

PVS 2011 Short Course 14 & Under Junior Olympic Championships

March 17-20, 2011

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-11-56**

Hosted for PVS by: Machine Aquatics

Entries due to Meet Manger by: Tuesday March 1, (check on club deadline)

Thursday Warm up: 4:30-5:20 pm Events: 5:30 pm

Friday-Sunday 13 & O Warm up: 6:00-7:20 am Events: 7:30 am

Friday-Sunday 11-12 Warm up: 10:30-11:30 am Events: 11:40 am

Friday-Sunday 9-10 Warm up: 2:00-2:45 pm Events: 2:55 pm

FINALS: Warm up: 5:15-6:05 pm Events: 6:15 pm

Meet Host/Director:	Machine Aquatics Paris Jacobs, paris@machineaquatics.com , 571-238-7657 2314 Toddsbury Place, Reston, VA 20191
Meet Referee:	Pam Stark-Reed pesreed@yahoo.com
Admin Referee:	Tim Husson thusson@comcast.net
Club Official's Chair:	Scott Robinson officials@machineaquatics.com This meet will be an N2 Officials Qualification Meet. Additional information to follow. Please contact Scott Robinson by March 10, 2011 if you are interested in being an Official for this meet. You may also submit an Application to Officiate . Those officials desiring to be evaluated at this meet must submit a Request for Evaluation to the Meet Referee no later than March 10. You can review information about the National Certification Program on the USA Swimming website .
Facility:	Fairland Aquatic Center: 13820 Old Gunpowder Rd, Laurel, MD 20707, 301-362-6060 <ul style="list-style-type: none"> • 8 lane, 50 meter with minimal separate warm up/cool down facility • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). • The water depth at both the starting and turn ends range from 5' to 6' in the shallow end course and 7' to 13' in the deep end course.
Eligibility:	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes. • Swimmers may only participate in his or her own age group, based upon their age on the first day of the meet. • Swimmers must have equaled or bettered the applicable SCY or LCM times listed. • Times achieved prior to March 17, 2009 will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed or approved meets. • Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event, will result in the swimmer being scratched from that event. • If a swimmer is entered with NT, they will be removed from that event. • Distance Entries: Any swimmer who qualifies for the 1000yd and/or 1650 yd freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle.
Disability Swimmers:	PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the 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.
Rules:	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern the meet. • A swimmer may enter and compete in a maximum of 6 individual events and no more than 3 individual events per day. • A club may enter up to 3 relay teams per relay events, but only two relays teams per club per event may score. • SCY seed times are conforming for this meet. LCM seed times will be seeded after SCY times. • No late entries are permitted for this meet. • No on-deck USA-S registration is permitted • The use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy. • Swimmers in the meet, unaccompanied by a USA-S coach must be certified by USA-S as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. • Dive-over starts may be used during the preliminary sessions at this meet at the discretion of the Meet Manager and/or Meet Referee. • To help our athletes perform their best, the Age Group Chair and Meet Management may add a break (up to 5 minutes) between each event if meet entries warrant, should the time line permit.
Event Rules:	<ul style="list-style-type: none"> • All individual events are trials and finals except the 11-12 and 10 & Under 500 Freestyle and the 14 & Under 1000 & 1650 yd Freestyle. • Except where otherwise noted the 10 & Under events will have 1 heat at Finals, the 11-12, 12 & Under, 13-14 and 14 & Under events will have 2 heats at Finals, swum in the order of "B", then "A". • The 11-12 500 yd freestyle and the 14 & U1000 yd and 1650 yd Freestyle events will be swum fastest to slowest, in two different courses. If entries are lower than expected then the two course may be combined and the events will alternate women and men. • The fastest heat of the Women's 14&U 1000yd Freestyle and the Men's 14&U 1650yd Freestyle will be swum as the first events at Finals on Sunday. • Swimmers of the 1000 yd and 1650 yd events are responsible for providing their own timer and counter; except for those swimming in Finals on Sunday. • All 200 yd and 400 yd relays are timed finals and will be swum in the preliminary sessions. Except the fastest heat of the 13-14 800 yd Freestyle relays will be swum as the last event during Friday evening. • It is anticipated that boys and girls will swim in separate courses. Plan your events accordingly.
Withdrawing from Finals:	<p>PVS scratch rules apply for swimmers scratching finals.</p> <p>If you do not wish to swim in the Final, you may "scratch" from the event by following this procedure:</p> <p>You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" or "B" finals, if scheduled.</p> <p>You may declare intent to "scratch". You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the</p>

