2026 Christmas Championships

December 4 - 6, 2026

Sanction # PVC-27-38

Meet Director	MEET REFEREE	OFFICIALS' CONTACT
Justin Eppard admin@suburban-aquatics.org	Carla Austin caustin.enllc@gmail.com	Carla Austin caustin.enllc@gmail.com

SANCTION	• Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-27-38 • 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	**Fairland Aquatics Center** 13820 Old Gunpowder Road Laurel, Maryland 20707 (301) 362-6060 • 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.
ENTRY DEADLINE	**November 25, 2026 11:59 PM** 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. • Entries will be accepted on a first-come, first-served basis.
SCHEDULE	**Friday, December 4 – Distance Session - Timed Finals:** Warm-up 4:45 – 5:20 PM, Events: 5:30 PM **Saturday and Sunday, December 5 – 6:** On Saturday and Sunday mornings, no one will be permitted to enter the building until 6:00 am. **13 & Over Prelims:** Warm-up: 6:30 AM - 7:20 AM Events: 7:30 AM **11-12 Prelims:** Warm-up: 11:00 AM – 11:40 AM Events: 11:50 AM **10 & Under Prelims:** Warm-up: 2:10 PM – 2:50 PM Events: 3:00 PM **Finals Session:** Warm-up: 6:00 – 6:20 PM Events: 6:30 PM The Meet Director reserves the right to adjust times/sessions after entries are received.

ELIGIBILITY	Please read Meet Announcement carefully for new information. • Open to athletes from 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. 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 *USA Swimming Rules and Regulations*, Article 302.
SWIMMERS WITH A DISABILITY	• PVS and host clubs, along with Meet Directors and Meet Referees, are committed to the Inclusion Policy as adopted by the BOD. The swimmer or the swimmer's coach is responsible for notifying the Referee, prior to competition, of any swimmer with a disability and of the requested accommodations and/or modifications. It is preferable that this notice be provided on the Accommodations/Modifications form. • NECESSARY ACCOMMODATIONS FORM
TIMING SYSTEM	• Automatic timing (touchpads primary) will be used.
RULES	• Current USA Swimming rules shall govern this meet. • All 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 *USA Swimming Rules and Regulations*, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. In compliance with PVS policy, the use of equipment capable of taking pictures and/or videos of athletes while they are on the blocks or exiting the pool (e.g., cell phones, cameras, etc.) is strictly prohibited. At PVS Sponsored Championship meets or Championship style meets, that are prelim/finals hosted within the PVS, pre-approved and credentialed media personnel would be permitted to take pictures and/or videos of athletes after they have entered the pool and before exiting the pool deck as long as they have completed Athlete Protection Training and successfully completed a background check. • 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	• A swimmer may enter a max of three (3) individual events per day. • Athletes are limited to eight(8) individual events for the meet. • Teams can enter no more than three (3) relay teams (A,B,C) per relay event. • All Relay events are Timed Finals. • Saturday and Sunday's 13&Over, 11-12 and 10&Under session's events will be Preliminary, except events noted. • All 10 & Under individual events during the Finals session will have one (1) heat ("A") of ten (10) swimmers. • All 11-12, 13-14, and 15 & Over 100 yard events during the Finals session will have two (2) heats ("A", "B") of ten (10) swimmers each. The B final will be swum first. • All 13-14 and 15&Over 50 Yard and 200 Yard events will have one (1) heat ("A") of ten (10) swimmers.

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All Friday night events are Timed Finals, will be swum fast to slow, and may require positive check in.
13 & Over Prelim individual events will be broken out as 13-14 and 15 & Over for Finals.
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.
No deck entries will be permitted.
“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.)

<table>
<tr><th>Girl’s Minimum Entry Time</th><th>Event</th><th>Boy’s Minimum Entry Time</th></tr>
<tr><td>7:45.00 (10U)
7:15.00 (11-12)</td><td>12&U 500 freestyle
or</td><td>7:30.00 (10U)
7:00.00 (11-12)</td></tr>
<tr><td>6:30.00</td><td>13 & Over 500 Freestyle</td><td>6:15.00</td></tr>
<tr><td>“B” time for age group</td><td>12U 200 Free time for a NT entry in 500 Freestyle</td><td>“B” time for age group</td></tr>
<tr><td>6:00.00</td><td>13 & Over 400 IM</td><td>5:45.00</td></tr>
<tr><td>22:00.00 or “B” in 1000 Yd Freestyle time</td><td>13 & Over 1650 Freestyle
Or for a NT entry a 1000 yd Freestyle time</td><td>21:00.00 or “B” in 1000 Yd Freestyle time</td></tr>
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<tr><td>POSITIVE CHECK IN</td><td>

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.
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.

