



35th ANNUAL DC SENIOR GAMES SWIMMING

Saturday, May 19 thru Sunday, May 20, 2018

DCSL. # 35-2018

Venue: Takoma Community Center
300 Van Buren Street, N.W.
Washington, DC 20011
202-576-9285

Meet
Director: **Rodger McCoy** (202) 621-4963 (cell)
email: dcsqswimming@dcwaterwizards.com
Rodger can be reached Monday through Friday
– 4:00 am to 12:00 pm

Times: **Session 1:** Saturday, May 19, 2014 - Warm Up 8:00 - 8:50 am
First Event – 9:00 am.*
Session 2: Saturday, May 19, 2018 – Warm Up 12:00 – 12:50 pm*
First Event – 1:00 pm*

Session 3: Sunday, May 20, 2014 – Warm Up 8:00 – 8:50 am
First Event – 9:00 am*

Session 4: Sunday, May 20, 2014 – Warm Up 12:00 - 12:50 am*
First Event – 1:00 am*

Session 5 Time Trials Events: Any Time Trials Events, the 400 yard Individual Medley and the 200 yard Butterfly may be conducted either before, during or after Sessions 1-4.

****Note: Meet manager will determine if session start times will need to be adjusted based on the number of entries received. A time line will be established and provided by Friday, April 21st.***

Age Groups: **Standard USMS Age-Groups** 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-104, 105-109, 110-114.

Facility: 25-yard, 8 lanes. Lanes are 7 feet wide. Kiefer lanes and starting blocks



35th ANNUAL DC SENIOR GAMES SWIM MEET

are at the deepest ends of the course. Stainless steel gutter system. Colorado Timing Systems, multi-lane scoreboard. Continuous warm-up, warm-down will be available during the meet.

Inclusion

Policy: Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete is also responsible for notifying the referee of any disability prior to competition.

Rules: Current US Masters Swimming Association Rules shall govern the meet. All events shall be timed finals.

Meet Entry

Procedures: Registration online, or through the specified DPR locations at listed days and times.

Entries: Each swimmer may enter no more than **four (4) individual events each session.**

Each swimmer shall be limited to **two (2) relay events per day.** Lane timing cards (furnished at the session) shall be submitted for **each relay team only.** Relay cards will be provided by the coaches at the meet.

The 500 Freestyle is a positive check-in event.

General

Instructions: Registrations for swimming begin March 24th 2014. Entries may be submitted (1) [Online](#), (2) manually www.dpr.dc.gov (at specified sites).

Manual

Entries: Manual (on site) entries must be submitted on the entry form. The entry form shall be completed for each swimmer entering the meet. Entry form must indicate the athlete's legal name, address and date of birth.

Deck

Entries: **THERE WILL BE NO DECK ENTRIES FOR THE MEET**

Entry

Times: 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, during practice, are acceptable.

Deadline: All entries must be **in the Meet Director's hands** by 5:00 pm on Wednesday, April 25th 2018.

If the total number of entries received **exceeds the time available for the**



35th ANNUAL DC SENIOR GAMES SWIM MEET

various sessions, entries will be returned based on the order of receipt.

Awards:	Place	Individual Events	Relays
	1st – 3rd	Medals	Ribbons
	4th – 8th	Ribbons	N/A
	Heat Winners Ribbons	Ribbons	N/A

Officials: All certified USA Swimming, or USMSA officials wishing to volunteer to work this meet should contact the Meet Referee, prior to April 21st, 2010. Please include your 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.

Timers: Spectators are encouraged to volunteer to time. If you would like to assist please sign in at the results table during the warm-up period. Athletes are encouraged to provide their own timers and lap counters for the 500 Yard Freestyle event.

Sanction: The meet is sanctioned by the National Senior Games Association, The DC Office on Aging, The DPR Senior Services Division and the DPR Sports Office.

Fees: Registration fees are payable to the DC Treasurer. Fees are **non-refundable**. Entries will not be accepted until all fees are paid. Payment may be made by check, credit card or money order
Fees for individuals are \$20.00. Because of late nature of the entries WaterWizard t-shirts may not be available.

THERE WILL BE LIMITED ENTRIES FOR THE MEET

Souvenir programs will be available (heat sheets will be included with the souvenir program). A hospitality area will be in operation for athletes and officials.

Admission: There is no admission charge. The public is welcome.



35th ANNUAL DC SENIOR GAMES SWIM MEET

Supervision: Persons on the deck will be requested to work the meet as a deck official, timer, or other meet official.

Warm Up: For the safety of swimmers, current USMSA warm up rules shall apply. If the lane is being used for general warm up, there shall be no diving permitted and entry shall be feet first from the starting end of the pool **only**. Lanes may be used for one-way sprints at the referee's discretion. At such time there shall be one-way swimming only. During sprints, swimmers must exit at the opposite end of the pool.

Results: Copies of each individual's results will be emailed to the athletes after the conclusion of the meet.



35th ANNUAL DC SENIOR GAMES SWIM MEET

DAY 1

Saturday Morning, May 19, 2018

Warm-ups 8:00 am
Timed Finals 9:00 am

Event #	Event Descriptions
1	100 yard Breaststroke
2	50 yard Backstroke
3	25 yard Butterfly
4	200 yard Individual Medley
5	100 yard Freestyle Relay

Saturday Afternoon, May 19, 2018

Warm-ups 12:00 noon
Timed Finals 1:00 pm

Event #	Event Descriptions
6	100 yard Backstroke
7	50 yard Butterfly
8	25 Breaststroke
9	500 yard Freestyle
10	200 yard Medley Relay



35th ANNUAL DC SENIOR GAMES SWIM MEET

DAY 2

Sunday Morning, May 20, 2018

Warm-ups 8:00 am

Timed Finals 9:00 am

Event #	Event Descriptions
11	100 yard Freestyle
12	50 yard Breaststroke
13	100 yard Individual Medley
14	25 yard Freestyle
15	200 yard Backstroke
16	200 yard Freestyle Relay

Sunday Afternoon, May 20, 2018

Warm-ups 12:00 noon

Timed Finals 1:00 pm

Event #	Event Descriptions
17	100 yard Butterfly
18	50 yard Freestyle
19	200 yard Breaststroke
20	25 yard Backstroke
21	200 yard Freestyle
22	100 yard Medley Relay

Session 5 Time Trials Events:

Any Time Trials Events, especially The 400 yard Individual Medley and the 200 yard Buterfly may be conducted either before, during or after Sessions 1-4.