

7/14/14: Changes to Warm up and Event Start Times:

Thursday: WU in warm up pool, 15 min break in Main pool after Sr. Champs for pace work, Events start at approximately 7:05pm

Friday: WU: 12:15-1:15, Events: 1:25 pm

Saturday: WU: 11:15-12:15, Events: 12:25 pm

Sunday: WU: 1:00-1:45, Events: 1:55 pm

PVS 2014 Long Course Junior Championships

July 17-20, 2014

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-14-80**

Hosted for PVS by: Nations Capital Swim Club

OME Entry Deadline: Tuesday July 8, 2014 (check on club deadline)

~~Warm up: Thursday: 6:20-6:50 pm Events: 7:00 pm~~

~~Warm up: Friday-Sunday: 12:15-1:15 pm Events: 1:25 pm~~

****NOTE:** Warm-up and Event Start times are subject to change once all entries for both Senior Champs and Junior Champs have been received.

Meet Host/Director:	Nations Capital Swim Club Brian Pawlowicz, bpawlowicz@nationscapitalswimming.com 703-319-4168 Mail checks to: 2704 Willow Dr., Vienna, VA 22181
Entry Director	Tim Husson thusson@comcast.net 301-325-8684
Meet Referee:	Scott Witkin scottwitkin@verizon.net Please submit an Application to Officiate or contact Scott Witkin by July 10 if you are interested in being an Official for this meet.
Facility:	University of Maryland: University of Maryland College Park Campus, College Park, MD 20740 301-266-4400 <ul style="list-style-type: none"> • 8 lane, 50 meter with separate warm up/cool down facility • The pool is 8 1/2 ft deep at the starting end and 13 ft deep at the turning end. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C), because it is a bulkhead pool, which is measured in length prior to the start of the meet.
Timing System:	<ul style="list-style-type: none"> • Automatic Timing (touch pad primary) will be used at this meet.
Eligibility:	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes 13 & Over as of the first day of the meet. • Swimmers shall compete at the age attained on the first day of the meet. • Do not enter with a time achieved prior to July 1, 2012
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. • All events are timed finals. • All events will be positive check-in. The check in schedule will be communicated prior to the start of the meet. • A swimmer may compete in a maximum of 7 individual events and no more than 3 individual events per day.

	<ul style="list-style-type: none"> • A swimmer may not enter an event they are eligible to swim at either the PVS 2014 Senior LC Champs or PVS 2014 Age Group LC Champs. • Any athlete who betters the “No Faster Than” times for PVS Junior Champs after the submission of entries is precluded from competing in that event at this meet. • All entry times must be actually achieved LCM times that were swum after July 1, 2012. No “NO TIMES” are permitted nor are converted times. • Seed times are long course meters • No late entries are permitted for this meet. • No on-deck USA-S 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. As per PVS policy; 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. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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.
Positive Check In:	<p>All events will be positive check in. 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>Positive check in will close 30 minutes after the start of warm up each session.</p>
800/1500 Freestyle:	<ul style="list-style-type: none"> • The 800 M and 1500 M Freestyle will be swum Fast to Slow and alternating Women and Men. Swimmers are responsible for providing their own lap counter and timer (required). Swimmers in Thursday’s events may swim as part of PVS Senior Champs – seeded after those swimmers. • Distance Entries: Any swimmer who qualifies for the 800 and/or 1500 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. • Please note that during Sunday’s session there is no break between the 200 M butterfly and the 800/1500 M Freestyle events. Coaches and swimmers should take this into account and plan accordingly.
Time Trials:	<ul style="list-style-type: none"> • Swimmers entered in an event in Junior Champs are eligible to participate in the time trials being run as part of Senior Champs • Athletes are permitted a total of two time trials during the meet. They may swim only one time trial per time trial session provided that this participation does not cause them to exceed the three events per day limit. • The time trial fee is \$12/attempt and must be paid at the time of registration for the time trials by either cash or check. <p>The order of time trial events will be those events contested that day followed by those events remaining to be contested, followed by those events already contested, except that time trials for the 800M and 1500M freestyle will only be offered on Thursday.</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; times/lane assignments.</p> <p>During the meet there will be 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:	Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Team scoring will be divided into three divisions for small, medium and large teams. The teams in each division will be determined before the meet.
Awards:	There are no awards for this meet.
Concessions:	PVS will not be providing concessions at this event.
Programs:	All attempts will be made to have programs available for each session for a price not to exceed \$2. Because the entire session will be positive check-in, programs may not be available until after the start of the meet. In the event that programs are not able to be sold, programs will be posted throughout the spectator areas.
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 Meet Referee or submit an Application to Officiate prior to July 10. • Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries. • The host club will provide at least one timer per lane. • The Meet Director will send out a request for timers based upon entries.
Entry Procedures:	<p>See the OME Procedures Attachment at the end of this Meet Announcement for more information.</p> <ul style="list-style-type: none"> • On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Entries by any other method will not be accepted. <ul style="list-style-type: none"> ○ The OME system is accessed from the USA Swimming web site at: http://www.usaswimming.org/ome ○ Coaches must have a USA Swimming account (free) to utilize the system. After logging into the system, select “Enter Team” • OME Opens: Monday, June 2, 2014 at 6:00 am EST • OME Closes: Tuesday, July 8, 2014 at 11:59 pm EST. • Meet Entry POC; Tim Husson, 301-325-8684, thusson@comcast.net • OME Help: Anthony Buhr, 719-866-3581, abuhr@usaswimming.org Tim Husson, 301-325-8684, thusson@comcast.net • Conforming (LCM) are the only times accepted for PVS LC Junior Champs. • Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry. <ul style="list-style-type: none"> ○ Swimmers may use an “Override Time” for times not in the database. ○ Override times must include the meet name and date.

