

## 30th Annual Long Course Meet



Sunday, July 17, 2011

USMS Sanction: 101-06

**DC Recreation and Parks**  
Swim Meet Registration



### Registration Schedule

Right now it is 6:37 PM ET on Monday, May 28, 2012.

	Open	Close
Swimmer Registration	Mon, June 13, 2011 12:00 AM ET	Fri, July 15, 2011 11:59 PM ET

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**Warm-ups at 7:30 AM; Meet starts at 8:15 AM**

**Eligibility:** Open to all USMS swimmers with current 2011 registration.

**Facility:** East Potomac Pool, Hains Point, Washington, DC. The pool is 50 meters, eight lanes with non-turbulent lane ropes. Lane 8 will be available for warm-ups throughout the meet, seven lanes will be used for competition.

**Entries:** Must be entered ONLINE ONLY by midnight eastern time on FRIDAY July 15, 2011 With the exception of relays, THERE WILL BE NO DECK ENTRIES AND NO PAPER ENTRIES. Relays will be deck entered at least two events prior to the relay. Relays are free of charge, with no awards. All members of a relay team must be entered in the meet as individuals. A maximum of five events may be swum, excluding relays.

**Fees:** \$25.00 flat fee. May swim up to five individual events.

**Rules:** Current USMS Rules apply. A 2011 rulebook will be on hand.

**Results:** Will be sent to the Top Ten Chairperson and posted at [www.swimdcpr.org](http://www.swimdcpr.org)

**Records:** If a national or world record is possible, please notify meet officials so that sufficient back-up timers can be provided.

**Seeding:** Events will be seeded slow to fast, men and women combined. "No time" entries will be seeded in the first heat. Relays will be deck seeded.

**Awards:** 1st, 2nd, and 3rd in each sex/age group. Points are awarded for 1st through 8th place as follows: 9 points, 7 points, 6, 5, 4, 3, 2, and 1. Swimmers may swim no more than five events.

**Concessions:** Snacks and beverages for sale during the meet.

**Directions:** East Potomac Pool is located off Ohio Drive in East Potomac Park (Hains Point), SW Washington.

**From the north:** In Washington, take Rock Creek Parkway South past the Kennedy Center, bear left as you follow the sign to downtown (not Virginia). Continue onto Independence Ave going east and follow the road to right around the Tidal Basin. Just after the first traffic light (at Raoul Wallenberg Dr.) make a right into East Potomac Park. Make a quick left onto Ohio drive (go under Rte 395 overpass). Continue for almost a mile until you see a Mini Golf course on your right. Park on Ohio Dr. The pool is located beside the golf clubhouse.

**From the south:** I-395 north, to the 14th street bridge. Stay the right going over the bridge, and take the first exit for Potomac Park. Take a left (Buckeye Dr) at the stop sign and continue till the road ends at the shipping channel. Make a right onto Ohio Dr and continue until the Mini Golf course is on your right. See the directions above.

**Contact:** Leigh Ann Caldwell, Meet Director at [meetdirector@swimdcpr.org](mailto:meetdirector@swimdcpr.org) or 202-667-6642

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# Gender Event

1 Mixed 400 M Free

2 Mixed 100 M Fly

3 Mixed 50 M Back

4 Mixed 200 M Breast

- 5 Mixed 200 M IM
- 6 Mixed 100 M Free
- 7 Mixed 200 M Medley Relay
- 8 Mixed 50 M Free
- 9 Mixed 200 M Back
- 10 Mixed 200 M Fly
- 11 Mixed 100 M Breast
- 12 Mixed 50 M Fly
- 13 Mixed 200 M Free
- 14 Mixed 50 M Breast
- 15 Mixed 100 M Back
- 16 Mixed 400 M IM
- 17 Mixed 200 M Free Relay

Please note: If paying by credit card, your credit card statement will reflect a charge from "ClubAssistant.com Events."

**Online Registration closed on 7/15/2011.**

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