

Virginia State
 LC Championships
 May 27-29, 2011
 Sponsored by Potomac Marlins Swim Team
 Sanctioned by USA Swimming through Potomac Valley Swimming
Sanction # PVI-11-68

Meet Director	Bill Marlin 3212 Allness Lane Herndon, VA 20171 571-334-0987
Meet Referee	Peter Nichols peternic@verizon.net
Potomac Marlins Officials Chair	Brian Baker marlinofficialscoordinator@gmail.com
Location / Facility	<u>Oak Marr Recreation Center</u> 3134 Jermantown Road Oakton, VA 22124 The competition course has been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). The competition course is 8 lanes by 50 meters. The depth at the starting end of the pool is 14.5 feet. The depth at the bulkhead turning end of the pool is 4.5 feet.
Meet Hotels	<u>www.hotels.com</u> Type in the address for Oak Marr Rec. Center: 3134 Jermantown Road Oakton, VA 22124
Schedule	Friday Warm-ups: 5:00 - 6:00 PM Events at 6:10 PM 13 & Over warm-ups for Saturday & Sunday: 6:30-7:30 a.m. Events 7:40 a.m. 12 & Under warm-ups for Saturday & Sunday 12:30 p.m. - 1:30 p.m. Events at 1:40 p.m. Finals Saturday & Sunday: Warm-up 4:30-5:30pm Events at 5:40 pm
Awards	All 14 & under events will receive medals for 1st through 8th place for individual events. High point awards will be presented to first place boys and girls in each age group and the open category.
Eligibility	Open to all registered PVS athletes and <u>invited</u> USA athletes who meet the established NST Qualifying Times.

	<p>The Qualifying Time Period is April 1, 2009 thru the entry deadline. Host team may bring in additional 12 & Under swimmers who do not meet the qualifying times to help with meet volunteer work force.</p>
Rules	<p>The meet will be capped at approx. 3,200 entries.</p> <p>Current USA Swimming rules shall govern the meet. A contestant may participate in only his or her own age group events or in open events which are open to all ages. <u>Contestants may enter a maximum of seven (7) individual events with no more than three (3) individual events per day.</u> Swimmers shall compete at the age attained on the first day of the meet.</p> <p>Fly over starts will be used during prelims.</p> <p><u>Meet Manager reserves the right to Positive Check-In all 50 & 100 meter events in the interest of manageable time lines.</u></p> <p><u>Meet Manager also reserves the right to adjust warm-up times for the 12 & Under sessions and Monday's Distance session after entries have come in.</u></p> <p>Individual Events</p> <p>All 10&U and 11-12 events are timed finals.</p> <p>The 13-14 and Open 400 Free and 400 IM are Timed Finals and will swim fastest to slowest.</p> <p>All 13-14 and Open individual events will have a "B" final and an "A" final heat. The "B" final for all events will be swum first.</p> <p>All events 200 meters and longer require positive check-in.</p> <p>The 11-12 400 freestyle and 400 IM and 10 & U 400 freestyle will be swum fastest to slowest.</p> <p>Yard times will be the conforming times for this meet. LCM times will be seeded after SCY times.</p> <p>No on-deck USA-S registration will be permitted.</p> <p><u>The use of equipment capable of taking pictures</u> (i.e. cell phones, cameras, PDS's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</p> <p><u>The practice of deck changing is prohibited</u> at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy.</p> <p><u>Swimmers in the meet, unaccompanied by a USA-S coach</u> must</p>

	<p>be certified by a USA-S coach 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. (this statement can either be under RULES or SUPERVISION).</p>
Relay Events	There are no relays at this meet.
Warm-up / Cool-Down	There is no warm-up / cool-down water available however, a single 15 minute break will be scheduled in the middle of each session for warm-up / cool-down.
Inclusion Policy for Swimmers with a Disability	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 the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
Time Trials	There will be no time trials conducted at this meet.
PVS Check-in Policy	For those events requiring positive check-in, athletes shall designate their intention to swim the event on the forms provided at the scratch table. 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, unless excused by the Referee.
PVS Scratch Policy	<p>If you do not wish to swim in the Final, you may "Scratch" from the event by following the proper procedure:</p> <p>You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" finals or "B" finals, if scheduled.</p> <p>You may declare an intent to "scratch." You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent." You must rescind or "pull" this intent 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 for the remainder of the meet".</p>
Scoring	Individual: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1
Warm-Up	The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.
Supervision	Coaches are responsible for the conduct of their Swimmers and Families and for cleaning up their team areas. Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Working Coaches & deck officials are required to display

