

# PVS January Distance Meet

Lee District  
January, 7-8, 2017  
PVS-18-37

[Psych Sheet](#)

[Meet Announcement](#)

## Information

- The final psych sheet is posted on the PVS website (link above).
- Deck entries will be accepted to the extent that they add no additional heats. Please have proof of 2018 registration and proof of qualifying time for all deck entries.
- We will be running 10 lanes in the competition pool.
- Warmups will be from 7:00-8:00 AM each morning.
- There will be continuous warm up/cool down space throughout the entire meet.
- The heat start times on the next page are approximate.
- All swimmers must provide their own timer and counter.
- 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.

## Check-In and Seeding

- 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.
- All swimmers entered with a time in the event being swim will be seeded before those entered with times from another event
  - For example, swimmers in the 1000 with 1000 seed times will be seeded before swimmers with 500 seed time. And swimmers in the 1650 with 1650 seed times will be seeded before swimmers with 1000 seed times.
  - Deck entries will be seeded last.
- 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 two heats prior to the start of the heat.
- I will attempt to update heat/lane assignments on Meet Mobile (2018 PV January Distance Meet). They will also be posted around the venue.
- All swimmers will be provided with a lane timer card showing their heat and lane assignment when they have been seeded into a heat.
- The final few heats may be a combined heat of women and men to produce full heats.

**Saturday, January 6**

1650 – Start Time: 8:10 am

| <b>Saturday<br/>1000</b> | <b>Women</b> | <b>Men</b> |
|--------------------------|--------------|------------|
| Heat 1                   | 8:10         | 8:21       |
| Heat 2                   | 8:32         | 8:44       |
| Heat 3                   | 8:55         | 9:07       |
| Heat 4                   | 9:18         | 9:31       |
| Heat 5                   | 9:42         | 9:55       |
| Heat 6                   | 10:07        | 10:20      |
| Heat 7                   | 10:33        | 10:47      |
| Heat 8                   | 11:00        | 11:14      |
| Heat 9                   | 11:27        | 11:42      |
| Heat 10                  | 11:55        | 12:10      |
| Heat 11                  | 12:24        | 12:37      |
| Heat 12                  | 12:52        | 1:05       |
| Heat 13                  | 1:19         | 1:33       |
| Heat 14                  | 1:47         | 2:01       |
| Heat 15                  | 2:15         | 2:29       |
| Heat 16                  | 2:43         | 2:58       |

**Sunday, January 7**

1650 – Start Time: 8:10 am

| <b>Sunday<br/>1650</b> | <b>Women</b> | <b>Men</b> |
|------------------------|--------------|------------|
| Heat 1                 | 8:10         | 8:29       |
| Heat 2                 | 8:46         | 9:05       |
| Heat 3                 | 9:23         | 9:43       |
| Heat 4                 | 10:02        | 10:22      |
| Heat 5                 | 10:41        | 11:02      |
| Heat 6                 | 11:22        | 11:43      |
| Heat 7                 | 12:03        | 12:25      |
| Heat 8                 | 12:46        | 1:08       |
| Heat 9                 | 1:30         | 1:49       |
| Heat 10                | 2:10         | 2:29       |
| Heat 11                | 2:47         | 3:07       |
| Heat 12                | 3:25         | 3:45       |
| Heat 13                | 4:04         | 4:25       |
| Heat 14                | 4:46         | 5:08       |
| Heat 15                | 5:31         |            |

**All heat start times are approximate and for reference only**