



2025 Christmas Championships

December 5 - 7, 2025



Sanction # PVI-26-42

Meet Director Justin Eppard admin@suburban-aquatics.org	MEET REFEREE Carla Austin caustin.enllc@gmail.com	OFFICIALS' CONTACT Carla Austin caustin.enllc@gmail.com
SANCTION	<ul style="list-style-type: none">• Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-26-42.• In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Suburban Aquatics, and Fairland Sports and Aquatics Complex shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.	
FACILITY	<p>Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, Maryland 20707 (301) 362-6060</p> <ul style="list-style-type: none">• The pool at Fairland Aquatics Center is 50m x 25yd with two moveable bulkheads. One 10-lane 25-yard course running from wall to wall will be used for preliminary events. A second course that is 8-lanes, 25-yard course running wall to wall may be used for prelim events, if needed.• Water depth ranges from 5' – 13' at both the start and turn ends.• Finals events will be held in the 10-lane 25-yard course.• Continuous warm-up will be available if only one course is used.• PLEASE NOTE: Spectator capacity is limited to 250 people in the gallery.• Facility Rules:<ul style="list-style-type: none">○ Swimmers are not to leave the pool deck without appropriate attire.○ Glass containers are not permitted within the pool area.○ Camera cell phones are not permitted in the locker rooms.○ Swimmers should take a cleansing shower before entering the pool for warm up.	
ENTRY DEADLINE	<p>November 25, 2025 11:59 PM</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p> <ul style="list-style-type: none">• Entries will be accepted on a first-come, first-served basis.	
SCHEDULE	<p><u>Friday, December 5 – Distance Session - Timed Finals:</u> Warm-up 4:30 – 5:20 PM, Events: 5:30 PM</p> <p><u>Saturday and Sunday, December 6 – 7:</u></p> <p>On Saturday and Sunday mornings, no one will be permitted to enter the building until 6:00 am.</p> <p>Morning Session - 13 & Over Prelims: Warm-up: 6:30 AM - 7:20 AM Events: 7:30 AM</p> <p>Midday Session 12 & Under Prelims: Warm-up: 11:45 – 12:35 PM Events: 12:45 PM</p> <p>Afternoon Session - Finals: Warm-up: 5:00 – 5:30 PM Events: 5:45 PM</p> <p>The Meet Director reserves the right to adjust times/sessions after entries are received.</p>	

ELIGIBILITY	<p>Please read Meet Announcement carefully for new information.</p> <ul style="list-style-type: none"> • Open to athletes from invited USA Swimming clubs and registered athletes. • Entries are limited to 350 athletes per session. • Entries will be accepted on a first come, first served basis from invited teams. The Meet Director will endeavor to inform teams promptly when the meet has been fully subscribed. Once capacity per session is reached, no new entries can be accepted. • Athletes shall compete at the age attained on the first day of the meet. • An athlete may only compete in his or her own age division. • No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.
SWIMMERS WITH A DISABILITY	<ul style="list-style-type: none"> • PVS and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition. <p style="text-align: center;">NECESSARY ACCOMMODATIONS FORM</p>
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • No on-deck USA Swimming registration is permitted. • In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per PVS policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are prohibited. • 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. • Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. • Dive-over starts may be used. • 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 & Under events per Rule 205.3.1F.
EVENT RULES	<ul style="list-style-type: none"> • A swimmer may enter a max of three (3) individual events per day. • Athletes are limited to seven (7) individual events for the meet. • Teams can enter no more than three (3) relay teams (A,B,C) per relay event. • Saturday and Sunday, morning and midday session's events will be Prelim, except events noted above. • Saturday and Sunday, morning and midday session's events will be Prelim, except all 200 yard events will be Timed Finals. • All Friday night events are Timed Finals, will be swum fast to slow, and may require positive check in. • The 500 Yd Freestyle, the 400 IM, and the 1650 Yd Mixed Freestyle will be broken out by age

groups and gender for scoring and awards purposes.

