



PVS 2018 Long Course Age Group Championships

July 19-22, 2018
Sanction # PVS-18-94

Hosted for PVS by:



MEET DIRECTOR

Curtis Din
curtisdin@gmail.com

MEET REFEREE

John Kost
marlinsofficials@gmail.com
[Application to Officiate](#)

ADMIN REFEREE

Jan van Nimwegen
jnimwegen@earthlink.net

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-18-94 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fort Belvoir Swim Team 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. It is 8' deep at the starting end and 14.0' deep at the turning end. Continuous warm up/cool down will be available. 																								
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, July 3, 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 style="width: 60%;"></th> <th style="width: 20%; text-align: center;">Warm Up</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;">Thursday, Friday & Sunday, July 19, 20 & 22</td> </tr> <tr> <td style="text-align: center;">13-14 Prelim Session</td> <td style="text-align: center;">6:30 - 7:30am</td> <td style="text-align: center;">7:40am</td> </tr> <tr> <td style="text-align: center;">11-12 Prelim Session</td> <td style="text-align: center;">10:30 - 11:20am</td> <td style="text-align: center;">11:30am</td> </tr> <tr> <td style="text-align: center;">10&U Prelim Session</td> <td style="text-align: center;">2:30 - 3:10pm</td> <td style="text-align: center;">3:20pm</td> </tr> <tr> <td style="text-align: center;">FINALS</td> <td style="text-align: center;">5:30 - 6:20pm</td> <td style="text-align: center;">6:30pm</td> </tr> <tr> <td colspan="3" style="text-align: center;">Saturday, July 21</td> </tr> <tr> <td style="text-align: center;">Timed Finals</td> <td style="text-align: center;">2:00 - 2:50pm</td> <td style="text-align: center;">3:00 pm</td> </tr> </tbody> </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 & Sunday, July 19, 20 & 22			13-14 Prelim Session	6:30 - 7:30am	7:40am	11-12 Prelim Session	10:30 - 11:20am	11:30am	10&U Prelim Session	2:30 - 3:10pm	3:20pm	FINALS	5:30 - 6:20pm	6:30pm	Saturday, July 21			Timed Finals	2:00 - 2:50pm	3:00 pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes. • Swimmers may only participate in his or her own age group, based upon their age on the first day of the meet. • Swimmers must have equaled or bettered the applicable NST LCM times listed or the 2017-2020 National Age Group Motivational AAA SCY times. • Times achieved prior to July 1, 2016 will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed or approved meets. • 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 800M and/or 1500M 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 Age Group 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 preliminary sessions.
EVENT RULES	<ul style="list-style-type: none"> • A swimmer may enter and compete in a maximum of 6 individual events and no more than 3 individual events per day. • A club may enter up to 3 relay teams per relay events, but only two relays teams per club per event may score. • LCM seed times are conforming for this meet and will be seeded before SCY seed times. • All events 200M and less will be prelims and finals. 10&Under individual events will have one heat in Finals. 11&Over individual events will have two heats in Finals, "B" final followed by "A" final.

