



# PVS LC Open 1

June 10, 2018

Sanction # PVS-18-87

Hosted for PVS by:



**ENTRY DEADLINE: Tuesday, May 29, 2018, 5:00 PM**

IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.

<b>MEET HOST/ DIRECTOR</b>	<b>FORT BELVOIR SWIM TEAM</b> <b>Curtis Din</b> 6161 Edsall Rd. Apt 1112 Alexandria, VA 22304 757-407-7788  <a href="mailto:curtisdin@gmail.com">curtisdin@gmail.com</a>	<b>Patuxent Aquatics Club</b> <b>John Venit</b> 414 Forest Bridge Ct Laurel, MD 20724 301-725-7711  <a href="mailto:dpws@aol.com">dpws@aol.com</a>	<b>Machine Aquatics Club</b> <b>Paris Jacobs</b> 204-D Mill St Vienna, VA 22180 571-238-7657  <a href="mailto:paris@machineaquatics.com">paris@machineaquatics.com</a>
<b>MEET REFEREE</b>	<b>Mike Rubin</b> <a href="mailto:mrubin1@cox.net">mrubin1@cox.net</a>	<b>CherylInn Venit</b> <a href="mailto:dpws@aol.com">dpws@aol.com</a>	<b>Courtney Johnson</b> <a href="mailto:Officials@machineaquatics.com">Officials@machineaquatics.com</a>
<b>CLUB OFFICIALS CHAIR</b>	<b>Mike Rubin</b> <a href="mailto:mrubin1@cox.net">mrubin1@cox.net</a>	<b>CherylInn Venit</b> <a href="mailto:dpws@aol.com">dpws@aol.com</a>	<b>Courtney Johnson</b> <a href="mailto:Officials@machineaquatics.com">Officials@machineaquatics.com</a>
<b>FACILITY</b>	<b>Lee District RECenter</b> 6601 Telegraph Rd Alexandria, VA 22313 (571) 374-6333  <ul style="list-style-type: none"> <li>• 8 lanes, 50 meters</li> <li>• Water depth is 12' at the starting end and 4.5' at the turning end.</li> <li>• The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). The copy of such certification is on file with USA Swimming</li> </ul>	<b>Fairland Aquatics Center</b> 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060  <ul style="list-style-type: none"> <li>• 8 lanes, 50 meters</li> <li>• Water depth is 13' at starting and 4.5' turning ends.</li> <li>• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).</li> </ul>	<b>Audrey Moore RECenter</b> 8100 Braddock Rd Annandale, VA 22003 (703) 922-9840  <ul style="list-style-type: none"> <li>• 8 lanes, 50 meters</li> <li>• Water depth ranges from 4.5' at the starting end and 15' at the turning ends.</li> <li>• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).</li> </ul>
<b>TEAM ASSIGNMENTS</b>	FBST, ERSC, CSC, NCAP-Alex, NCAP-AU, NCAP-Holton Arms, NCAP-PG, LCL, YSS, YASD, VLAC, ANSC, TANK, RY, LMAC, DRAG, DCPR	PAC, ASA, ASTS, FAST, JFD, MSSC, RMSC, TIBU, TOLL, NCAP (Germantown, Georgetown Prep), PGKS, PGPR, UMAC,	MACH, BWST, NCAP-Tyson, NCAP-Burke, FISH, GMU, HACC, MAKO, OCCS, PM, RIPS, SNOW, YORK, DSS, SSCT, JCCW, MAC, NCAP-West, SDS, AAC
<p><b>NOTE: Assignments of clubs to pool sites will be reviewed by the PVS Admin Assistant after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned.</b></p>			

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVS-18-87.</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Audrey Moore Rec Center, Fairland Aquatic Center, Lee District Rec Center, Machine Aquatics, Patuxent Aquatics Club, and Fort Belvoir Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Tuesday, May 29, 2018, 5:00 PM</b></p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Sunday, June 10, 2018</b></p> <p style="text-align: center;">11-12: Warmup 6:30am – 7:20am; Events 7:30am  9-10: Warmup 10:00am - 10:40am; Events 10:50pm  13&amp;Over: Warmup 1:00pm – 1:50pm; Events 2:00pm</p> <ul style="list-style-type: none"> <li>PVS Office/Technical Committee reserves the right to adjust times/sessions after entries are received</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all Potomac Valley Swimming registered athletes</li> <li>Swimmers shall compete at the age attained on the first day of the meet.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the PVS 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic timing (touch pads primary) will be used for this meet.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>Current USA Swimming rules shall govern this meet.</li> <li>No on-deck USA-S registration is permitted</li> <li>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. Per PVS policy, the use of equipment capable of taking pictures (i.e., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>Deck changes are prohibited.</li> <li>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.</li> <li>Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</li> <li>Dive-over starts will be used at this meet. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.</li> <li>The Meet Director and the PVS Technical Committee reserve the right to limit events, heats,</li> </ul>

	swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• Seed times are long course meters. In the event that short course yard times are not available, coaches' times are preferred over "no times" for all events.</li> <li>• An athlete may enter no more than 3 events per day</li> <li>• No on-deck USA-S registration is permitted.</li> <li>• Deck entries will be accepted and are \$10 per individual event. Deck entries must be submitted no later than 45 minutes prior to the first event of each session. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. In the event of a significantly over-subscribed session, the Meet Director reserves the right to not accept deck entries.</li> <li>• Evidence of current USA-S registration required for deck entries.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• All events 200 meters or longer will be positive check in. The Meet Directors will determine if positive check-in will be required for all events.</li> <li>• Athletes who check into a positive check-in event, have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee before the event takes place.</li> <li>• Positive check in will close 30 minutes after the start of warmups.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• There will be no awards for this meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• All attempts will be made to have programs available for each session for a price not to exceed \$2. In the event of the entire session being 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.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>• NONE</li> </ul>

<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stoke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>• Officials interested in volunteering should contact the appropriate meet referee prior to June 5<sup>th</sup>.</li> <li>• Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.</li> </ul>								
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> <li>• The Meet Director may send out a request for timers based upon entries.</li> </ul>								
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the appropriate Meet Director.</li> <li>• Include in the subject of the email, "2018 PVS LC Open 1 - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted</li> <li>• Entries by phone or fax will not be accepted</li> <li>• The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.</li> <li>• 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 by PVS and no further entries will be accepted from that club until the said fine is paid.</li> </ul>								
<b>ENTRY FEES</b>	<table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Per Swimmer Surcharge:</td> <td style="width: 10%;">N/A</td> <td style="width: 30%;">Relay event fee:</td> <td style="width: 10%;">N/A</td> </tr> <tr> <td>Individual event fee:</td> <td>\$5.00</td> <td>Deck entries:</td> <td>\$10.00</td> </tr> </table> <hr style="width: 60%; margin-left: 0;"/> <ul style="list-style-type: none"> <li>• Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payments and where to send a check.</li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>	Per Swimmer Surcharge:	N/A	Relay event fee:	N/A	Individual event fee:	\$5.00	Deck entries:	\$10.00
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## 11-12 Session

Warm up: 6:30 am-7:20 am, Events: 7:30am

Women's Event #	Events	Men's Event #
1	11-12 400 M Freestyle	2
3	11-12 100 M Backstroke	4
5	11-12 200 M Breaststroke	6
7	11-12 100 M Butterfly	8
9	11-12 50 M Freestyle	10
11	11-12 200 M Individual Medley	12
13	11-12 50 M Breaststroke	14
Positive Check-In deadline is 7:30 am (or 30 minutes after the start of warm up). Meet Director will determine which events will be positive check-in.		

## 9-10 Session

Warm up: 10:00am - 10:40am; Events 10:50pm

Women's Event #	Events	Men's Event #
15	10 & Under 400 M Freestyle	16
17	10 & Under 100 M Backstroke	18
19	10 & Under 100 M Butterfly	20
21	10 & Under 50 M Freestyle	22
23	10 & Under 200 M Individual Medley	24
25	10 & Under 50 M Breaststroke	26
Positive Check-In deadline is 10:30 am (or 30 minutes after the start of warm up). Meet Director will determine which events will be positive check-in.		

## 13 & Over Senior Session

Warmup: 1:00pm – 1:50pm; Events 2:00pm

Women's Events #	Event	Men's Event #
27	13 & Over 400 M Freestyle	28
29	13 & Over 100 M Backstroke	30
31	13 & Over 200 M Breaststroke	32
33	13 & Over 100 M Butterfly	34
35	13 & Over 200 M Individual Medley	36
37	13 & Over 50 M Freestyle	38
Positive Check-In deadline is 1:30 pm (or 30 minutes after the start of warm up). Meet Director will determine which events will be positive check-in.		