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<tr><td>WITHDRAWING FROM FINALS</td><td>
If you do not wish to swim in the Final, you may “Scratch” from the event by following this procedure:

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.

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<tr><td>WARM-UP</td><td>

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.

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<tr><td>SUPERVISION</td><td>

Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up.

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	• 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.
SEEDING	- Standard seeding will be used. - Finals events will be seeded as follows: - 10 & Under finals events will be seeded with the top ten (10) swimmers from that event making the "A" final. - All 11-12, 13-14, and 15 & Over 100 yard events during the Finals session will have two (2) heats ("A", "B") of ten (10) swimmers each. The B final will be swum first. - All 13-14 and 15&Over 50 Yard and 200 Yard events will have one (1) heat ("A") of ten (10) swimmers.
SCORING	• Individual Events: 24 21 20 19 18 17 16 15 14 13 12 11 9 8 7 6 5 4 3 2 1
AWARDS	• 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 in the form of a plaque: 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	• Programs will be available on Meet Mobile. • Printed programs will be available for coaches and officials.
CREDENTIALS	• Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. • Working Coaches & deck officials are required to display or produce their current USA Swimming credentials on the USA Swimming App. • **Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck. Please cooperate with the meet marshals.**
PUBLICATION OF RESULTS	• By entering this meet, participants (and their parents or guardians, if applicable) acknowledge and consent to the posting of official meet results on the Potomac Valley Swimming (PVS) website. Athlete birthdates will not be included in any posted results. Meet results may be accessed by third-party organizations or applications that use publicly available swimming data for purposes such as rankings, recruitment, or goal tracking.
SPECTATOR ENTRY FEE	• There is no admission charge. • Spectator capacity is limited to 250 people in the gallery.
MEDICAL ASSISTANCE	• 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.
FACILITY RULES	• 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. • No chairs may be set up in the lobby or gallery areas. • 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.
OFFICIALS	• 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 sign up on the officials sign up link or 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	• Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 splashes. Volunteers can sign up via the volunteer sign up link • 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	• Entries should be submitted by email to the Meet Director, Justin Eppard, at admin@suburban-aquatics.org. • Include in the subject of the email, "2026 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. • In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). • Entries directly from individual team members will not be accepted. • Entries by phone or fax will not be accepted. • The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. • Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of $100 by PVS and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	Per Swimmer Surcharge: $15.00 Relay event fee: $20.00 Individual Event fee: $10.00 • Make checks payable to "Suburban Aquatics". • Checks may be mailed to: 11222 Cherry Hill Road APT 301, Beltsville, MD 20705 • Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. • Remit one check to cover the entry fees for the entire team. Do not send cash. • Telephone entries will not be accepted.

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Friday, December 4, 2026 - DISTANCE SESSION
OPEN WARM-UP: 4:45 – 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	12 & Under 200 YD Backstroke	8
9(T)	13 & Over 400 YD IM	10(T)
11	12 & Under 200 YD Breaststroke	12
13	12 & Under 200 YD Butterfly	14
15(X)	13 & Over Mixed 1650 YD Freestyle	15(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

(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

(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

2026 Christmas Championships

13 & Over Session
Saturday, December 5, 2026
WARM-UP: 6:30 - 7:20 AM, Events 7:30 AM

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

13 & Over Session
Sunday, December 6, 2026
WARM-UP: 6:30 - 7:20 AM, Events 7:30 AM

Girls Event #	13 & Over Prelim Events	Boys Event #
54	13 & Over 200 YD Freestyle Relay	55
56	13 & Over 50 YD Butterfly	57
58	13 & Over 50 YD Backstroke	59
60	13 & Over 200 YD IM	61
62	13 & Over 100 YD Backstroke	63
64	13 & Over 200 YD Butterfly	65
66	13 & Over 100 YD Breaststroke	67
68	13 & Over 50 YD Freestyle	69