	<ul style="list-style-type: none"> • All events 400M and longer are timed finals. The fastest two heats of the 13-14 400M Freestyle will swim in Finals on Friday • The 400M Freestyle for all age groups will be swum slowest to fastest. • The 400M Individual Medley will be swum slowest to fastest; women’s events followed by the men’s events • The 800M and 1500M Freestyle events will be swum fastest to slowest, alternating women and men. • The fastest heat of the 14&U 800M Freestyle will be swim as the first event of Finals on Thursday. • Swimmers of the 800M and 1500M events are responsible for providing their own timer and counter; except for those swimming in Finals on Thursday. • All 200M and 400M relays are timed finals and will be swum in the preliminary sessions. • The 200M relays will be swum slowest to fastest and the 400M relays will be swum fastest to slowest. The 14&U 800M Freestyle relay will be swum as the last event on Sunday evening and will be swum fastest to slowest. • No late entries are permitted. • No deck entries will be accepted.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • PVS scratch rules apply for swimmers scratching from 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” or “B” finals, if scheduled. ○ You may declare “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 for the remainder of the meet.”
POSITIVE CHECK IN	<ul style="list-style-type: none"> • Positive check-in is required for all individual events 400M and longer and all 400M and 800M relays (200M relays will be preseeded). Swimmers who do not check-in will not be seeded into 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, unless excused by the Meet Referee before the event takes place.` • If the size of the PVS LC Age Group Championships warrants, positive check-in for individual events 200M and shorter may be announced.
TIME TRIALS	<ul style="list-style-type: none"> • There are no time trials for this meet
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-up, times/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 Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 Team scores will be based on Team Size 				
AWARDS	<ul style="list-style-type: none"> Medals will be awarded 1st through 8th place for individual events and 1st through 3rd place for relay events. High point awards will be presented to the male and female athlete with the highest point total in individual events in the following age groups: 10 & Under, 11-12, 13-14. Relay events will not be used to determine high point awards. 				
PROGRAMS	<ul style="list-style-type: none"> Programs for all sessions will be available for \$10, and will include coupons for finals programs for each evening free of charge; however if positive check in for all events is necessary, then programs may be made available session by session. 				
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"> Officials wishing to volunteer should submit an Application to Officiate by July 12, 2018. Interested officials may also contact the Meet Referee, John Kost (marlinsofficials@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 Meet Director may send out a request for timers based upon entries. 				
ENTRY PROCEDURES	<ul style="list-style-type: none"> Send all entries to: curtisdin@gmail.com Include in the subject of the email, "2018 PVS LC AG Champs - ***" with the clubs initials in place of the asterisks. Also include training site if your club submits multiple entry files. Entry email must include a coach's cell phone number that they will answer between prelims and finals, in case a swimmer scratches into finals and needs to be notified. We will also try and provide text message accessibility in the weeks leading up to the meet. 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. 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. All Relay-only swimmers must be included in the meet entry file in order to participate in the meet. 				
ENTRY FEES *New Procedures*	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Per Swimmer Surcharge: \$0.00</td> <td style="width: 50%;">Relay event fee: \$12.00</td> </tr> <tr> <td>Individual event fee: \$8.00</td> <td>Deck entries: 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 and where to send a check. 	Per Swimmer Surcharge: \$0.00	Relay event fee: \$12.00	Individual event fee: \$8.00	Deck entries: NA
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PVS 2018 Long Course Age Group Championships

July 19-22, 2018

Thursday, July 19, 2018

13-14 Year Old Prelim Events

Warm up: 6:30-7:30 am, Events: 7:40 am

Women's Event #	SCY AAA	LCM QT	Event	SCY AAA	LCM QT	Men's Event #
3		5:25.99*	13-14 200M Medley Relay		5:15.99*	4
9	1:09.69	1:24.99	13-14 100M Breaststroke	1:03.99	1:21.99	10
15	2:00.39	2:20.79	13-14 200M Freestyle	1:52.39	2:15.99	16
21	1:00.49	1:11.99	13-14 100M Butterfly	56.09	1:08.99	22
27		4:40.99	13-14 400M Freestyle Relay		4:30.99	28
31	11:01.59	10:20.99	14 & Under 800M Freestyle	10:29.49	10:19.99	32

*For the 200 Medley Relay, use the 400 Medley Relay Qualifying Time.

Positive check-in for all individual and relay events 400M and longer.

400M Freestyle Relays: timed finals, swum fastest to slowest.

800M Freestyle: swum fastest to slowest in prelims, fastest women's and men's heat swim at finals.

11-12 Year Old Prelim Events

Warm up: 10:30-11:20 am, Events: 11:30 am

Women's Event #	SCY AAA	LCM QT	Event	SCY AAA	LCM QT	Men's Event #
1		2:50.99	11-12 200M Medley Relay		2:52.99	2
5	2:18.79	2:52.99	12 & Under 200M Backstroke	2:15.69	2:53.99	6
11	33.89	43.59	11-12 50M Breaststroke	32.79	42.99	12
17	57.79	1:09.99	11-12 100M Freestyle	55.79	1:08.99	18
23	28.89	35.79	11-12 50M Butterfly	28.19	35.99	24
29		5:00.99	11-12 400M Freestyle Relay		4:58.99	30

**For the 200 Medley Relay, use the 400 Medley Relay Qualifying Time.

Positive check-in for all individual and relay events 400M and longer.

400M Freestyle Relays: timed finals, swum fastest to slowest.

