



PVS 2018 Long Course Junior Championships

July 12-15, 2018
Sanction # PVS-18-93

Hosted for PVS by:



MEET DIRECTOR	MEET REFEREE	ADMIN OFFICIAL
Aaron Dean gm@swimoccs.org	Ellen Colket ECPenny@msn.com Officials Sign Up	Tukkie McMillan mushumail@yahoo.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-18-93 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming and 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' 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: none;"> <tr> <td style="width: 50%;"></td> <td style="width: 25%; text-align: center;">Warm Up</td> <td style="width: 25%; text-align: center;">Events</td> </tr> <tr> <td style="text-align: center;">Thursday, Friday, Saturday, Sunday, July 12-15</td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">Timed Finals</td> <td style="text-align: center;">12:15-1:15 pm</td> <td style="text-align: center;">1:25 pm</td> </tr> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 		Warm Up	Events	Thursday, Friday, Saturday, Sunday, July 12-15			Timed Finals	12:15-1:15 pm	1:25 pm
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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, 2016 A swimmer may not enter an event they are eligible to swim at either the PVS 2018 Senior LC Champs or the PVS 2018 LC Age Group 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 the meet. 									

	<ul style="list-style-type: none"> • All entry times must be actually achieved LCM times that were swum after July 1, 2016. No “No Times” are permitted nor are converted times. • Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Entry Chair 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. • Seed times are long course meters
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 all sessions.

EVENT RULES	<ul style="list-style-type: none"> • All events 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. • LCM entry times will be used for this meet. No SCY times will be accepted. NT entries will not be accepted. • No deck entries will be accepted. • 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). • 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. • There is no break prior to the 800 M/1500 M Freestyle events. Coaches and swimmers should take this into account and plan accordingly.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • 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. • Positive check in will close no earlier than 30 minutes after the start of the warm up for each session.
TIME TRIALS	<ul style="list-style-type: none"> • There will be no Time Trials as part of the Long Course Junior Championships Meet. Swimmers entered in an individual event in this meet may participate in Time Trials at the conclusion of the Long Course Senior Championships finals sessions. See the Long Course Senior Championships meet announcement for details. • 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 per attempt and must be paid at the time of registration for the time trails by either cash or check.
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: 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	<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	<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 use the Officials Sign Up or contact the Meet Referee, Ellen Colket, ecpenny@msn.com, by July 5. Late applications and walk-ons are welcome. 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 Junior Champs - *****" 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). LCM entries only, No SCY times will be accepted. 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 Entry Chair 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. 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: 15%;">\$0.00</td> <td style="width: 25%;">Relay event fee:</td> <td style="width: 20%;">NA</td> </tr> <tr> <td>Individual event fee:</td> <td>\$8.00</td> <td>Deck entries:</td> <td>NA</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:	NA	Individual event fee:	\$8.00	Deck entries:	NA
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Individual event fee:	\$8.00	Deck entries:	NA						

PVS 2018 Long Course Junior Championships

July 12-15, 2018

Thursday, July 12, 2018

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 Event #	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	2:40.99	2:31.60	2:39.00	13 & Over 200M Individual Medley	2:28.99	2:18.10	2:34.00	2
3	1:05.49	1:01.90	1:05.00	13 & Over 100M Freestyle	59.69	56.30	1:02.00	4
5	1:28.49	1:21.40	1:25.00	13 & Over 100M Breaststroke	1:21.49	1:12.80	1:22.00	6
7	10:25.99	9:46.00	10:21.00	13 & Over 800M Freestyle				
				13 & Over 1500M Freestyle	19:39.99	18:00.00	19:48.40	8
<p><u>800M & 1500M Freestyle:</u> Heats will be swum fastest to slowest, alternating women and men. Please note that there is no break prior to the 800/1500 M Freestyle events. Coaches and swimmers should take this into account and plan accordingly. Qualifying Times are Long Course Meters only. All events will be positive check-in. The positive check schedule will be communicated prior to the start of the meet.</p>								

Friday July 13, 2018

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 Event #	NST	No Faster Than		Event	NST	No Faster Than		Men's Event #
		15 & O LCM	13-14 Meters			15 & O LCM	13-14 Meters	
9	2:20.59	2:14.30	2:20.80	13 & Over 200M Freestyle	2:10.99	2:02.80	2:16.00	10
11	1:13.99	1:07.80	1:12.00	13 & Over 100M Butterfly	1:07.39	1:01.10	1:09.00	12
13	5:45.99	5:23.00	5:40.00	13 & Over 400M Individual Medley	5:23.59	4:57.90	5:26.00	14
<p>Qualifying Times are Long Course Meters only. All events will be positive check-in. The positive check schedule will be communicated prior to the start of the meet.</p>								

PVS 2018 Long Course Junior Championships

July 12-15, 2018

Saturday July 14, 2018

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	
15	2:54.99	2:32.10	2:51.00	13 & Over 200M Butterfly	2:39.99	2:20.00	2:43.00	16
17	1:16.99	1:11.10	1:14.00	13 & Over 100M Backstroke	1:11.49	1:05.00	1:12.00	18
19	4:58.99	4:40.50	5:01.00	13 & Over 400M Freestyle	4:38.99	4:21.50	4:51.00	20

Qualifying Times are Long Course Meters only.

All events will be positive check-in.

The positive check schedule will be communicated prior to the start of the meet.

Sunday, July 15, 2018

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 Event #	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	2:43.59	2:31.10	2:42.60	13 & Over 200M Backstroke	2:32.59	2:19.80	2:37.00	22
23	30.49	29.00	30.00	13 & Over 50M Freestyle	27.89	26.20	29.00	24
25	3:09.59	2:54.80	3:03.00	13 & Over 200M Breaststroke	2:58.49	2:39.10	2:59.00	26
27	20:29.99	18:43.00	20:30.00	13 & Over 1500M Freestyle				
				13 & Over 800M Freestyle	9:44.99	9:04.40	10:20.00	28

800M & 1500M Freestyle: Events are timed finals. Heats will be swum fastest to slowest alternating women and men
Please note that there is no break prior to the 800/1500 M Freestyle events. Coaches and swimmers should take this into account and plan accordingly.

Qualifying Times are Long Course Meters only.

All events will be positive check-in.

The positive check schedule will be communicated prior to the start of the meet.