



PVS 2018 Long Course Senior Championships

July 12-15, 2018
Sanction # PVS-18-92

Time Trials Sanction # PVS-18-92TT

Hosted for PVS by:



MEET DIRECTOR	MEET REFEREE	ADMIN REFEREE
Aaron Dean gm@swimoccs.org	Scott Witkin Switkin1@gmail.com Officials Sign Up	Barb Ship barb@ships3.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-18-92 and PVS-18-92TT In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Occoquan Swimming, and the University of Maryland, Eppley Rec Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 												
FACILITY	<p style="text-align: center;">University of Maryland College Park Campus Eppley Recreation Center College Park, MD, 20740 301-266-4400</p> <ul style="list-style-type: none"> The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). The competition course is 8 lanes, 50 meters. Continuous warm up/cool down will be available. The competition course is 8.0' deep at the starting end and 14.0' deep at the turning end. 												
PARKING	<ul style="list-style-type: none"> Deck Parking will be available for advance purchase. A link will be posted on the Potomac Valley Swimming website Schedule Page. Cost of parking will be approximately \$10.00-\$12.00 per day. 												
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, June 26, 2018, 7:00pm</p> <ul style="list-style-type: none"> 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. 												
SCHEDULE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Up</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;">Thursday, Friday, Saturday, Sunday, July 12 - 15</td> </tr> <tr> <td style="text-align: center;">Prelims</td> <td style="text-align: center;">7:00-8:20 am</td> <td style="text-align: center;">8:30 am</td> </tr> <tr> <td style="text-align: center;">Finals</td> <td style="text-align: center;">5:00-6:00 pm</td> <td style="text-align: center;">6:10 pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> There will be a coaches meeting on Thursday at 7:30 am. The location of the meeting will be announced Meet Director reserves the right to adjust times/sessions after entries are received. 		Warm Up	Events	Thursday, Friday, Saturday, Sunday, July 12 - 15			Prelims	7:00-8:20 am	8:30 am	Finals	5:00-6:00 pm	6:10 pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes and invited USA Swimming Teams; clubs interested in participation should request an invitation from the PVS Senior Chair, Mark Faherty at fahertyswim@yahoo.com • 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, 2016 • Swimmers must have equaled or bettered the applicable Qualifying Time listed. • Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event will result in the swimmer being scratched from that event. • Distance Entries: Any swimmer who qualifies for the 800 M and/or 1500 M 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.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> • 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.
INCLEMENT WEATHER	<ul style="list-style-type: none"> • In the event of inclement weather, the Meet Director, Meet Referee and Senior Chair will work with the facility manager to make any necessary changes. Information will be posted on the PVS web site and/or a Flash Mail will be sent out.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic Timing (touchpads primary) will be used for this meet.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern 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. 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. • Deck changes are 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. • 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. • Dive-over starts will be used during the all preliminary sessions.

<p>EVENT RULES</p>	<ul style="list-style-type: none"> • Long Course Meters seed times are conforming for this meet. • All events are prelims and finals, except for relays and the 800M and 1500M Freestyle which are timed finals • A swimmer may enter and compete in a maximum of 7 individual events and no more than 3 individual events per day. • A club may enter up to 3 relay teams per relay event, but only two relay teams per club per event may score. • The 200 M Freestyle Relays and 200 M Medley Relays will not be scored. • All relay events swum during the preliminary sessions will be swum slow-to-fast. • All heats of the 200 M Freestyle Relay and 200 M Medley Relay will be swum in the preliminaries session. • The top two heats of the 400 M Freestyle Relay and the 400 M Medley Relay will be swum in the finals session. • Heats of the 800 M Freestyle Relay will alternate women and men. The fastest heat for women and men will be swum as the last event in the finals session. Coaches may elect to swim the 800 M Freestyle during the prelims session. They must make this designation when they positive check in for the event. • No deck entries will be accepted. • No late entries are permitted for this meet.
<p>SEEDING and POSITIVE CHECK IN</p>	<ul style="list-style-type: none"> • All events will be positive check in. Individuals/Relays must check in by check in deadlines in order to be SEEDED INTO THE EVENT • The check in deadlines for the session’s first event will be no later than 30 minutes before the start of the session , the check in deadline for all events will be published before the start of the meet. The only exception is the check in deadline for the 800M and 1500M Freestyle events on Sunday will be Saturday at 6:40 pm. • The preliminaries of the 400 M Freestyle and the 400 M IM will be seeded as follows: If there are seven or more heats, the four fastest heats of women (slow to fast) will be followed by the four fastest heats of men (slow to fast). The remaining heats will be swum fast to slow, alternating women and men after the relay events. If there are six or fewer heats, the events will be swum all women (slow to fast) followed by all men (slow to fast).
<p>WITHDRAWING FROM FINALS</p>	<ul style="list-style-type: none"> • PVS scratch rules apply for swimmers scratching finals. • If you do not wish to swim in the Final, you may “scratch” from the event by following this procedure: <ul style="list-style-type: none"> ○ You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A”, “B” or “C” finals, if scheduled. ○ You may declare an “intent to scratch”. You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for “intent”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event. • If an athlete fails to properly scratch from an event and does not appear for the “Final” event, they shall be barred from further competition of the remainder of the meet.