10 & Under Prelim Events

Warm up: 2:30-3:10 pm, Events: 3:20 pm

Order of Events for Thursday prelims only will be: 8, 7, 14, 13, 20, 19, 26, 25, 34

Women's Event #	SCY AAA	LCM QT	Event	SCY AAA	LCM QT	Men's Event #
7	37.99	52.49	10 & U 50M Breaststroke	37.29	52.99	8
13	1:04.19	1:22.99	10 & U 100M Freestyle	1:03.69	1:22.99	14
19	32.49	44.09	10 & U 50M Butterfly	30.29	45.49	20
25	2:37.39	3:26.99	10 & Under 200M Individual Medley	2:36.19	3:25.59	26
See Sunday			10 & U 400M Freestyle	6:04.19	6:29.99	34

Positive check-in for all individual and relay events 400 M and longer.

400M Freestyle: timed finals, swum slowest to fastest

Note: Event #33 is not being used.

PVS 2018 Long Course Age Group Championships

July 19-22, 2018

Thursday, July 19, 2018 (cont.)

FINALS

Warm up: 5:30-6:20 pm, Events: 6:30 pm

Women's Event #	Event	Men's Event #
31	14 & Under 800M Freestyle	32
5	12 & Under 200M Backstroke	6
7	10 & Under 50M Breaststroke	8
9	13-14 100M Breaststroke	10
11	11-12 50M Breaststroke	12
13	10 & Under 100M Freestyle	14
15	13-14 200M Freestyle	16
17	11-12 100M Freestyle	18
19	10 & Under 50M Butterfly	20
21	13-14 100M Butterfly	22
23	11-12 50M Butterfly	24
25	10 U under 200M Individual Medley	26
800M Freestyle: Fastest women's and men's heats only		

Friday, July 20, 2018

13-14 Year Old Prelim Events

Warm up: 6:30-7:30 am, Events: 7:40 am

Women's Event #	SCY AAA	LCM QT	Event	SCY AAA	LCM QT	Men's Event #
37	2:14.69	2:38.99	13-14 200M Individual Medley	2:05.69	2:33.39	38
43	2:30.89	3:02.99	13-14 200M Breaststroke	2:20.09	2:58.99	44
49	1:00.59	1:13.99	13-14 100M Backstroke	56.59	1:11.99	50
53	25.69	29.99	13-14 50M Freestyle	23.59	28.99	54
59	5:21.69	5:00.99	13-14 400M Freestyle	5:03.79	4:50.99	60
Positive check-in for all individual and relay events 400M and longer. 400M Freestyle: Timed finals; fastest 2 heats will be swum at finals.						

11-12 Year Old Prelim Events

Warm up: 10:30-11:20 am, Events: 11:30 am

Women's Event #	SCY AAA	LCM QT	Event	SCY AAA	LCM QT	Men's Event #
35	2:22.09	3:09.99	12 & Under 200M Butterfly	2:18.79	3:09.99	36
39	2:21.99	2:55.49	11-12 200M Individual Medley	2:17.49	2:54.99	40
45	1:13.49	1:33.99	11-12 100M Breaststroke	1:11.29	1:34.59	46
51	30.09	38.69	11-12 50M Backstroke	29.39	38.99	52
57	2:06.69	2:33.99	11-12 200M Freestyle	2:02.39	2:32.99	58

PVS 2018 Long Course Age Group Championships

July 19-22, 2018

Friday, July 20, 2018 (cont.)

10 & Under Prelim Events

Warm up: 2:30-3:10 pm, Events: 3:20 pm

Women's Event #	SCY AAA	LCM QT	Event	SCY AAA	LCM QT	Men's Event #
41	1:23.09	1:49.99	10 & Under 100M Breaststroke	1:22.39	1:50.99	42
47	33.29	44.49	10 & Under 50M Backstroke	33.59	44.99	48
55	2:20.99	2:58.99	10 & Under 200M Freestyle	2:16.89	2:57.99	56
61		3:10.79	10 & Under 200M Medley Relay		3:15.09	62

FINALS

Warm up: 5:30-6:20 pm, Events: 6:30 pm

Women's Event #	Event	Men's Event #
35	12 & Under 200M Butterfly	36
37	13-14 200M Individual Medley	38
39	11-12 200M Individual Medley	40
41	10 & Under 100M Breaststroke	42
43	13-14 200M Breaststroke	44
45	11-12 100M Breaststroke	46
47	10 & Under 50M Backstroke	48
49	13-14 100M Backstroke	50
51	11-12 50M Backstroke	52
53	13-14 50M Freestyle	54
55	10 & Under 200M Freestyle	56
57	11-12 200M Freestyle	58
59	13-14 400M Freestyle	60
400M Freestyle: fastest two heats only.		

