



PVS November Open

November 9-11, 2018

Sanction # PVS-19-19

For PWCS Sanction #



Hosted for PVS by:



ENTRY DEADLINE: Thursday, October 25, 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.

MEET HOST/ DIRECTOR	The FISH Ryan Westhafer rwesthafer@pvfish.org	PATUXENT AQUATICS CLUB John Venit dpws@aol.com	OCOQUAN SWIMMING Aaron Dean gm@swimoccs.org	FORT BELVOIR SWIM TEAM Bill Sprague fbstentries@gmail.com
MEET REFEREE	Nathan Dean officials@pvfish.org	Cherlynn Venit dpws@aol.com	Dan Young writedanyoung@verizon.net	Rich McMillen padre1993@gmail.com
CLUB OFFICIALS CHAIR	Nathan Dean officials@pvfish.org Officials Signup	Cherlynn Venit dpws@aol.com Officials Signup	Jorge Zamora officials@swimoccs.org Officials Sign up	Officials Signup
FACILITY	**New site** Providence RECenter 7525 Marc Dr. Falls Church, VA 22046 (703) 698-1351 <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth ranges from 4' – 12.5' 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). 	Fairland Aquatics Center 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060 <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). 	PWCS Aquatics Center 13833 Dumfries Road (Door #25) Manassas, VA 20112 (571) 374-6333 <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth is 12' at the starting end and 4' at the turning end. 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 	Mt. Vernon RECenter 2017 Belle View Blvd Alexandria, VA 22313 (703) 768-3223 <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth ranges from 5' – 12' 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	FISH, GMU, RIPS, MAKO, JCCW, NCAP-CM/Tyson's, SNOW, BWST, SSCT, YORK	PAC, NCAP-Germantown, NCAP-PG, NCAP-AU/Holton, ASA, RMSC, UMAC, JFD, PGKS, PGPR, TOLL, FAST, MSSC, TIBU, ASTS, YSS, NCAP- Georgetown	NCAP-West, NCAP-Burke, OCCS, TANK, MACH, SDS, FXFX, RY, VLAC, TRA, ANSC, LCL, HACC, PM	FBST, NCAP-Alex, AAC, CSC, LIFE, DSS, MAC, YASD, DCPR, ERSC, DRAG, WEA

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.

SANCTION	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-19-19. The PWCS site is also sanctioned through Virginia Swimming: VS-. • In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Providence Rec Center, Fairland Aquatic Center, Mt. Vernon Rec Center and PWCS Aquatics Center, Fort Belvoir Swim Team, The FISH, Patuxent Aquatics Club, Occoquan Swimming 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;">Thursday, October 25, 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, November 9, 2018</p> <p style="text-align: center;">Warmup 5:00pm – 5:40pm; Events 5:50pm</p> <p style="text-align: center;">Saturday, November 10 & Sunday, November 11, 2018</p> <p style="text-align: center;">9-10: Warmup 6:30am – 7:20am; Events 7:30am</p> <p style="text-align: center;">11-12: Warm up 11:00am – 11:40am; Events 11:50am</p> <p style="text-align: center;">13&Over: Warmup 3:00pm – 3:50pm; Events 4:00pm</p> <ul style="list-style-type: none"> • Meet Directors reserve 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 PWCS 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