- Friday night session is considered a Distance session; **Swimmers must provide their own timer for all events and a counter if desired, for the 500 and 1650 Freestyle events.**
- Entries in the 400 IM, 500 Free and 1650 Free may need to be limited due to time constraints. If necessary, entries will be limited based on verifiable proof of entry time, fast to slow. Any athlete removed will be given the opportunity to enter another event in the meet as long as that entry does not create a new heat or exceed the entry limit per session.
- SEED TIMES SHOULD BE SUBMITTED AS SHORT COURSE YARDS ONLY.
- “NT” entries will NOT be accepted with exception of the 12U 500 Free with a provable “B” standard 200 Free time and the 1650 Free with a provable “B” standard 1000 Free time.
- Minimum entry standards must be equal to or faster than in the following events (please include proof of time on the Meet Entry Report.)

Girl's Minimum Entry Time	Event	Boy's Minimum Entry Time
7:45.00 (10U) 7:15.00 (11-12) OR “B” time for 200 Free time for Age Group	12&U 500 freestyle	7:30.00 (10U) 7:00.00 (11-12) OR “B” time for 200 Free time for Age Group
6:00.00	13 & Over 400 IM	5:45.00
22:00.00 or “B” in 1000 Yd Freestyle time	13 & Over 1650 Freestyle Or for a NT entry a 1000 yd Freestyle time	21:00.00 or “B” in 1000 Yd Freestyle time

POSITIVE CHECK IN	<ul style="list-style-type: none"> • For those events requiring positive check- in athletes shall indicate their intention to swim the event on the forms provided at the CHECK IN table. Timelines and procedures for positive check-in will be provided to coaches after entries are received and prior to the start of the meet. • Athletes who have not checked in by the specified time will not be seeded into the event. • The Meet Entry Coordinator, in conjunction with the Meet Director, reserves the right to require positive check-in of some or all the events in order to manage the timeline of the session.
WITHDRAWING FROM FINALS	<p>If you do not wish to swim in the Final, you may “Scratch” from the event by following this procedure:</p> <ul style="list-style-type: none"> • You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A” and “B” finals, if scheduled. • You may declare an “Intent to Scratch”. You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for “Intent to Scratch”. If you declare an “Intent to Scratch” and do not wish to swim in finals, you must confirm your scratch on the Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded in the event. • Athletes who have checked-in, been seeded and fail to swim in the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.
WARM-UP	<ul style="list-style-type: none"> • The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed. • Continuous warm-up/cooldown will be available ONLY if single course is used. • The Meet Director reserves the right to modify the warm-up times and structure, if necessary.
SUPERVISION	<ul style="list-style-type: none"> • Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up. • Coaches are responsible for the conduct of their swimmers and families and for cleaning up their team areas. • Due to limited deck space, there will be NO chairs on deck except for coaches. • A heated tent will be available on the pool patio. Please take advantage of this additional team area to reduce deck crowding.