	their 2011 USA Swimming card. Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck.
Admission	There is no admission charge.
Concessions	There will be concessions for swimmers and spectators.
Programs	Meet programs will be available for \$3.00 per session. Finals programs will be free of charge while supplies last.
Officials	All certified officials wishing to volunteer to work this meet please contact the Potomac Marlins Officials Chairman, Brian Baker at: marlinsofficialscoordinator@gmail.com prior to May 17th, 2011. Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the computer table at the start of warm-up. Certified officials who have not been contacted should volunteer their services to the Referee.
Seating	Due to the limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck.
Warning	Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.
Entries	<p>Entries may be sent via e-mail.</p> <p><u>Short Course entry times are considered conforming times for this meet and will be seeded a head of LC entry times. Entry Times must be achieved as of April 1, 2009.</u></p> <ol style="list-style-type: none"> 1. Entries must arrive by the due date and time. 2. Include with your commlink file one (1) report by name. Create this report in Team Manager and save as Word for Windows files. <u>You must also check the box for "proof of time"</u> 3. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact). 4. Send e-mail to coach_bill@verizon.net 5. Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt. <p>Entries may be sent via mail/express mail/ etc.</p> <p>Computer disk entries (Hy-tek) are encouraged. Disk entries require one (1) meet entry report by name from Team Manager. Entries may also be submitted on a PVS Master Entry Sheet. All entries must included a completed "Entry Cover Sheet."</p> <p>Events file for use in Team Manager is available at</p>

	<p>http://pvswim.org/schedule.html</p> <p>No late/deck entries are permitted for this meet.</p> <p>The meet director will not accept phone or fax entries.</p> <p>If using a mail service (Fed Ex, UPS, etc.) sign the waiver allowing the service to leave your entries without requiring a signature.</p> <p>Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible club official will not be accepted.</p>
Fees	<p>Fees for individual events are \$7.00.</p> <p>Each participating Club is requested to remit one check to cover the entry fee for the entire team. Do not send cash. Make checks payable to POTOMAC MARLINS. Entry fees are due with entries.</p>
Entry Deadline	<p>The entry dead line is 5:00 p.m., Monday, May 16th, 2011.</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>
Send Entries To	<p>Bill Marlin 3212 Allness Lane Herndon, VA 20171</p> <p>E-Mail entries will be accepted. Send electronic entries including meet entry reports to: coach_bill@verizon.net</p> <p>Entry fee check must be received by May 24th, 2010</p>
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, (the name of the facility) and (the name of the hosting club) shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>	

Friday, May 27th, 2011 @ Oak Marr
Warm-up 5:00-6:00 p.m. Events at 6:10 p.m.

All Events Timed Finals
Positive Check in closes 30 minutes after the start of warm-ups

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
1	5:39.99	5:05.99	13-14 400 Free	5:29.99	4:58.99	2
3	5:24.99	4:51.99	Open 400 Free	5:04.99	4:35.99	4
5	6:14.99	5:38.99	11-12 400 Free	6:14.99	5:38.99	6
7	5:10.99	5:54.99	13-14 400 IM	5:00.99	5:47.99	8
9	4:59.99	5:41.99	Open 400 IM	4:35.99	5:18.99	10
11	5:29.99	6:16.99	11-12 400 IM	5:29.99	6:16.99	12

Saturday, May 28th, 2011 @ Oak Marr
Warm-up 6:30-7:30 a.m. Events at 7:40 a.m.