11-12 Session
Saturday, December 5, 2026
WARM UP:11:00 – 11:40 AM, Events: 11:50 AM

Girls Event #	11-12 Prelim Events	Boys Event #
30	11-12 200 YD Medley Relay	31
32	11-12 50 YD Butterfly	33
34	11-12 100 YD Breaststroke	35
36	11-12 200 YD Freestyle	37
38	11-12 100 YD Backstroke	39
40	11-12 50 YD Freestyle	41

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11-12 Session
Sunday, December 6, 2026
WARMUP:11:00 - 11:40 AM, Events: 11:50 AM

Girls Event #	11-12 Prelim Events	Boys Event #
70	11-12 200 YD Freestyle Relay	71
72	11-12 100 YD IM	73
74	11-12 50 YD Backstroke	75
76	11-12 100 YD Butterfly	77
78	11-12 50 YD Breaststroke	79
80	11-12 100 YD Freestyle	81

10 & Under Session
Saturday, December 5, 2026
WARMUP:2:10 PM - 2:50 PM, Events 3:00 PM

Girls Event #	10 & Under Prelim Events	Boys Event #
42	10 & Under 200 YD Medley Relay	43
44	10 & Under 50 YD Butterfly	45
46	10 & Under 100 YD Breaststroke	47
48	10 & Under 200 YD Freestyle	49
50	10 & Under 100 YD Backstroke	51
52	10 & Under 50 YD Freestyle	53

10 & Under Session
Sunday, December 6, 2026
WARM-UP: 2:10 PM - 2:50 PM, Events 3:00 PM

Girls Event #	10 & Under Prelim Events	Boys Event #
82	10 & Under 200 YD Freestyle Relay	83
84	10 & Under 100 YD IM	85
86	10 & Under 50 YD Backstroke	87
88	10 & Under 100 YD Butterfly	89
90	10 & Under 50 YD Breaststroke	91
92	10 & Under 100 YD Freestyle	93

2026 Christmas Championships

Finals Session
Saturday, December 5, 2026
OPEN WARM-UP: 6:00 PM - 6:20 PM, Events 6:30 PM

Girls Event #	Finals Events	Boys Event #
22	13-14 / 15 & Over 100 YD Butterfly	23
44	10 & Under 50 YD Butterfly	45
32	11-12 50 YD Butterfly	33
18	13-14 / 15 & Over 50 YD Breaststroke	19
46	10 & Under 100 YD Breaststroke	47
34	11-12 100 YD Breaststroke	35
24	13-14 / 15 & Over 200 YD Breaststroke	25
50	10 & Under 100 YD Backstroke	51
38	11-12 100 YD Backstroke	39
28	13-14 / 15 & Over 200 YD Backstroke	29
26	13-14 / 15 & Over 100 YD Freestyle	27
52	10 & Under 50 YD Freestyle	53
40	11-12 50 YD Freestyle	41
20	13-14 / 15 & Over 200 YD Freestyle	21

Finals Session
Sunday, December 6, 2026
OPEN WARM-UP: 6:00 PM - 6:20 PM, Events 6:30 PM

Girls Event #	Finals Events	Boys Event #
62	13-14 / 15 & Over 100 YD Backstroke	63
88	10 & Under 100 YD Butterfly	89
76	11-12 100 YD Butterfly	77
56	13-14 / 15 & Over 50 YD Butterfly	57
86	10 & Under 50 YD Backstroke	87
74	11-12 50 YD Backstroke	75
64	13-14 / 15 & Over 200 YD Butterfly	65
66	13-14 / 15 & Over 100 YD Breaststroke	67
84	10 & Under 100 YD IM	85
72	11-12 100 YD IM	73
60	13-14 / 15 & Over 200 YD IM	61
90	10 & Under 50 YD Breaststroke	91
78	11-12 50 YD Breaststroke	79
68	13-14 / 15 & Over 50 YD Freestyle	69
92	10 & Under 100 YD Freestyle	93
80	11-12 100 YD Freestyle	81
58	13-14 / 15 & Over 50 YD Backstroke	59