

Information for Coaches
Potomac Valley Swimming Junior Olympics
March 15-18

Meet Referee: Barbara Ship

Admin Referee: Tim Husson

Meet Director: Paris Jacobs

Pool set-up: We will be using 2 pools for the distance session on Thursday evening and for each 12 and under prelim session. We will be using one pool for the combined 13-14 prelim sessions (except for the distance on Sunday when we will split out into two pools). When two pools are in use, there will be a few lanes in between the two pools which will be available for continuous warm-up/warm-down during the meet (swimming only – no diving), and the back pool will also be available for warm-up/warm-down. During the 13-14 prelim sessions, the unused pool will be available for continuous warm-up/warm-down. During the meet, 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.

Warm-ups: for prelims, warm-ups will be assigned by meet management except for Thursday night (which will be open.... the first half of warm-up will be open, the second half will include sprint and pace lanes). Warm-up schedules will be posted around the pool. During assigned warm-up, coaches may utilize their lanes for general warm-up, pace and one-way sprints. Feet first entry only when warm-up begins. All must enter from start end only. Coaches are expected to supervise warm-ups in their assigned lanes.

Positive Check-in. Positive check-in is for all individual events and relay events 400 yds and over. For those who have checked in for a positive check-in event, been seeded, and fail to compete, the swimmer will be barred from their next event unless excused by the **Meet Referee** prior to the event. Please note – if a swimmer needs to be excused for illness, injury or some other unusual circumstance, talk with the **Meet Referee**.

Note that positive check-in for the Sunday distance events must be done by Saturday evening at 6:30 PM. Positive check-in will follow the revised schedule to be posted on the PVS Website.

No Shows during prelims. For pre-seeded events, a no show has no penalty but there will be no reseeds. (An appeal on this call can be requested from the **Meet Referee** if the swimmer is present but precluded from swimming by outside interference.)

Scratch Policy. For Finals, a swimmer who qualifies for finals will be seeded into finals unless he/she follows proper scratch procedure per the meet announcement. If your swimmer does not wish to swim in finals, he/she may scratch from the event by completing a PVS Finals

Scratch Slip within 30 minutes of the announcement of qualifiers for finals. Your swimmer may declare “intent to scratch” by completed a PVS Finals Scratch Slip within 30 minutes of the announcement and marking the appropriate space for “intent”. If your swimmer declares an “intent to scratch” and does not wish to swim finals, he/she must confirm his/her scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of his/her last preliminary event of the day or he/she will be automatically seeded into the event. If your swimmer is seeded into finals, the swimmer must appear for finals or he/she will be barred from the rest of the meet. If he/she encounters an injury, other medical problem, or unusual circumstance following the completion of seeding finals, please makes a request to **Meet Referee**.

Swim Offs. In the event of a potential swim-off, the swim-off will occur at a time set by the deck referee but no more than 45 minutes after the last heat of the last event in which any one of the swimmers is competing.

Disability. If any swimmer is competed with a disability and requires accommodation (e.g. strobe, lane placement change), please make sure that you or your athlete provides advance notice of desired accommodation to the meet director if you have not already done so, and to the session referee prior to competition.

Limited Deck Space. Swimmers will not be permitted to bring deck chairs. Parents will not be allowed to accompany a swimmer on deck. Only parents working with the meet will be permitted on deck.

Timers. Please encourage your parents to volunteer to time. It is the only way we can get accurate times for all swimmers. We would like a minimum of 2 timers on each lane at all times.