



PVS October Open

October 12-14, 2018

Sanction # PVS-19-06

For Freedom Center Sanction #:

ENTRY DEADLINE: Tuesday, October 2, 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.



Hosted for PVS by:



MEET HOST/ DIRECTOR	NATION'S CAPITAL SWIM CLUB	MARYLAND SUBURBAN SWIM CLUB/ FAIRLAND AQUATICS SWIM TEAM	FORT BELVOIR SWIM TEAM
	Brian Pawlowicz bpawlowicz@nationscapitalswimming.com	Manga Dalizu fairlandswim@comcast.net	Bill Sprague fbstentries@gmail.com
MEET REFEREE	Ellen Colket ECPenny@msn.com	Lynne Gerlach gerlach@msscswimming.com	Mike Rubin mrubin1@cox.net
CLUB OFFICIALS CHAIR	Karyn McCannon kmccannon@nationscapitalswimming.com Officials Signup	Lynne Gerlach gerlach@msscswimming.com Officials Signup	Officials Signup
FACILITY	<p>GMU Freedom Center 9100 Freedom Center Blvd. Manassas, VA 20110 (703) 993-8350</p> <ul style="list-style-type: none"> • 10 lanes, 25 yards • Water depth ranges from 4' – 9' at both the starting and turning ends. • The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). 	<p>Fairland Aquatics Center 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060</p> <ul style="list-style-type: none"> • 10 lanes, 25 yards • Water depth ranges from 5' – 13' at both the starting and turning ends. • The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). 	<p>Lee District RECenter 6601 Telegraph Rd. Alexandria, VA 22313 (703) 922-9840</p> <ul style="list-style-type: none"> • 10 lanes, 25 yards • Water depth ranges from 4' – 9' at both the starting and turning ends. • The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).
TEAM ASSIGNMENTS	BWST, HACC, PM, JCCW, MAKO, YORK, GMU, NCAP-Burke, CSC, VLAC, DSS, MARY, NCAP-West, FFX, OCCS, RIPS, RY, SNOW, TRA, MAC,	JFD, NCAP-PG, NCAP-Georgetown Prep, MSSC, PGKS, TIBU, PAC, UMAC, NCAP-AU, TOLL, NCAP-Holton Arms, AU, YSS, NCAP-Germantown, FAST, RMSC, ASA, PGPR, WEA, ASTS, HEAL, MDNA	MACH, NCAP-Tyson's, NCAP-Claude Moore, DCPR, ERSC, FBST, FISH, SSCT, SDS, DRAG, NCAP-Alex, MAC, TANK, AAC, ANSC, LIFE, SSS, LCL, YASD
<p>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.</p>			

SANCTION	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-19-06. • In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Lee District Rec Center, Fairland Aquatic Center, GMU Freedom Aquatics Center, Fairland Aquatic Swim Team, Maryland Suburban Swim Club, Nation’s Capital Swim 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.
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, October 2, 2018, 5:00 PM</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>
SCHEDULE	<p style="text-align: center;">Friday, October 12, 2018</p> <p style="text-align: center;">Warmup 5:00pm – 5:40pm; Events 5:50pm</p> <p style="text-align: center;">Saturday, October 13, 2018 & Sunday, October 14, 2018</p> <p style="text-align: center;">13&Over: Warmup 6:30am – 7:20am; Events 7:30am</p> <p style="text-align: center;">11-12: Warmup 12:00pm – 12:50pm; Events 1:00pm</p> <p style="text-align: center;">9-10: Warmup 3:00pm – 3:50pm; Events 4:00pm</p> <ul style="list-style-type: none"> • Meet Director reserves the right to adjust times/sessions after entries are received
ELIGIBILITY	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes • Swimmers shall compete at the age attained on the first day of the meet. • It may be necessary to limit entries due to time constraints. • For the Freedom Center site only, teams from VSI Northern Region will be permitted to enter the Meet by emailing the PVS Senior Chair, Mark Faherty (fahertyswim@gmail.com). Acceptance is at the Senior Chair’s discretion, timelines permitting, and may not exceed 15% of the total entries accepted.
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.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touch pads primary) will be used for this meet.

