men and Women will be held at 6:00 p.m. on Saturday, Feb. 9 (warm-ups from 4:30-5:55 p.m.). Coaches are responsible for ensuring that appropriate USA Swimming and Federation rules governing warm-ups are obeyed, and that their athletes are present when required for their event. There will be no exceptions to these requirements.

SNOW DATES:

In case of severe weather on Friday, February 8, the Men's Swimming events will be held as a timed finals on Saturday, Feb. 9 at 2:00 p.m., with no championship event in the evening. In case of severe weather on Saturday, Feb. 9, no events will be conducted that day. Instead, there will be two timed finals sessions on Sunday, February 10. The Women's Events will begin at 10:00 a.m. (warm-ups from 9:00 a.m. to 9:55 a.m.) and the Men's Events will begin at 3:00 p.m. (warm-ups from 2:00 p.m. to 2:55 p.m.) The decision to cancel will be made by the Meet Director, Tom Krawczewicz, and will be posted on the League website at www.wmpssdl.org. You may also call Tom's cell phone at (301) 873-6026 for updates on the meet's status.

If severe weather causes the cancellation of either Diving session, the make-up session will be held at Holton-Arms on Saturday, February 9. Warm-up time 1:00-2:00 p.m.; meet starts at 2:00 p.m. The phone number at the Holton-Arms Pool, (301) 365-6081, will have information about weather delays as well.

Section 1: Diving Event:

The men's diving competition will take place at Holton-Arms School in Bethesda, Maryland, on Wednesday, Feb. 6, and the women will compete on Thursday, February 7, at Stone Ridge. Preliminaries, semi-finals and finals will be conducted in a single session on each day. Warm-ups will begin at 4:30 p.m. each day. Competition will begin promptly at 5:30 p.m. and will continue until completion. All boards will be open during the warm-up periods, except that at Holton-Arms only one board will be available for warm-up until 5:00 p.m. Short breaks will be held in both events between preliminaries and semi-finals, and between semi-finals and finals. The boards will be open during these breaks.

Section 2: Swimming Trials and Finals:

Swimming Trials for Men will be held on Friday, February 8, 2008, with warm-ups from 2:30 p.m. to 3:55 p.m. and Trials at 4:00 p.m.

Swimming trials for Women will be held on Saturday, February 9, 2008, with warm-ups from 6:30 a.m. to 7:55 a.m. and Trials at 8:00 a.m.

Finals for both Men and Women will be held on Saturday, February 9, 2008, with warm-ups from 4:30 p.m. to 5:55 p.m. and Finals at 6:00 p.m. (See "Scratch Rule" governing Finals Entries.)

MEET FORMAT:

All events will be run in a Trials Session to determine the Top 16 who will score points. In all swimming events (except the 500 Freestyle and all Relays), the top 16 swimmers will return for evening finals. Points for places 1 - 8 shall be awarded on the basis of the results of the Championship Final Heat. A Consolation Heat will be held before the Championship Final Heat to determine places 9 - 16. **In Relays**, consolation points for places 9-16 will be scored at the completion of the Trials. In these events, only the top eight will compete in a Championship Final to determine points and awards. **The 500 Yard Freestyle events will be swum as a timed finals event with the top eight seeds swimming only in the evening.** A swimmer seeded in the top eight is not automatically locked into this position. (*N.B.*: The "Scratch Rule," as provided below, will apply to this meet. Once all scratches have been entered, no swimmer in the Consolation Heat may displace a swimmer from the Championship Final Heat.)

SWIMMING ENTRIES:

ONLY HY-TEK© ENTRY SUBMISSIONS WILL BE ACCEPTED FOR THIS MEET:

Pursuant to WMPSSDL rules, the swimming meet will be run on HY-TEK© Meet Manager software and all coaches are to prepare their team entries on HY-TEK© Team Manager software (including Relay Events and Divers), and submit a HY-TEK© Meet Entries file by e-mail attachment to Tim Husson at thusson@comcast.net. For diving entries, also submit to Anita O'Quinn the Excel Dive Sheet posted on the League website at www.wmpssdl.org. All swimming and diving entries must be e-mailed by each coach by 3:00 p.m. on Saturday, Feb. 2, 2008.

Coaches must attach separate WORD copies of the Team Manager Meet Entry Report by both name and by event, including "Proof of Time." Coaches should mail the fully completed and signed "WMPSSDL Official Entry Cover Sheet" form to: Tom Krawczewicz, DeMatha Catholic High School, 4313 Madison Street, Hyattsville, Maryland, 20781. If you have questions, please contact him at 301-873-6026 or tkraz@dematha.org.