SEEDING	<ul style="list-style-type: none"> Standard seeding will be used. Finals events for all 10&Under will be seeded with the top ten (10) swimmers from that event making the "A" Final. Finals events for all 11-12, 13-14, 13&Over, and 15&Over will be seeded with the top twenty (20) swimmers. Ten (10) swimmers for each heat (A, B) will compete in lanes 1 -10.
SCORING	<ul style="list-style-type: none"> Individual Events: 24 21 20 19 18 17 16 15 14 13 11 9 8 7 6 5 4 3 2 1 (updated 11/15/25)
AWARDS	<ul style="list-style-type: none"> Ribbons will be awarded for 1st through 10th place for individual events. Ribbons will be awarded for 1st through 3rd place in Relay events. High Point: Special recognition will be given to the male and female swimmer from each age group: 10 & Under, 11-12, 13-14 and the 15 & Over, who accumulates the most points from individual events. The "12 & Under" and "13 & Over" events will be broken out as multiple age groups (10 & Under, 11-12, 13-14 and the 15 & Over) for scoring and ribbon purposes.
PROGRAMS	<ul style="list-style-type: none"> Programs will be available on Meet Mobile. Printed programs will be available for coaches and officials.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on the deck. Only athletes, USA swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA swimming membership with them at all times. The Club hospitality table, located on the pool deck will be available to all coaches, officials and other meet volunteers.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> There is no admission charge. All Swimmers and spectators should enter the facility through the pool lobby. Coaches and Officials ONLY may use the side entrance to the pool deck. Spectator capacity is limited to 250 people in the gallery. No chairs may be set up in the lobby or gallery areas.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
OFFICIALS	<ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. Officials interested in volunteering may contact Carla Austin, caustin.enllc@gmail.com Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive official briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 splashes. A timer sign-up link will be emailed to participating teams after entries have been received. Friday night is a Distance Session; therefore, swimmers must provide their own timer and counter, if desired. Volunteers are still needed as Marshals and Head Timers. You will be able to leave your position to time your child, however, we do ask you to stay till the end of the session.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director, Justin Eppard, at admin@suburban-aquatics.org. Include in the subject of the email, "2025 Christmas Championships - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files, include the training site in the subject of the email. Include in the entry email: entry file, report of entries by name, report of entries by event.

2025 Christmas Championships

Friday, December 5, 2025 - DISTANCE SESSION

OPEN WARM-UP: 4:30 – 5:20 PM EVENTS: 5:30 PM

**Swimmers must provide own timer for ALL EVENTS,
and counter, if desired, for 500 and 1650 YD Freestyle**

Girls Event #	DISTANCE SESSION - Timed Finals	Boys Event #
1(N)	12 & Under 500 YD Freestyle	2(N)
3(S)	13 & Over 500 YD Freestyle	4(S)
5	12 & Under 200 YD IM	6
7(T)	13 & Over 400 YD IM	8(T)
9(X)	13 & Over Mixed 1650 YD Freestyle	9(X)
	(N) 10 & Under (Girls) NST 7:45.00 (N) 10 & Under (Boys) NST 7:30.00 (N) 11-12 (Girls) NST 7:15.00 (N) 11-12 (Boys) NST 7:00.00	
	(S) 13 & Over (Girls) NST 6:30.00 (S) 13 & Over (Boys) NST 6:15.00	
	(T) 13 & Over (Girls) NST 6:00.00 (T) 13 & Over (Boys) NST 5:45.00	
<p>(N) Swimmers entering the 500 YD Freestyle with a NT must have a provable 200 Freestyle time, NST a "B" time standard for their age group</p>		
<p>(X) Swimmers entering the 1650 YD Freestyle with a NT must have a provable 1000 Freestyle time, NST a "B" time standard for their age group</p>		

2025 Christmas Championships

Morning 13 & Over Session

Saturday, December 6, 2025

WARM-UP: 6:30 - 7:20 AM, Events 7:30 AM

Girls Event #	13 & Over Events	Boys Event #
10	13 & Over 200 YD Medley Relay	11
12	13 & Over 50 YD Breaststroke	13
14	13-14 200 YD Freestyle	15
16	15 & Over 200 YD Freestyle	17
18	13-14 100 YD Butterfly	19
20	15 & Over 100 YD Butterfly	21
22	13 & Over 200 YD Breaststroke	23
24	13 & Over 200 YD Backstroke	25
26	13-14 100 YD Freestyle	27
28	15 & Over 100 YD Freestyle	29