ORDER OF SWIMS	<ul style="list-style-type: none"> • There will be three heats swum in finals for all individual events except the 800 M and 1500 M events. Heats will be swum in the following order: “C”, “B” and “A”. • Short Course entry times will be seeded after Long Course entry times. • Heats of distance events (800 M & 1500 M) will be swum fastest to slowest, alternating women and men. The fastest seeded heats will be swum at Finals. The women’s 1500 and men’s 800 will be the first event of the Sunday finals session. Swimmers in the 800 M and 1500 M are responsible for providing their own timer, except for those swimming in the Final session on Thursday and Sunday.
BONUS EVENTS	<ul style="list-style-type: none"> • Any athlete, who is entered into at least one individual event, may also enter one bonus event. If entered in 2 or more individual events, they may enter 2 bonus events. Athletes entering a bonus event may compete in no more than the maximum number of events per session or meet. Bonus entries must meet the LCM Bonus Qualifying Time (see below).
TIME TRIALS	<ul style="list-style-type: none"> • Time trials will be held following the completion of the finals sessions on Thursday, Friday, Saturday and Sunday. • An athlete must compete in an individual event in either LC Senior Champs or LC Junior Champs in order to participate. • Athletes are permitted a total of two time trials during the meet. They may only swim one time trial per 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 when registering for time trial by either cash or check. • 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. Time Trial events may be combined for efficiency.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-ups, times and lane assignments. • 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.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SCORING	<ul style="list-style-type: none"> • Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 • Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 • 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	<ul style="list-style-type: none"> • There are no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> • All attempts will be made to have programs available before 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. • The meet will be available on Meet Mobile.
CONCESSIONS	<ul style="list-style-type: none"> • Will be sold by the University of Maryland

CREDENTIALS	<ul style="list-style-type: none"> 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. 												
OFFICIALS & TIMERS	<ul style="list-style-type: none"> This meet will be an Officials Qualifying Meet, under the USA Swimming National Certification program. Officials wishing to volunteer should submit an Application to Officiate; any official interested in being evaluated must submit an Application to Officiate no later than July 2, 2018, noting the request for evaluation. You can review information about the National Certification Program on the USA Swimming Website. Interested officials may also contact the Meet Referee, Scott Witkin switkin1@gmail.com Walk-ons are welcome 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 Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries. The host club will strive to provide one timer per lane. The Meet Director will send out a request for timers based upon entries. 												
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "2018 LC Distance - *****" 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. Include in entry email: entry file, report of entries by name, report of entries by event. In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry. Proof for times annotated as unproven (*) must be provided to the Meet Director 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. Individual Unattached Athletes: Unattached athletes may enter individually. <ul style="list-style-type: none"> Payment will be required prior to the start of the meet. Contact the Meet Director for payment instructions. All Relay-only swimmers must be included in the Club's Entry File in order to participate in the meet. Please designate Bonus entries as such 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. 												
ENTRY FEES *New Procedures*	<table border="0" style="width: 100%;"> <tr> <td style="width: 40%;">Per Swimmer Surcharge:</td> <td style="width: 20%;">\$0.00</td> <td style="width: 20%;">Relay event fee:</td> <td style="width: 20%;">\$12.00</td> </tr> <tr> <td>Individual event fee:</td> <td>\$8.00</td> <td>Deck entries:</td> <td>NA</td> </tr> <tr> <td>Time Trials (per attempt)</td> <td>\$12.00</td> <td></td> <td></td> </tr> </table> <ul style="list-style-type: none"> 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. 	Per Swimmer Surcharge:	\$0.00	Relay event fee:	\$12.00	Individual event fee:	\$8.00	Deck entries:	NA	Time Trials (per attempt)	\$12.00		
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PVS 2018 Long Course Senior Championships

July 12-15, 2018

Thursday, July 12, 2018

Prelims: Warm up: 7:00-8:20 am, Events 8:30 am

Finals: Warm up: 5:00-6:00 pm, Events 6:10 pm

Women's Event #	SCY QT	LCM QT	Bonus QT	Event	Bonus QT	SCY QT	LCM QT	Men's Event #
1		1:59.99		200 M Freestyle Relay			1:50.09	2
3	2:11.29	2:31.59	2:33.59L	200 M Individual Medley	2:20.09L	1:59.79	2:18.09	4
5	53.19	1:01.89	1:02.89L	100 M Freestyle	57.29L	48.69	56.29	6
7	1:08.59	1:21.39	1:22.99L	100 M Breaststroke	1:13.79L	1:02.19	1:12.79	8
9	10:39.79	9:45.99	9:57.99L	800 M Freestyle				
				1500 M Freestyle	18:15.99L	16:43.99	17:59.99	10

All events are positive check-in.