Saturday, July 21, 2018

Events

Warm up: 2:00-2:50 pm, Events: 3:00 pm

Women's Event #	SCY AAA	LCM QT	Event	SCY AAA	LCM QT	Men's Event #
63	4:47.39	5:39.99	14 & Under 400M Individual Medley	4:28.59	5:25.99	64
65	5:37.09	5:29.99	11-12 400M Freestyle	5:27.89	5:29.99	66
67	18:22.79	20:29.99	14 & Under 1500M Freestyle	17:31.99	19:48.39	68

Positive check-in for all individual and relay events 400M and longer.

400M IM: Timed Finals, swum slowest to fastest

400M Freestyle: Timed Finals, swum slowest to fastest

1500M Freestyle: Timed Finals, heats swum fastest to slowest alternating women and men.

PVS 2018 Long Course Age Group Championships

July 19-22, 2018

Sunday, July 22, 2018

13-14 Year Old Prelim Events

Warm up: 6:40-7:30 am, Events: 7:30 am

Women's Event #	SCY AAA	LCM QT	Event	SCY AAA	LCM QT	Men's Event #
71		2:10.99	13-14 200M Freestyle Relay		2:05.99	72
79	2:11.49	2:42.59	13-14 200M Backstroke	2:03.49	2:36.99	80
85	55.69	1:04.99	13-14 100M Freestyle	51.59	1:01.99	86
91	2:13.59	2:50.99	13-14 200M Butterfly	2:04.39	2:42.99	92
95		5:25.99	13-14 400M Medley Relay		5:15.99	96

Positive check-in for all individual and relay events 400M and longer.
400M Medley Relay: Timed Finals, swum fastest to slowest

11-12 Year Old Prelim Events

Warm up: 10:30-11:20 am, Events: 11:30 am

Women's Event #	SCY AAA	LCM QT	Event	SCY AAA	LCM QT	Men's Event #
69		2:20.99	11-12 200M Freestyle Relay		2:20.99	70
75	2:39.59	3:19.99	12 & Under 200M Breaststroke	2:33.19	3:25.99	76
81	1:05.09	1:20.99	11-12 100M Backstroke	1:02.79	1:21.99	82
87	26.79	31.79	11-12 50M Freestyle	25.59	32.59	88
93	1:04.69	1:22.99	11-12 100M Butterfly	1:02.79	1:22.99	94
97		5:30.99	11-12 400M Medley Relay		5:30.99	98

Positive check-in for all individual and relay events 400M and longer.
400M Medley Relay: Timed Finals, swum fastest to slowest

10 & Under Prelim Events

Warm up: 2:30-3:10 pm, Events: 3:20 pm

Women's Event #	SCY AAA	LCM QT	Event	SCY AAA	LCM QT	Men's Event #
73		2:45.99	10 & Under 200M Freestyle Relay		2:47.99	74
77	1:11.79	1:35.99	10 & Under 100M Backstroke	1:12.19	1:36.99	78
83	28.89	37.39	10 & Under 50M Freestyle	28.59	36.99	84
89	1:14.19	1:50.99	10 & Under 100M Butterfly	1:13.89	1:50.99	90
99	6:11.09	6:29.99	10 & Under 400M Freestyle		See Thursday	

Note: Event #100 is not being used
Positive check-in for all individual and relay events 400M and longer.
400M Freestyle: Timed Finals, swum slowest to fastest.

PVS 2018 Long Course Age Group Championships

July 19-22, 2018

Sunday, July 22, 2018 (cont.)

FINALS

Warm up: 5:30-6:20 pm, Events: 6:30 pm

Women's Event #	Event		Men's Event #
75	12 & Under 200 M Breaststroke		76
77	10 & Under 100 M Backstroke		78
79	13-14 200 M Backstroke		80
81	11-12 100 M Backstroke		82
83	10 & Under 50 M Freestyle		84
85	13-14 100 M Freestyle		86
87	11-12 50 M Freestyle		88
89	10 & Under 100 M Butterfly		90
91	13-14 200 M Butterfly		92
93	11-12 100 M Butterfly		94
	LCM QT		LCM QT
101	10:00.99	14 & Under 800M Freestyle Relay	9:45.99 102
Positive check-in for all individual and relay events 400M and longer. 800M Freestyle Relay: All heats swum in finals, swum fastest to slowest.			