Morning 13 & Over Session

Sunday, December 7, 2025

WARM-UP: 6:30 - 7:20 AM, Events 7:30 AM

Girls Event #	13 & Over Events	Boys Event #
52	13 & Over 200 YD Freestyle Relay	53
54	13 & Over 50 YD Butterfly	55
56	13 & Over 50 YD Backstroke	57
58	13-14 200 YD IM	59
60	15 & Over 200 YD IM	61
62	13-14 100 YD Backstroke	63
64	15 & Over 100 YD Backstroke	65
66	13 & Over 200 YD Butterfly	67
68	13-14 100 YD Breaststroke	69
70	15 & Over 100 YD Breaststroke	71
72	13-14 50 YD Freestyle	73
74	15 & Over 50 YD Freestyle	75

2025 Christmas Championships

Midday 12 & Under Session

Saturday, December 6, 2025

WARM-UP: 11:45 AM - 12:35 PM, Events 12:45 PM

Girls Event #	12 & Under Events	Boys Event #
30	12 & Under 200 YD Medley Relay	31
32	12 & Under 200 YD Freestyle	33
34	10 & Under 50 YD Butterfly	35
36	11-12 50 YD Butterfly	37
38	10 & Under 100 YD Breaststroke	39
40	11-12 100 YD Breaststroke	41
42	12 & Under 200 YD Butterfly	43
44	10 & Under 100 YD Backstroke	45
46	11-12 100 YD Backstroke	47
48	10 & Under 50 YD Freestyle	49
50	11-12 50 YD Freestyle	51

Midday 12 & Under Session

Sunday, December 7, 2025

WARM-UP: 11:45 AM - 12:35 PM, Events 12:45 PM

Girls Event #	12 & Under Events	Boys Event #
76	12 & Under 200 YD Freestyle Relay	77
78	12 & Under 200 YD Backstroke	79
80	10 & Under 100 YD IM	81
82	11-12 100 YD IM	83
84	12 & Under 200 YD Breaststroke	85
86	10 & Under 50 YD Backstroke	87
88	11 -12 50 YD Backstroke	89
90	10 & Under 100 YD Butterfly	91
92	11-12 100 YD Butterfly	93
94	10 & Under 50 YD Breaststroke	95
96	11-12 50 YD Breaststroke	97
98	10 & Under 100 YD Freestyle	99
100	11-12 100 YD Freestyle	101

Finals Session
Saturday, December 6, 2025
OPEN WARM-UP: 5:00 PM - 5:30 PM, Events 5:45 PM

Girls Event #	Finals Events	Boys Event #
18	13-14 100 YD Butterfly	19
20	15 & Over 100 YD Butterfly	21
34	10 & Under 50 YD Butterfly	35
36	11-12 50 YD Butterfly	37
12	13 & Over 50 YD Breaststroke	13
38	10 & Under 100 YD Breaststroke	39
40	11-12 100 YD Breaststroke	41
26	13-14 100 YD Freestyle	27
28	15 & Over 100 YD Freestyle	29
44	10 & Under 100 YD Backstroke	45
46	11-12 100 YD Backstroke	47
48	10 & Under 50 YD Freestyle	49
50	11-12 50 YD Freestyle	51

Finals Session
Sunday, December 7, 2025
OPEN WARM-UP: 5:00 PM - 5:30 PM, Events 5:45 PM

Girls Event #	Finals Events	Boys Event #
62	13-14 100 YD Backstroke	63
64	15 & Over 100 YD Backstroke	65
90	10 & Under 100 YD Butterfly	91
92	11-12 100 YD Butterfly	93
54	13 & Over 50 YD Butterfly	55
86	10 & Under 50 YD Backstroke	87
88	11-12 50 YD Backstroke	89
68	13-14 100 YD Breaststroke	69
70	15 & Over 100 YD Breaststroke	71
80	10 & Under 100 YD IM	81
82	11-12 100 YD IM	83
56	13 & Over 50 YD Backstroke	57
94	10 & Under 50 YD Breaststroke	95
96	11-12 50 YD Breaststroke	97
72	13-14 50 YD Freestyle	73
74	15 & Over 50 YD Freestyle	75
98	10 & Under 100 YD Freestyle	99
100	11-12 100 YD Freestyle	101