RULES	<ul style="list-style-type: none"> ● Current USA Swimming rules shall govern this meet. ● In accordance with VSI best practices, all swimmers should shower before entering the pool. ● 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 at this meet. ● The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.
EVENT RULES	<ul style="list-style-type: none"> ● All events are timed finals. ● Seed times are short course yards. In the event that short course yard times are not available, coaches’ times are preferred over “no times” for all events. ● An athlete may enter no more than 4 events per day, or 7 events for the meet. ● 400 IM on Friday night will be swum fastest to slowest ● Time constraints may require limiting the number of events that are swum. ● Deck entries will be accepted if space is available in existing heats. 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. ● Evidence of current USA-S registration required for deck entries.
POSITIVE CHECK IN	<ul style="list-style-type: none"> ● All events 200 Yards or longer will be positive check in. The Meet Directors will determine if positive check-in will be required for all events. ● 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. ● Positive check in will close 30 minutes after the start of warmups.
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, including times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> ● Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.

AWARDS	<ul style="list-style-type: none"> There will be no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> 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.
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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> NONE
OFFICIALS	<ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stoke & Turn Judge) per session if entering 25 or more splashes. Officials interested in volunteering should contact the appropriate meet referee prior to October 8th. 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.
TIMERS	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. The Meet Director may send out a request for timers based upon entries. Swimmers must provide their own timer for all events at the Friday night session.
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 PVS OCTOBER OPEN - *****” 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). Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. 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 by PVS and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	<p style="text-align: center;">Individual event fee: \$5.00 Deck entries: \$10.00</p> <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 payment and where to send a check.

PVS OCTOBER OPEN

Friday, October 12, 2018

Warmup 5:00pm – 5:40pm

Events 5:50pm

WOMEN	EVENT	MEN
1	9-10 100 yd Individual Medley	2
3	11-12 100 yd Individual Medley	4
5	Open 400 yd Individual Medley	6
7	9-12 200 yd Butterfly	8

- Positive check-in for 400 Individual Medley and 200 Butterfly by **6:00pm**. 100 Individual Medley will be pre-seeded.
- 400 IM will be swum fastest to slowest
- The Meet Referee and Meet Director at each site have the right to make all events positive check-in in order to manage timelines.
- **Swimmers must provide their own timers**

Saturday, October 13, 2018

13 & Over Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
9	13 & Over 200 yd Individual Medley	10
11	13 & Over 100 yd Breaststroke	12
13	13 & Over 200 yd Butterfly	14
15	13 & Over 100 yd Freestyle	16
17	13 & Over 200 yd Backstroke	18

11-12 Session		
Warmup 12:00pm – 12:50pm		
Events 1:00pm		
GIRLS	EVENT	BOYS
19	11-12 200 yd Backstroke	20
21	11-12 100 yd Breaststroke	22
23	11-12 200 yd Freestyle	24
25	11-12 50 yd Backstroke	26
27	11-12 100 yd Butterfly	28
29	11-12 50 yd Freestyle	30

9-10 Session		
Warmup 3:00pm – 3:50pm		
Events 4:00pm		
GIRLS	EVENT	BOYS
31	9-10 200 yd Backstroke	32
33	9-10 100 yd Breaststroke	34
35	9-10 200 yd Freestyle	36
37	9-10 50 yd Backstroke	38
39	9-10 100 yd Butterfly	40
41	9-10 50 yd Freestyle	42

Sunday, October 14, 2018

13 & Over Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
43	13 & Over 100 yd Butterfly	44
45	13 & Over 200 yd Freestyle	46
47	13 & Over 100 yd Backstroke	48
49	13 & Over 200 yd Breaststroke	50
51	13 & Over 50 yd Freestyle	52

11-12 Session		
Warmup 12:00pm – 12:50pm		
Events 1:00pm		
GIRLS	EVENT	BOYS
53	11-12 200 yd Breaststroke	54
55	11-12 100 yd Backstroke	56
57	11-12 50 yd Butterfly	58
59	11-12 200 yd Individual Medley	60
61	11-12 50 yd Breaststroke	62
63	11-12 100 yd Freestyle	64

9-10 Session		
Warmup 3:00pm – 3:50pm		
Events 4:00pm		
GIRLS	EVENT	BOYS
65	9-10 200 yd Breaststroke	66
67	9-10 100 yd Backstroke	68
69	9-10 50 yd Butterfly	70
71	9-10 200 yd Individual Medley	72
73	9-10 50 yd Breaststroke	74
75	9-10 100 yd Freestyle	76

- Positive Check-In for all events 200 yd or more closes 30 minutes after warm ups begin.
- The Meet Referee and Meet Director at each site have the right to make all events positive check in in order to manage timelines