	<p>appropriate space for “intent”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.</p> <p>If an athlete fails to properly scratch from an event and does not appear for the “Final” event, they “shall be barred from further competition of the remainder of the meet.”</p>
Positive Check In:	<p>Positive check-in is required for all individual and relay events 400 yds and over. Swimmers who do not check-in will be scratched from that event. Athletes who have checked in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event.</p> <p>If the size of the PVS 14 & Under Championships warrant, positive check-in for individual events 200 yds or shorter may be announced.</p>
Warm Up:	<p>The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of Warm-up, including times and lane assignments.</p> <p>During the meet if there are continuous warm-up/cool-down lanes, Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.</p>
Supervision:	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
Scoring:	<p>Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</p> <p>Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</p>
Awards:	<ul style="list-style-type: none"> • Medals will be awarded 1st through 8th place for individual events and 1st through 3rd place for relay events. • High point awards will be presented to the male and female athlete with the highest point total in individual events in the following age groups: 10 & Under, 11-12, 13-14. • Relay events will not be used to determine high point awards.
Programs:	Programs for all sessions will be available for \$10. Programs will include coupons for finals programs for each evening free of charge.
Credentials:	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 their current USA Swimming card with them at all times.
Officials & Timers:	<ul style="list-style-type: none"> • Each participating club is requested to provide at least one table worker or official (referee, starter or stroke & turn judge) per session if entering 25 or more splashes • All certified officials wishing to volunteer please contact the appropriate club official’s chair prior to March 10. • Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries. • The Meet Director may send out a request for timers based upon entries.
Entry Procedures:	<ul style="list-style-type: none"> • Entries should be submitted using Hy-Tek Team Manager. • Entry file: 11-56-events.zip • Include in the subject of the email, “2011 PVS 14&U Junior Olympic Champs - ***” with the clubs initials in place of the asterisks. Also include training site if your club submits multiple entry files. • Meet Directors are requested to acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the meet director.

	<ul style="list-style-type: none"> • Individual event fee: \$5.50, Relays \$10 (make checks payable to PVS) • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. • 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 and no further entries will be accepted from that club until the said fine is paid. • All Relay-only swimmers must be listed on the meet entry in order to participate in the meet
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatic Center and Machine Aquatics shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>	

Thursday, March 17, 2011
Distance Events

Warm up: 4:30-5:20pm, Events: 5:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
1	6:07.99	5:28.39	11-12 500 yd Freestyle	6:08.29	5:28.69	2
3	20:29.99	21:26.69	14 & Under 1650 Freestyle			
			14 & Under 1000 Freestyle	11:39.99	10:47.09	4
<p>All Events are Positive check-in Positive Check-in deadline for 500 Freestyle is 5:00 pm Positive Check-in deadline for 1650 Freestyle and 1000 Freestyle is 5:30 pm The 11-12 500 Free, Women's 14 & U 1650 and Men's 14 & U 1000 are time finals and will be swum fastest to slowest.</p>						

Friday, March 18, 2011
13-14 Prelim Events

Warm up: 6:00-7:20 am, Events: 7:30 am

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
5	NT	NT	13-14 200 Medley Relay	NT	NT	6
11	1:15.59	1:26.59	13-14 100 yd Breaststroke	1:10.99	1:23.49	12
17	2:06.39	2:23.39	13-14 200 yd Freestyle	1:59.99	2:19.99	18
23	1:06.49	1:15.69	13-14 100 yd Butterfly	1:04.29	1:14.19	24
29	5:06.99	5:49.59	14 & Under 400 Individual Medley	4:55.99	5:57.09	30
37	9:30.99	10:45.19	13-14 800 Freestyle Relay	9:30.99	10:45.19	38
<p>400 IM and 800 Freestyle Relay are Positive Check-in The fastest heat of the 800 Freestyle Relay will swim at Finals Positive check-in deadline for 400 IM and 800 Free Relay is 8:00 am</p>						