Distance events are timed finals. Heats will be swum fastest to slowest, alternating women and men. Swimmers must provide their own timer and counter (if needed).

The fastest heat of the Women's 800M and Men's 1500M Freestyle will swim at finals.

200 Freestyle Relay: Events are timed finals and will be swum only during preliminaries

Friday July 13, 2018

Prelims: Warm up: 7:00-8:20 am, Events 8:30 am

Finals: Warm up: 5:00-6:00 pm, Events 6:10 pm

Women's Event #	SCY QT	LCM QT	Bonus QT	Event	Bonus QT	SCY QT	LCM QT	Men's Event #
11	1:55.19	2:14.29	2:16.29L	200 M Freestyle	2:04.79L	1:46.49	2:02.79	12
13	58.79	1:07.79	1:08.79L	100 M Butterfly	1:02.09L	53.79	1:01.09	14
15	4:38.39	5:22.99	5:26.99L	400 M Individual Medley	5:01.89L	4:15.09	4:57.89	16
10 Minute Break								
17		4:13.09		400 M Freestyle Relay			3:53.99	18

All events are positive check-in.

400 M Freestyle Relay: Events are timed finals and will be swum slowest to fastest during preliminaries. Top 2 heats will swim at finals

Relay break will be 10 minutes and the competition pool will be open for warm-ups.

PVS 2018 Long Course Senior Championships

July 12-15, 2018

Saturday July 14, 2018

Prelims: Warm up: 7:00-8:20 am, Events 8:30 am

Finals: Warm up: 5:00-6:00 pm, Events 6:10 pm

Women's Event #	SCY QT	LCM QT	Bonus QT	Event	Bonus QT	SCY QT	LCM QT	Men's Event #
19		5:05.09		200 M Medley Relay			4:22.99	20
21	2:12.49	2:32.09	2:34.29L	200 M Butterfly	2:21.99L	2:01.19	2:19.99	22
23	59.49	1:11.09	1:12.09L	100 M Backstroke	1:05.99L	54.89	1:04.99	24
25	5:08.79	4:40.49	4:44.99L	400 M Freestyle	4:25.89L	4:48.39	4:21.49	26
10 Minute Break								
27		9:20.09		800 M Freestyle Relay			8:40.09	28

All events are positive check-in.

Relay break will be 10 minutes and the competition pool will be open for warm-ups.

200 Medley Relay: Events are timed finals and will be swum only during preliminaries. For Qualifying times use the 400 Medley Relay Qualifying Times.

800 M Freestyle Relay: Events are timed finals. Heats will be swum slowest to fastest alternating women and men in the preliminary session. Fastest heat for women and men will be swum as the last event in the finals session.

Sunday, July 15, 2018

Prelims: Warm up: 7:00-8:20 am, Events 8:30 am

Finals: Warm up: 5:00-6:00 pm, Events 6:10 pm

Women's Event #	SCY QT	LCM QT	Bonus QT	Event	Bonus QT	SCY QT	LCM QT	Men's Event #
29	2:09.49	2:31.09	2:33.09L	200 M Backstroke	2:21.79L	1:59.39	2:19.79	30
31	24.99	28.99	29.49L	50 M Freestyle	26.69L	22.49	26.19	32
33	2:29.39	2:54.79	2:56.79L	200 M Breaststroke	2:41.09L	2:15.39	2:39.09	34
10 Minute Break								
35		5:05.09		400 M Medley Relay			4:22.99	36
37	17:54.39	18:42.99	18:55.99L	1500 M Freestyle				
				800 M Freestyle	9:14.99L	10:02.49	9:04.39	38

All events are positive check-in.

400 Medley Relay: Events are timed finals and will be swum slowest to fastest during preliminaries and top 2 heats will be swum during finals.

Relay break will be 10 minutes and the competition pool will be open for warm-ups.

800M & 1500M Freestyle: Events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Fastest heat of each event will be swum as the first event in the finals session. Swimmers must provide their own timer and counter (if needed) during the preliminary session.