Positive Check in closes 30 minutes after the start of warm-ups

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
13	2:38.99	2:59.99	13-14 200 Fly	2:29.99	2:52.99	14
15	2:24.99	2:43.99	Open 200 Fly	2:14.99	2:35.99	16
17	1:09.99	1:21.99	13-14 100 Back	1:07.99	1:20.99	18
19	1:06.99	1:17.99	Open 100 Back	1:00.99	1:12.99	20
21	28:19	32.39	13-14 50 Free	27.29	31.79	22
23	27.09	31.09	Open 50 Free	24.29	28.29	24
25	2:51.99	3:15.99	13-14 200 Breast	2:43.99	3:10.99	26
27	2:43.99	3:06.99	Open 200 Breast	2:32.99	2:57.99	28
29	2:10.99	2:29.99	13-14 200 Free	2:07.99	2:27.99	30
31	2:02.99	2:20.99	Open 200 Free	1:53.99	2:11.99	32

Sunday, May 29th, 2011 @ Oak Marr
Warm-up 6:30-7:30 a.m. Events at 7:40 a.m.
Positive Check in closes 30 minutes after the start of warm-ups

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
33	1:09.99	1:18.99	13-14 100 Fly	1:06.99	1:15.99	34
35	1:03.99	1:12.99	Open 100 Fly	58.99	1:07.99	36
37	2:31.99	2:56.99	13-14 200 Back	2:25.99	2:50.99	38
39	2:23.99	2:48.99	Open 200 Back	2:14.99	2:39.99	40
41	2:29.99	2:52.99	13-14 200 IM	2:23.99	2:48.99	42
43	2:21.99	2:44.99	Open 200 IM	2:10.99	2:35.99	44
45	1:19.99	1:31.99	13-14 100 Breast	1:13.99	1:25.99	46
47	1:14.99	1:26.99	Open 100 Breast	1:07.99	1:19.99	48
49	1:00.99	1:09.99	13-14 100 Free	58.99	1:07.99	50
51	57.99	1:05.99	Open 100 Free	52.99	1:00.99	52

Saturday, May 28th, 2011 @ Oak Marr
Warm-up 11:30 a.m. - 12:20 p.m. Events at 12:30 p.m.
All events are timed finals
Positive Check in closes 30 minutes after the start of warm-ups

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
53	1:17.99	1:28.99	11-12 100 Fly	1:17.99	1:28.99	54
55	1:35.99	1:48.99	9-10 100 Fly	1:35.99	1:48.99	56
57	29.99	33.99	11-12 50 free	29.99	33.99	58
59	33.99	38.99	9-10 50 Free	33.99	38.99	60
61	2:59.99	3:24.99	11-12 200 Breast	2:59.99	3:24.99	62
63	45.99	50.99	9-10 50 Breast	45.99	50.99	64

65	38.99	43.99	11-12 50 Breast	38.99	43.99	66
67	1:25.99	1:40.99	9-10 100 Back	1:25.99	1:40.99	68
69	1:14.99	1:27.99	11-12 100 Back	1:14.99	1:27.99	70
71	2:49.99	3:14.99	9-10 200 Free	2:49.99	3:14.99	72
73	2:19.99	2:39.99	11-12 200 Free	2:19.99	2:39.99	74

Sunday, May 29th, 2011 @ Oak Marr Warm-up 11:30 a.m. - 12:20 p.m. Events at 12:30 p.m. All events are timed finals Positive Check in closes 30 minutes after the start of warm-ups						
GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
75	2:44.99	3:09.99	11-12 200 IM	2:44.99	3:09.99	76
77	3:06.99	3:35.99	9-10 200 IM	3:06.99	3:35.99	78
79	1:04.99	1:13.99	11-12 100 Free	1:04.99	1:13.99	80
81	1:14.99	1:25.99	9-10 100 Free	1:14.99	1:25.99	82
83	33.99	38.99	11-12 50 Fly	33.99	38.99	84
85	39.99	44.99	9-10 50 Fly	39.99	44.99	86
87	2:54.99	3:18.99	11-12 200 Fly	2:54.99	3:18.99	88
89	1:39.99	1:54.99	9-10 100 Breast	1:39.99	1:54.99	90
91	1:25.99	1:38.99	11-12 100 Breast	1:25.99	1:38.99	92
93	39.99	44.99	9-10 50 Back	39.99	44.99	94
95	34.99	39.99	11-12 50 Back	34.99	39.99	96
97	2:39.99	3:06.99	11-12 200 Back	2:39.99	3:06.99	98
99	7:39.99	6:53.99	9-10 400 Free	7:39.99	6:53.99	100