Friday, March 18, 2011

11-12 Prelim Events

Warm up: 10:30-11:30 am, Events: 11:40 am

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
7	2:13.99	2:23.49	11-12 200 yd Medley Relay	2:13.99	2:25.49	8
9	2:35.99	2:59.69	12 & Under 200 yd Backstroke	2:37.99	3:04.19	10
15	37.89	42.99	11-12 50 yd Breaststroke	38.09	44.09	16
21	1:03.29	1:11.09	11-12 100 yd Freestyle	1:03.49	1:11.59	22
27	32.59	37.29	11-12 50 yd Butterfly	32.59	37.59	28
33	2:38.09	2:59.59	11-12 200 yd Individual Medley	2:38.99	3:02.49	34

Friday, March 18, 2011 10 & Under Prelim Events

Warm up: 2:00-2:45 pm, Events: 2:55 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
13	43.89	49.59	10 & Under 50 yd Breaststroke	44.59	50.39	14
19	1:13.69	1:24.09	10 & Under 100 yd Freestyle	1:13.19	1:22.69	20
25	37.79	42.69	10 & Under 50 yd Butterfly	38.89	43.99	26
31	3:01.99	3:30.19	10 & Under 200 Individual Medley	3:03.99	3:31.29	32
			10 & Under 500 yd Freestyle	7:34.99	6:26.39	36
500 Freestyle is Positive Check-in 500 Freestyle is a Timed Finals event Positive check-in deadline for 500 Freestyle is 3:15 pm						

Friday, March 18, 2011 FINALS

Warm up: 5:15-6:05 pm, Events: 6:10 pm

Women's Events #	Event	Men's Event #
9	12 & Under 200 yd Backstroke	10
11	13-14 100 yd Breaststroke	12
13	10 & Under 50 yd Breaststroke	14
15	11-12 50 yd Breaststroke	16
17	13-14 200 yd Freestyle	18
19	10 & Under 100 yd Freestyle	20
21	11-12 100 yd Freestyle	22
23	13-14 100 yd Butterfly	24
25	10 & Under 50 yd Butterfly	26
27	11-12 50 yd Butterfly	28
29	14 & Under 400 yd Individual Medley	30
31	10 & Under 200 yd Individual Medley	32

33	11-12 200 yd Individual Medley	34
37	13-14 800 yd Freestyle Relay	38
The fastest heat of 800 Free Relay swims in Finals		

Saturday, March 19, 2011

13-14 Prelim Events

Warm up: 6:00-7:20 am, Events: 7:30 am

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
39	1:52.99	2:09.89	13-14 200 yd Freestyle Relay	1:47.99	2:04.29	40
45	2:23.69	2:44.99	13-14 200 yd Individual Medley	2:18.49	2:41.49	46
51	2:42.09	3:08.09	13-14 200 yd Breaststroke	2:36.99	3:00.99	52
57	1:06.39	1:15.49	13-14 100 yd Backstroke	1:03.99	1:14.29	58
63	27.09	30.59	13-14 50 yd Freestyle	25.69	28.99	64
69	5:37.99	5:01.69	13-14 500 yd Freestyle	5:25.99	4:57.39	70
71	4:44.99	5:21.99	13-14 400 yd Medley Relay	4:40.99	5:17.49	72

500 Freestyle and 400 Medley Relay are Positive Check-in
Positive check-in deadline for 500 Free and 400 Medley Relay is 8:00 am

Saturday, March 19, 2011

11-12 Prelim Events

Warm up: 10:30-11:30 am, Events: 11:40 am

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
41	1:57.99	2:15.59	11-12 200 yd Freestyle Relay	1:57.99	2:15.59	42
43	2:52.99	3:10.19	12 & Under 200 yd Butterfly	2:40.99	3:12.09	44
49	1:13.29	NA	11-12 100 yd Individual Medley	1:13.09	NA	50
55	1:21.99	1:32.39	11-12 100 yd Breaststroke	1:24.19	1:36.29	56
61	34.09	38.79	11-12 50 yd Backstroke	34.09	39.19	62
67	2:18.49	2:35.89	11-12 200 yd Freestyle	2:18.49	2:39.19	68
73	4:59.99	5:38.99	11-12 400 yd Medley Relay	5:00.99	5:40.09	74

400 Medley Relay is Positive Check-in
Positive check-in deadline for 400 Medley Relay is 12:00 noon

Saturday, March 19, 2011

10 & Under Prelim Events

Warm up: 2:00-2:45 pm, Events: 2:55 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
47	1:24.19	NA	10 & Under 100 yd Individual Medley	1:23.89	NA	48
53	1:35.49	1:48.49	10 & Under 100 yd Breaststroke	1:36.39	1:50.09	54
59	38.59	43.99	10 & Under 50 yd Backstroke	38.79	44.29	60
65	2:42.99	3:07.09	10 & Under 200 yd Freestyle	2:42.99	3:05.29	66
75	2:37.99	3:00.79	10 & Under 200 yd Medley Relay	2:37.99	3:00.79	76