RELAY ENTRIES:

All relay swimmers must be entered on the HY-TEK© meet entries report which will be submitted with team entries. In addition, each team may enter a non-scoring "B" 200 Free relay which will compete during prelims only (please remember to include the relay in your HY-TEK© entry and to include the \$10 entry fee). On the day of the meet, relay cards will be distributed to each coach during Trials warm-ups and Finals warm-ups. Coaches will fill out relay cards, listing the names of each relay member, in order. The cards will be turned in by the deadlines given at the coaches meeting. Coaches must ensure that only eligible swimmers, as designated on their HY-TEK© Entry Listings, compete in Relay Trials and/or Finals.

DIVING ENTRIES:

IMPORTANT!! MUST BE SUBMITTED WITH THE SWIMMING ENTRIES:

Coaches must submit one copy of a completed Diving Score Sheet for each diver entered and each diver must be listed in their team's HY-TEK© Team Manager Meet Entries file. The diving event shall consist of Preliminaries, Semifinals and Finals as described in the current Federation Rule Book. Please limit entries to those divers who are prepared to compete at this level. This means that the diver should have a legitimate 11-dive list drawn from all groups. Please refer to the Federation Rule Book for the rule governing disqualification of divers. The Diving Score Excel Sheet must be completely filled out for eleven (11) dives and submitted via email to Anita O'Quinn, Gonzaga College High School (aoquinn@aol.com) by 3:00 p.m. on Saturday, February 2, 2008. Divers may make minor changes during warm-ups. **Diving sheets will be considered final 30 minutes before the start of competition** and no changes may be made after that time. Coaches should make duplicate copies of the Diving Score Sheet and retain them for their records. All sheets **MUST BE SIGNED by both the diving coach and the diver** prior to commencement of the competition. Questions about Diving entries may be directed to, and dive sheets will be available from, Anita O'Quinn at (703) 314-2944 (Cell).

ENTRY FEES:

Meet Entry Fees are as follows:

- Individual events.....\$ 5.00 each
- Relay events.....\$ 10.00 per relay
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Make all checks payable to: **“WMPSSDL.”** Coaches should mail the entry-fee check by Saturday, February 2, made out to “WMPSSDL,” to Anthony Murray, 4267 Cloudberry Court, Burtonsville, MD 20866. Please do not bring entry checks to the meet—our coaches need to focus on their athletes.

ADDITIONAL OFFICIALS FORM:

The success of a meet of this magnitude depends entirely on the cooperation of parents and other volunteers. All teams have a responsibility to provide necessary timers, desk workers, and officials for this meet. Therefore, in order to ensure an adequate number of certified officials and timers at all sessions, all schools will be required to complete the attached “**Meet Officials**” form and return it with their entries. Schools not providing an adequate number of officials, timers, or desk workers may be assessed a fee, as determined by the Meet Committee, to offset the cost of hiring additional paid workers to run the meet. Since this is a USA Swimming-observed meet, only USA Swimming-certified deck officials can be used.

SCRATCH RULE:

Because of the necessity of an early deadline for a meet of this magnitude, and because there is no scratch meeting before the Meet, the following rules will be applied to swimmers who fail to compete:

1. A swimmer who fails to compete in any **Trial** event in which he or she is entered may scratch without penalty. This constitutes a legal scratch from an event. It does not affect any previous or subsequent performances.
2. Any swimmer at Trials who qualifies for a **Finals** race in an individual event and **who fails to compete in that Finals** race shall be barred from further competition for the remainder of the Meet, except when:
 1. The Referee is notified in the event of illness or injury and accepts the proof thereof; or
 2. A swimmer qualifying for a **Finals** event notifies the Referee within twenty (20) minutes after announcement of the qualifiers for that race that he or she does not intend to compete.

ENTRY SUBMISSION:(please read carefully)

Team HY-TEK© entries and Diving forms must be e-mailed prior to 3:00 p.m. on Saturday, February 2, 2008. All forms and payment sent by regular mail must be received by Saturday, February 2, 2008. If you would like to drop off the entries in person, the Georgetown Prep pool will be the drop-off location for any forms and entries on Saturday, February 2, from noon to 1:00 p.m. Please do not bring the checks with you to the meet—our coaches need to focus on their athletes.

All entries are final. No changes, except minor changes to diving score sheets, may be made after they are submitted. So, please review your entries before submitting them, and provide the Meet Entry Reports described above.