	<ul style="list-style-type: none"> ○ Override times that are not proven during the entry process will be annotated with an asterisk (*) in the meet psych sheet. ● Proof for times annotated as unproven (*) must be provided to the Administrative Referee prior to the event, or the swimmer will be scratched from that event. ● Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add unattached/unregistered swimmer” link. ● Individual Unattached Athletes: Unattached athletes may enter individually. <ul style="list-style-type: none"> ○ In OME, select “Enter Individual” ○ Payment will be required prior to the start of the meet. ● Individual event fee: \$8.00, Relays \$12 (make checks payable to PVS) ● Entry fees are due with meet entry and must be paid prior to the start of the meet. 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 team’s OME meet roster in order to participate in the meet. ● IMPORTANT: NFT QT’s in the file are for both 15 & Over and 13-14 year old swimmers. The NFT QT’s for 13-14 year old swimmers are slower. Please make sure any 13-14 year old swimmers entered into the meet do not have a QT for the PVS 2013 14 & Under LC Champs.
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, University of Maryland and Nations Capital Swim 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>	

Thursday, July 17, 2014

Warm up: 6:20-6:50 pm, Events: 7:00 pm

Warm up times are subject to change after all Jr. and Sr. Champ entries have been entered.

Women’s Events #	NST	No Faster Than		Event	NST	No Faster Than		Men’s Event #
		15 & O LCM	13-14 LCM			15 & O LCM	13-14 LCM	
1	21:09.09	18:43.00	20:50.00	13 & Over 1500 M Freestyle				
				13 & Over 800 M Freestyle	10:08.99	9:04.40	10:20.00	2

Events are timed finals. Heats will be swum fastest to slowest, alternating women and men.

Seed Times are Long Course Meters.

All events will be positive check-in. The positive check schedule will be communicated prior to the start of the meet.

Friday July 18, 2014

Warm up: 12:15-1:15 pm, Events: 1:25 pm

Warm up times are subject to change after all Jr. and Sr. Champ entries have been entered.

Women's Events #	NST	No Faster Than		Event	NST	No Faster Than		Men's Event #
		15 & O LCM	13-14 Meters			15 & O LCM	13-14 Meters	
3	2:28.19	2:14.70	2:25.00	13 & Over 200 M Freestyle	2:19.99	2:03.20	2:18.50	4
5	1:30.49	1:21.40	1:28.30	13 & Over 100 M Breaststroke	1:27.69	1:12.80	1:24.50	6
7	1:19.59	1:07.80	1:16.00	13 & Over 100 M Butterfly	1:14.49	1:01.10	1:13.00	8
9	6:04.09	5:26.00	5:49.00	13 & Over 400 M Individual Medley	5:53.99	4:57.90	5:45.00	10

Seed Times are Long Course Meters.
All events will be positive check-in. The positive check schedule will be communicated prior to the start of the meet.

Saturday July 19, 2014

Warm up: 12:15-1:15 pm, Events: 1:25 pm

Warm up times are subject to change after all Jr. and Sr. Champ entries have been entered.

