

**The Thirty-First Annual  
Maryland State Long Course Swimming Championships  
May 30 – June 1, 2008**

<b>Location:</b>	<a href="#">Rockville Municipal Swim Center</a> 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>	<b><u>Friday, May 30, 2008</u></b> Warm-up: 4:20 – 5:20 pm Events: 5:30 pm <b><u>Saturday, May 31 and Sunday, June 1, 2008</u></b> 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
<b>Eligibility:</b>	. NOTE: Entries for the 13-14 and Senior 50 Backstroke, 50 Breaststroke, and 50 Butterfly will 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.
<b>Entry Limits</b>	You may enter a maximum of 4 events per day, and a total of 7 events for the whole meet.
<b>Seeding:</b>	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</b>	Positive Check-in Deadlines:  <a href="#">Friday night – Session 1</a> Events 1-6 5:00 pm Events 7-10 6:00 pm Events 11-16 7:00 pm  <a href="#">Saturday morning – Session 2</a> Events 17-28 7:30 am Events 29-36 8:30 am Events 37-48 9:30 am  <a href="#">Saturday afternoon – Session 3</a> Events 49-58 2:00 pm Events 59-66 3:00 pm Events 67-74 3:30 pm  <a href="#">Sunday morning – Session 4</a> Events 75-82 7:30 am Events 83-90 8:30 am Events 91-98 9:30 am  <a href="#">Sunday afternoon – Session 5</a> 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.
<b>Timers:</b>	Clubs will be responsible to provide their fair share of timers, and will be assigned lanes by the meet manager.
<b>Admission:</b>	There is no admission charge. Heat sheets will be available at no charge.
<b>Fees:</b>	Individual Events: \$5.00 plus \$4 TD admin fee
<b>Deadline:</b>	Entries are due <b>April 4<sup>th</sup></b> . This is early but this meet will fill to capacity.

**Session 1**  
**Friday Program – 30 May 2008**  
**Warm-up: 4:20 – 5:20 pm Events: 5:30 pm**

Girls Event	No Slower than		Event Description	No Slower Than		Boys Event
	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 <a href="#">See above</a>						
# Use 500 yard freestyle short course times – Verification of time required with entry.						

**Session 2**  
**Saturday Morning Program – 31 May 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	2:28.59	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	2:14.99	2:31.89	20

			Butterfly			
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 <a href="#">See above</a>						
* Swimmers who have achieved the meet QT for the 100 of 200 in this stroke. Please enter using 50 times.						

**Session 3**  
**Saturday Afternoon Program – 31 May 2008**  
**Warm-up: 1:30 – 2:30 pm Events: 2:40 pm**

Girls	No Slower than			No Slower Than		Boys
Event	SCY	LCM	Event Description	SCY	LCM	Event
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	1:41.09	1:54.29	60

			Breaststroke			
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 <a href="#">See above</a>						

**Session 4**  
**Sunday Morning Program – 1 June 2008**  
**Warm-up: 6:50 – 7:50 am Events: 8:00 am**

Girls	No Slower than			No Slower Than		Boys
Event	SCY	LCM	Event Description	SCY	LCM	Event
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 <a href="#">See above</a>						
* Swimmers must have achieved the meet QT for the 100 or 200 backstroke. Please enter using 50 times.						

**Session 5**  
**Sunday Afternoon Program – 1 June 2008**  
**Warm-up: 1:30 – 2:30 pm Events: 2:40 pm**

Girls Event	No Slower than		Event Description	No Slower Than		Boys Event
	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 <a href="#">See above</a>						