A competitor shall be permitted to enter a maximum of 4 events, not more than 2 of which may be individual events.

In relay events, 8 individuals may be designated, but it shall not count as an entry unless the competitor actually competes in the event.

Each team may enter a maximum of four (4) entries in any individual event, and one team in each relay event (exception: a “B” non-scoring entry is allowed in the 200 free relay).

SCORING AND AWARDS:

Men's and Women's events will be run and scored separately. Points are given through 16 places, according to the Federation Rule Book (scoring listed below). **Team** trophies will be awarded for 1st through 3rd places. **Individual** medals will be awarded to competitors finishing 1st through 8th. **All-League** awards will be presented to the 1st place competitor in each individual event. Presentation of the awards will follow Events #8, 16 and 24 in the Finals Sessions. The coach of the event winner will present the awards to the top eight swimmers, at the starting blocks. Diving results will be announced immediately after the appropriate diving session. Awards to the top 8 finishers will be presented at the completion of the finals. Awards to the top three women and men divers will also be presented at the first awards presentation during the Swimming Championships Saturday evening.

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

ELIGIBILITY:

Entries will only be accepted from teams that are full members (not provisional) of the WMPSSDL. Each school's "WMPSSDL Official Entry Cover Sheet" must be signed by that school's Athletic Director or an Administrative Official, certifying that the entrants listed are students in good standing at their school, and that they meet the school's rules for athletic eligibility.

RULES AND OFFICIALS:

Rules for competition for this meet will be those set forth in the current Federation Swimming and Diving Rule Book. This meet has also been submitted to Potomac Valley Swimming LSC for "observation." The Meet starter, Referee, and all Stroke and Turn judges will be currently certified USA Swimming officials. Swimmers desiring USA Swimming-certified times will be judged by the more stringent USA Swimming stroke and turn rules. The Meet Referee will certify times achieved by USA Swimming athletes. However, USA Swimming will permit the Federation forward start to be used. All swimming questions, problems or protests will be directed to and addressed by the Referee. All administrative and logistical problems will be referred to and solved by the Championship Meet Committee, consisting of the Meet Director, Meet Managers, and the Referee. **Any questions concerning entry submission should be directed to Tim Husson, (301) 899-2436 (thusson@comcast.net), or Tom Krawczewicz, (240)764-2131 or tkraz@dematha.org.**

Coaches are reminded that swimmers and divers may not wear jewelry and may not wear suits and caps that include advertising or a name other than the name and/or number of the competitor, school or mascot except one visible logo/trade name not exceeding 2¼ square inches in any dimension (per Federation rules).

GENERAL INFORMATION:

If you have general questions about any other meet arrangements, please call Tom Krawczewicz at (240) 764-2131 or contact him by e-mail at tkraz@dematha.org. You may also contact Tim Sullivan at (202) 585-6930 (office), (703) 508-7163 (cell) or tsullivan@thompsoncoburn.com.

WMPSSDL OFFICIAL ENTRY COVER SHEET

Must be submitted by all teams (Please print or type)

SCHOOL: _____ SCHOOL PHONE: _____

SCHOOL ADDRESS: _____

ATHLETIC DIRECTOR: _____ DAY PHONE: _____

COACH: _____ DAY PHONE: _____

EVENING PHONE: _____

Please be sure that you have enclosed the following with your entry:

Hy-Tek Entries only will be accepted for this meet

- Electronic copy of HY-TEK© entry by name with proof of time (emailed to thusson@comcast.net);;
- Electronic copy of HY-TEK© entry by event with proof of time (emailed to thusson@comcast.net);;
- HY-TEK© Commlink file with school and coach name (emailed to thusson@comcast.net);
- Excel spreadsheet diving entry for each diver (emailed to aaoquinn@aol.com);
- Officials form and
- This cover sheet
- Mail to: **Tom Krawczewicz, DeMatha High School, 4313 Madison St, Hyattsville, MD 20781**

TEAM ENTRY SUMMARY BOYS /GIRLS /TOTAL

Total Individual Events Entered # _____ /# _____ /# _____ @\$5.00 each \$ _____

Total Relay Events Entered # _____ /# _____ /# _____ @\$10.00 each \$ _____

Total Entry Fee (payable to WMPSSDL) \$ _____

CERTIFICATION STATEMENT

We certify that all students entered in the WMPSSDL Championship Meet are currently enrolled at this institution and are eligible to compete under the school's eligibility standards.