Women's Events #	NST	No Faster Than		Event	NST	No Faster Than		Men's Event #
		15 & O LCM	13-14 LCM			15 & O LCM	13-14 LCM	
11	2:49.99	2:31.60	2:46.00	13 & Over 200 Individual Medley	2:39.99	2:19.10	2:38.10	12
13	3:18.09	2:54.80	3:08.00	13 & Over 200 M Breaststroke	3:13.99	2:39.10	3:01.70	14
15	31.49	29.00	31.10	13 & Over 50 M Freestyle	30.09	26.20	29.50	16
17	1:22.79	1:11.10	1:17.30	13 & Over 100 M Backstroke	1:17.99	1:05.00	1:15.90	18
19	5:13.79	4:40.50	5:03.00	13 & Over 400 M Freestyle	4:57.29	4:21.50	4:54.00	20

Seed Times are Long Course Meters.
All events will be positive check-in. The positive check schedule will be communicated prior to the start of the meet.

Sunday, July 20, 2014

Warm up: 12:15-1:15 pm, Events: 1:25 pm

Warm up times are subject to change after all Jr. and Sr. Champ entries have been entered.

Women's Events #	NST	No Faster Than		Event	NST	No Faster Than		Men's Event #
		15 & O LCM	13-14 LCM			15 & O LCM	13-14 LCM	
21	2:48.49	2:32.10	2:43.20	13 & Over 200 M Backstroke	2:42.79	2:20.80	2:38.00	22
23	1:08.49	1:02.20	1:06.70	13 & Over 100 M Freestyle	1:04.49	56.30	1:04.10	24
25	3:03.99	2:32.10	2:52.00	13 & Over 200 M Butterfly	2:52.99	2:22.00	2:49.00	26
27	10:50.09	9:46.00	10:30.00	800 M Freestyle				

				1500 M Freestyle	19:40.09	18:00.00	21:20.00	28
<p><u>800M & 1500M Freestyle</u>: Events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions.</p> <p>Please note that during Sunday's session there is no break between the 200 M butterfly and the 800/1500 M Freestyle events. Coaches and swimmers should take this into account and plan accordingly.</p> <p>Seed Times are Long Course Meters.</p> <p>All events will be positive check-in. The positive check schedule will be communicated prior to the start of the meet.</p>								

USA SWIMMING ON-LINE MEET ENTRY PROCEDURES

- Ensure that swimmers times are loaded into the USA Swimming SWIMS database
 - Particular attention should be given to times achieved in observed and approved meets.
 - Do not wait until immediately before the entry deadline to discover the time has not been loaded into SWIMS. Coaches and swimmers can verify that times are in the database using the times look up at www.usaswimming.org/times.
 - Contact the host LSC National Times Coordinator of the meet at which the times were achieved to have the missing times loaded.
- Only one account per team (Head Coach) can be used for team entries. Teams with multiple sites and contact USA Swimming for entry procedures.
- Read the tutorial comments on each page during the entry process. Most questions are answered in these instructions.
- When advancing through the entry process, each time the “NEXT” link is pressed, the information on that page is saved.
 - This allows the entry to be processed during multiple sessions.
 - Coaches can start an entry, save it as-you-go, and sign out without finalizing the entry (“checking out”).
- Use the links on the left side of the entry page to jump forward or backwards to specific sections of the entry process. Using these links also saves the information on the previous page.
- Once an event entry has been purchased (i.e. checked out), it cannot be deleted. However, additional entries can be made for that swimmers, and entry times can be updated.
- **Entry times are not automatically updated if a faster time is achieved by the swimmer. However, an entry time can be updated up until the entry deadline even if the event was “checked out”.**
- Teams do not have to wait until the entire entry process is complete to “check out”. Teams can enter some athletes and purchase (“check out”) those events, then return at a later date and add more athletes, events, and relays.
- **Check-out for all events must occur before the entry deadline.**
- When entering “Override Times” (times not showing up in the SWIMS database), in the meet name field, enter the name and brief details of the swim. There is room for 25 characters of data. Also enter the date of the meet in the date field.
- Relays: When entering more than one relay per event (e.g. A and B), OME selects the fastest time in the database for the A relay and the fastest remaining time in the database for the B relay.
 - If one of the athletes on the B relay (that OEM selected) was also an athlete on the A relay, OME will signify that time with a “**”).
 - That time is not eligible for entry for the B relay.
 - Select another listed time for the B relay or enter an aggregate time.
- Hy-Tek Team Manager can be used as a tool to assist in the OME process.
 - Download the “Meet Events File” from the PVS web site and load it into Team Manager
 - In the Meet Maintenance panel, set the minimum age for open events as desired.
 - Click on “Enforce Qualifying Times”
 - Verify the “Use Times Since” date is set to the beginning of the qualifying period for the meet.
 - Create a “Meet Eligibility” report. Select “Only Eligible Swimmers”. This report shows all eligible swimmers for the meet.
 - Highlight the events to be entered for each swimmer. Proceed with the On-Line Meet Entry