

# PVS January Distance Meet

Lee District  
January, 7-8, 2017  
PVS-17-41

Psych Sheet

[Meet Announcement](#)

## INFORMATION

- The Psych sheet posted is to confirm accuracy of entered swimmers
- If a mistake is noticed the coach should notify the Meet Director no later than Thursday January 5th at noon.
- There will be continuous warm up/cool down space throughout the entire 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 should check in at the positive check in table as soon as they arrive at the pool.
- The meet will be seeded and swum according to submitted entry times regardless of age. Heats will be swum fastest to slowest, alternating women and men.
  - Non-conforming entry times (LCM) will be seeded after conforming (SCY).
  - 1000 free: swimmers entered with their 400/500 time will be seeded after swimmers entered with their 1000 times
  - 1650 free: swimmers entered with their 1000 time will be seeded after swimmers entered with their 1650 time. Swimmers entered with their 500 time will be seeded after swimmers entered with their 1000 times.
- Lane assignments for each heat will be determined approximately 15 minutes prior to the time their heat starts.
- The heat start times listed below are estimates, be sure to check in promptly.
- Final heats may be combined women and men so that all lanes are full.
- All swimmers must provide their own time and counter.

## Women's & Men's 1650

Event Start time: 8:10am

<b>Women's 1650 Freestyle</b>	<b>Men's 1650 Freestyle</b>
Heat 1 (women's heat 1) – 8:10	Heat 2 (men's heat 1) – 8:28
Heat 3 (women's heat 2) – 8:45	Heat 4 (men's heat 2) – 9:04
Heat 5 (women's heat 3) – 9:22	Heat 6 (men's heat 3) – 9:42
Heat 7 (women's heat 4) – 10:00	Heat 8 (men's heat 4) – 10:21
Heat 9 (women's heat 5) – 10:44	Heat 10 (men's heat 5) – 11:07
Heat 11 (women's heat 6) – 11:30	Heat 12 (men's heat 6) – 11:53
Heat 13 (women's heat 7) – 12:13	Heat 14 (men's heat 7) – 12:33
Heat 15 (women's heat 8) – 12:53	Heat 16 (men's heat 8) – 1:14
Heat 17 (women's heat 9) – 1:36	Heat 18 (men's heat 9) – 1:59
Heat 19 (women's heat 10) – 2:22	Heat 20 (men's heat 10) – 2:45

## Women's & Men's 1000

Event Start time: 8:10am

<b>Women's 1000 Freestyle</b>	<b>Men's 1000 Freestyle</b>
Heat 1 (women's heat 1) – 8:10	Heat 2 (men's heat 1) – 8:21
Heat 3 (women's heat 2) – 8:32	Heat 4 (men's heat 2) – 8:43
Heat 5 (women's heat 3) – 8:54	Heat 6 (men's heat 3) – 9:06
Heat 7 (women's heat 4) – 9:17	Heat 8 (men's heat 4) – 9:29
Heat 9 (women's heat 5) – 9:40	Heat 10 (men's heat 5) – 9:52
Heat 11 (women's heat 6) – 10:04	Heat 12 (men's heat 6) – 10:17
Heat 13 (women's heat 7) – 10:29	Heat 14 (men's heat 7) – 10:42
Heat 15 (women's heat 8) – 10:54	Heat 16 (men's heat 8) – 11:07
Heat 17 (women's heat 9) – 11:20	Heat 18 (men's heat 9) – 11:34
Heat 19 (women's heat 10) – 11:49	Heat 20 (men's heat 10) – 12:04
Heat 21 (women's heat 11) – 12:16	Heat 22 (men's heat 11) – 12:28
Heat 23 (women's heat 12) – 12:41	Heat 24 (men's heat 12) – 12:53
Heat 25 (women's heat 13) – 1:06	Heat 26 (men's heat 13) – 1:19
Heat 27 (women's heat 14) – 1:32	Heat 28 (men's heat 14) – 1:45
Heat 29 (women's heat 15) – 1:58	Heat 30 (men's heat 15) – 2:11
Heat 31 (women's heat 16) – 2:24	Heat 32 (men's heat 16) – 2:39
Heat 33 (women's heat 17) – 2:54	Heat 34 (men's heat 17) – 3:09
Heat 35 (women's heat 18) – 3:24	Heat 36 (men's heat 18) – 3:38
Heat 37 (women's heat 19) – 3:53	Heat 38 (men's heat 19) – 4:08
Heat 39 (women's heat 20) – 4:23	Heat 40 (men's heat 20) – 4:38
Heat 41 (women's heat 21) – 4:53	Heat 42 (combined heat 22) – 5:08

These are approximate start times and approximate number of heats.