We also agree to indemnify and hold harmless the WMPSSDL Championship Meet officials, the hosting facility staff, their agents, employees and any students acting as such, from any and all liability, damage, expense, cause of action, suits, claims, or judgment arising from injury to person or personal property or otherwise which arise out of the act, failure to act, or negligence in connection with or arising out of this activity.

Signature: _____ Title: _____

(Athletic Director or Administrative Official)

Signature(Coach): _____ Date: _____

WASHINGTON METROPOLITAN PREP SCHOOL SWIMMING AND DIVING LEAGUE CHAMPIONSHIPS
OFFICIALS FORM

Must be submitted by all teams (Please Print or Type)

Please list all USA Swimming Certified or US Diving officials, timers, desk workers, available by session.
Include contact information for each individual.

SESSION 1: Men's Diving

Name: _____ Day Phone: _____ E-Mail: _____

Position: _____ Evening Phone: _____

Session 1: Women's Diving

Name: _____ Day Phone: _____ E-Mail: _____

Position: _____ Evening Phone: _____

SESSION 2: Men's Swimming Trials Events

Name: _____ Day Phone: _____ E-Mail: _____

Position: _____ Evening Phone: _____

Name: _____ Day Phone: _____ E-Mail: _____

Position: _____ Evening Phone: _____

Name: _____ Day Phone: _____ E-Mail: _____

Position: _____ Evening Phone: _____

SESSION 3: Women's Swimming Trials Events

Name: _____ Day Phone: _____ E-Mail: _____

Position: _____ Evening Phone: _____

Name: _____ Day Phone: _____ E-Mail: _____

Position: _____ Evening Phone: _____

Name: _____ Day Phone: _____ E-Mail: _____

Position: _____ Evening Phone: _____

SESSION 4: Men's and Women's Swimming Finals Events

Name: _____ Day Phone: _____ E-Mail: _____

Position: _____ Evening Phone: _____

Name: _____ Day Phone: _____ E-Mail: _____

Position: _____ Evening Phone: _____

Name: _____ Day Phone: _____ E-Mail: _____

Position: _____ Evening Phone: _____

Driving Directions

SWIMMING

The swimming competition will be held at the Hanley Center for Athletic Excellence, Georgetown Preparatory School, 10900 Rockville Pike, North Bethesda, MD.. From the Capital Beltway Outer Loop(I-495), take Exit 34 and head north on Rockville Pike (Rte. 355). Turn left into campus at the traffic light at Strathmore Avenue. From the Capital Beltway Inner Loop (from Virginia and points west), exit the Capital Beltway onto Old Georgetown Road. Proceed for about 1.5 miles. Turn right onto Tuckerman Lane. Follow Tuckerman Lane for about two miles and turn left onto Rockville Pike (Rte. 355). Go almost a half-mile and turn left into campus at the traffic light at Strathmore Avenue. Once on campus, proceed straight (do not bear left) and drive behind the stands on the far side of the football field.

DIVING

MEN

The men's diving competition will be at Holton-Arms School, 7303 River Road, Bethesda, MD 20817-4697. From the Capital Beltway (I-495), take Exit 39 (River Road) toward Washington/Potomac (east). Merge onto MD 190 East/River Road via exit 39B toward Washington. Turn left at the first light onto Holton's campus and then take an immediate right onto Mary Happer Drive. Follow the drive around to the right. The pool is in the last building past the tennis courts. From Washington, D.C., head west on River Road, turn right at Royal Dominion Drive onto the school grounds and then turn right immediately onto Mary Happer Drive.

WOMEN

The women's diving competition will be held at Stone Ridge School of the Sacred Heart, 9101 Rockville Pike, Bethesda, MD 20814. Stone Ridge is located at the corner of Rockville Pike and Cedar lane and is ¼ mile south of I-270 and I-495. The school is adjacent to the National Naval Medical Center and across the street from the National Institutes of Health. From the west on the Beltway, take Exit 34 (Rte. 355), "Bethesda" South. Turn left at the third light onto Cedar Lane, and take the first or second right into the school. From the east on the Beltway, take Exit 33 (Rte. 185), "Connecticut Avenue-Kensington" North. Turn left at the first light onto Beach Drive. Turn left at the next light onto Cedar Lane, and left again into the school. From downtown Washington, take Wisconsin Avenue (Rte. 355) North, through Bethesda. Turn right into Stone Ridge immediately after the National Naval Medical Center (Bethesda Navy Hospital).