Saturday, March 19, 2011
FINALS

Warm up: 5:15-6:05 Events: 6:10 pm

Women's Events #	Event	Men's Event #
43	12 & Under 200 yd Butterfly	44
45	13-14 200 yd Individual Medley	46
47	10 & Under 100 yd Individual Medley	48
49	11-12 100 yd Individual Medley	50
51	13-14 200 yd Breaststroke	52
53	10 & Under 100 yd Breaststroke	54
55	11-12 100 yd Breaststroke	56
57	13-14 100 yd Backstroke	58
59	10 & Under 50 yd Backstroke	60
61	11-12 50 yd Backstroke	62
63	13-14 50 yd Freestyle	64
65	10 & Under 200 yd Freestyle	66
67	11-12 200 yd Freestyle	68
69	13-14 500 yd Freestyle	70

Sunday, March 20, 2011
13-14 Prelim Events

Warm up: 6:00-7:20 am, Events: 7:30 am

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
77	4:09.99	4:42.49	13-14 400 yd Freestyle Relay	3:57.79	4:28.69	78
85	2:23.49	2:43.29	13-14 200 yd Backstroke	2:16.79	2:42.09	86
91	58.49	1:04.89	13-14 100 yd Freestyle	55.59	1:03.69	92
97	2:32.09	2:57.49	13-14 200 yd Butterfly	2:28.59	2:47.59	98
103	11:59.99	10:42.59	14 & Under 1000 yd Freestyle			
			14 & Under 1650 yd Freestyle	19:29.99	21:32.89	104
400 Freestyle Relay is positive Check-in Positive check-in deadline for 400y Free Relay is 6:30 am Positive check-in deadline for 1000/1650 is 6:30 pm Saturday						

Sunday, March 20, 2011
11-12 Prelim Events

Warm up: 10:30-11:30 am, Events: 11:40 am

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
79	4:15.99	4:49.29	11-12 400 yd Freestyle Relay	4:15.99	4:49.29	80
83	2:54.99	3:23.59	12 & Under 200 yd Breaststroke	2:55.19	3:23.59	84

89	1:12.49	1:22.49	11-12 100 yd Backstroke	1:12.79	1:23.29	90
95	28.79	32.79	11-12 50 yd Freestyle	28.59	32.59	96
101	1:14.29	1:23.99	11-12 100 yd Butterfly	1:14.99	1:25.89	102
400 Freestyle Relay is positive Check-in Positive check-in deadline for 400y Free Relay is 10:40 am						

Sunday, March 20, 2011
10 & Under Prelim Events
Warm up: 2:00-2:45 pm, Events: 2:55 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
81	2:15.99	2:35.89	10 & Under 200 yd Freestyle Relay	2:15.99	2:38.19	82
87	1:24.19	1:36.29	10 & Under 100 yd Backstroke	1:24.79	1:37.59	88
93	32.99	37.29	10 & Under 50 yd Freestyle	32.59	37.19	94
99	1:31.19	1:44.19	10 & Under 100 yd Butterfly	1:33.19	1:47.59	100
105	7:24.99	6:37.19	10 & Under 500 yd Freestyle			
500 Freestyle is Positive Check-in 500 Freestyle is a Timed Finals event Positive check-in deadline for 500 Freestyle is 3:15 pm						

Sunday, March 20, 2011
FINALS

Warm up: 4:50-5:50 pm, Events: 6:00 pm

Women's Events #	Event	Men's Event #
103	14 & Under 1000 yd Freestyle	
	14 & Under 1650 yd Freestyle	104
83	12 & Under 200 yd Breaststroke	84
85	13-14 200 yd Backstroke	86
87	10 & Under 100 yd Backstroke	88
89	11-12 100 yd Backstroke	90
91	13-14 100 yd Freestyle	92
93	10 & Under 50 yd Freestyle	94
95	11-12 50 yd Freestyle	96
97	13-14 200 yd Butterfly	98
99	10 & Under 100 yd Butterfly	100
101	11-12 100 yd Butterfly	102