

PVS January Distance Meet
At [Lee District](#)
January 5-6, 2013
Sanction #PVS-13-30
[Meet Announcement](#)

IMPORTANT INFORMATION

- Lee District will be swum as a 10 lane course on both Saturday (1650 yd free) and Sunday (1000 yd free).
- There will be an opportunity for continuous warm-up/cool down throughout the meet.
- The size of the meet makes it important for the meet to stay on schedule on both days.
COACHES AND SWIMMERS MUST MAKE SURE THAT EACH SWIMMER IS READY TO SWIM AND THAT THEIR TIMER (REQUIRED) AND LAP COUNTER ARE IN PLACE PRIOR TO THE CONCLUSION OF THE PRIOR HEAT.

INSTRUCTIONS

- Swimmers should check in at the positive check-in table as soon as they arrive at the pool.
- Heats will be swum fastest to slowest, alternating women and men, with the women going first.
- A rolling check-in will be used. Heats will be seeded based upon the next available heat of swimmers.
- Lane assignments for each heat will be determined approximately 15 minutes prior to the time the heat starts.
- The heat start times posted below are approximate, be sure to check in promptly.
- All swimmers will be provided with a lane timing card showing their heat and lane assignment when they have been seeded into a heat.
- Once a heat is seeded, meet management is not required to reseed it for any reason.
- The final heat or two may be a combined heat of women and men to produce full heats.

SEEDING PROCEDURES

- Swimmers will be seeded based upon the order shown on the attached psych sheet for each event.
- Swimmers with a provable entry time in an event were seeded prior to swimmers entered with a time from the next shorter distance.
- Waivers were granted to some swimmers. This determined their right to enter an event. However, the swimmers with waivers were seeded after the above two categories based upon their best provable time for the longest freestyle distance they had swum. Longer distances were seeded before shorter distances.
- LCM times were seeded as non-conforming times for the appropriate equivalent distance and seeded ahead of swimmers who entered shorter conforming distance entry times.
- An entry time shown on the psych sheet were generally adjusted for those swimmers granted waivers and was done in order to permit them to be seeded consistent with the above criteria.
- Coaches who believe their swimmers may have been improperly seeded should contact, Bill Marlin, PVS Distance Coordinator, to request a review of how their swimmer was seeded. If swimmers could have entered based on an intermediate time, please provide specific information including the meet, date and event. Please submit no later than 5:00 pm Thursday January 3.

- Parents or swimmers with concerns should contact their coach or team meet entry coordinator as the Meet Director and Distance Coordinator will only respond to inquiries received from coaches or team meet entry coordinators.
- It is anticipated that there will be no more than 9 heats of the women's 1650 and no more than 12 heats of the men's 1650 on Saturday.
- Depending on the number of scratches, there may be few heats required and the last heat may be combined to form a full heat.
- For Sunday (1000 free) it is anticipated to be no more than 18 heats of women's 1000 and 17 heats of men's 1000. Depending on the number of scratches there may be few heats required and the final heats may be combined.
- The heat times list below for both the 1650 yd Free and the 1000 yd Free are a best guess estimate. Plan to arrive with the knowledge that the actual swim times may differ based upon actual scratches.

Estimated Heat Start times for Saturday
1650 Freestyle
Warm up: 7:00-8:00 am, Events 8:10 am

Women	Men
Heat #1 (Women's heat #1): 8:10 am	Heat #2 (Men's heat #1): 8:29 am
Heat #3 (Women's heat #2): 8:47 am	Heat #4 (Men's heat #2): 9:06 am
Heat #5 (Women's heat #3): 9:24 am	Heat #6 (Men's heat #3): 9:45 am
Heat #7 (Women's heat #4): 10:04 am	Heat #8 (Men's heat #4): 10:25 am
Heat #9 (Women's heat #5): 10:45 am	Heat #10 (Men's heat #5): 11:08 am
Heat #11 (Women's heat #6): 11:28 am	Heat #12 (Men's heat #6): 11:52 am
Heat #13 (Women's heat #7): 12:14 pm	Heat #14 (Men's heat #7): 12:35 pm
Heat #15 (Women's heat #8): 12:58 pm	Heat #16 (Men's heat #8): 1:20 pm
Heat #17 (Women's heat #9): 1:39 pm If needed	Heat #18 (Men's heat #9): 2:00 pm If needed
Heat #19 (Women's heat #10): 2:21 pm If needed	Heat #20 (Men's heat #10): 2:42 pm If needed
Heat #21 (Women's heat #11): 3:03 pm If needed	

Estimated Heat Start times for Sunday
1000 Freestyle
Warm up: 7:00-8:00 am, Events 8:10 am

Women	Men
Heat #1 (Women's heat #1): 8:10 am	Heat #2 (Men's heat #1): 8:22 am
Heat #3 (Women's heat #2): 8:32 am	Heat #4 (Men's heat #2): 8:44 am
Heat #5 (Women's heat #3): 8:55 am	Heat #6 (Men's heat #3): 9:07 am
Heat #7 (Women's heat #4): 9:18 am	Heat #8 (Men's heat #4): 9:30 am
Heat #9 (Women's heat #5): 9:42 am	Heat #10 (Men's heat #5): 9:54 am
Heat #11 (Women's heat #6): 10:06 am	Heat #12 (Men's heat #6): 10:19 am

Heat #13 (Women's heat #7): 10:31 am	Heat #14 (Men's heat #7): 10:45 am
Heat #15 (Women's heat #8): 10:57 am	Heat #16 (Men's heat #8): 11:12 am
Heat #17 (Women's heat #9): 11:24 am	Heat #18 (Men's heat #9): 11:40 am
Heat #19 (Women's heat #10): 11:54 am	Heat #20 (Men's heat #10): 12:09 pm
Heat #21 (Women's heat #11): 12:24 pm	Heat #22 (Men's heat #11): 12:37 pm
Heat #23 (Women's heat #12): 12:49 pm	Heat #24 (Men's heat #12): 1:02 pm
Heat #25 (Women's heat #13): 1:14 pm	Heat #26 (Men's heat #13): 1:27 pm
Heat #27 (Women's heat #14): 1:40 pm	Heat #28 (Men's heat #14): 1:53 pm
Heat #29 (Women's heat #15): 2:06 pm	Heat #30 (Men's heat #15): 2:20 pm
Heat #31 (Women's heat #16): 2:34 pm If needed	Heat #32 (Men's heat #16): 2:48 pm If needed
Heat #33 (Women's heat #17): 3:03 pm If needed	Heat #34 (Men's heat #17): 3:17 pm If needed
Heat #35 (Women's heat #18): 3:32 pm If needed	