	<p>unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> • 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. • 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. • 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 other 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 November 6th. <table border="0" data-bbox="418 331 1477 457"> <tr> <td style="text-align: center;">PROVIDENCE</td> <td style="text-align: center;">FAIRLAND</td> <td style="text-align: center;">PWCS</td> <td style="text-align: center;">MT VERNON</td> </tr> <tr> <td style="text-align: center;">Nathan Dean</td> <td style="text-align: center;">Cherlynn Venit</td> <td style="text-align: center;">Jorge Zamora</td> <td style="text-align: center;">Rich McMillen</td> </tr> <tr> <td style="text-align: center;">officials@pvfish.org</td> <td style="text-align: center;">dpws@aol.com</td> <td style="text-align: center;">officials@swimoccs.org</td> <td style="text-align: center;">padre1993@gmail.com</td> </tr> <tr> <td style="text-align: center;">Officials Signup</td> <td style="text-align: center;">Officials Signup</td> <td style="text-align: center;">Officials Sign up</td> <td style="text-align: center;">Officials Signup</td> </tr> </table> 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. 	PROVIDENCE	FAIRLAND	PWCS	MT VERNON	Nathan Dean	Cherlynn Venit	Jorge Zamora	Rich McMillen	officials@pvfish.org	dpws@aol.com	officials@swimoccs.org	padre1993@gmail.com	Officials Signup	Officials Signup	Officials Sign up	Officials Signup
PROVIDENCE	FAIRLAND	PWCS	MT VERNON														
Nathan Dean	Cherlynn Venit	Jorge Zamora	Rich McMillen														
officials@pvfish.org	dpws@aol.com	officials@swimoccs.org	padre1993@gmail.com														
Officials Signup	Officials Signup	Officials Sign up	Officials Signup														
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 NOVEMBER 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	<table border="0" data-bbox="506 1501 1404 1533"> <tr> <td style="text-align: center;">Individual event fee:</td> <td style="text-align: center;">\$5.00</td> <td style="text-align: center;">Deck entries:</td> <td style="text-align: center;">\$10.00</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 payment and where to send a check. Payment for Deck Entries must be received prior to the swimmer being seeded into events. Payment may be made by cash or check (payable to PVS). The host club is responsible for reporting cash payments to PVS and delivering checks to PVS. Payment for unaccounted for deck entries or lost payments is the responsibility of the host club. 	Individual event fee:	\$5.00	Deck entries:	\$10.00												
Individual event fee:	\$5.00	Deck entries:	\$10.00														

PVS November Open

Friday, November 9, 2018

Warmup 5:00pm – 5:40pm; Events 5:50pm

WOMEN	EVENT	MEN
1	9-12 200 yd Breaststroke	2
3	11 & Over 500 yd Freestyle	4

- Positive check-in for 200 yd Breaststroke and 500 yd Freestyle by **5:30pm**.
- The Meet Referee and Meet Director at each site have the right to make all events positive check-in in order to manage timelines.
- 500 yd Freestyle will be swum Fastest to Slowest, alternating girls and boys.
- **Swimmers must provide their own timers for all events and their own counter for the 500 yd Freestyle.**

Saturday, November 10, 2018

9-10 Session		
Warmup 6:30am – 7:20am; Events 7:30am		
GIRLS	EVENT	BOYS
5	9-10 200 yd Individual Medley	6
7	9-10 100 yd Freestyle	8
9	9-10 50 yd Butterfly	10
11	9-10 100 yd Breaststroke	12
13	9-10 50 yd Backstroke	14
15	9-10 200 yd Butterfly	16
17	9-10 500 yd Freestyle	18

Sunday, November 11, 2018

9-10 Session		
Warmup 6:30am – 7:20am; Events 7:30am		
GIRLS	EVENT	BOYS
41	9-10 200 yd Backstroke	42
43	9-10 50 yd Freestyle	44
45	9-10 100 yd Individual Medley	46
47	9-10 50 yd Breaststroke	48
49	9-10 100 yd Backstroke	50
51	9-10 200 yd Freestyle	52
53	9-10 100 yd Butterfly	54

11-12 Session		
Warmup 11:00am – 11:40am; Events 11:50am		
GIRLS	EVENT	BOYS
19	11-12 200 yd Individual Medley	20
21	11-12 100 yd Freestyle	22
23	11-12 50 yd Butterfly	24
25	11-12 100 yd Breaststroke	26
27	11-12 50 yd Backstroke	28
29	11-12 200 yd Butterfly	30

11-12 Session		
Warmup 11:00am – 11:40am; Events 11:50am		
GIRLS	EVENT	BOYS
55	11-12 200 yd Backstroke	56
57	11-12 50 yd Freestyle	58
59	11-12 100 yd Individual Medley	60
61	11-12 50 yd Breaststroke	62
63	11-12 100 yd Backstroke	64
65	11-12 200 yd Freestyle	66
67	11-12 100 yd Butterfly	68

13 & Over Session		
Warmup 3:00pm – 3:50pm; Events 4:00pm		
31	13 & O 50 yd Freestyle	32
33	13 & O 200 yd Backstroke	34
35	13 & O 100 yd Butterfly	36
37	13 & O 200 yd Breaststroke	38
39	13 & O 200 yd Freestyle	40

13 & Over Session		
Warmup 3:00pm – 3:50pm; Events 4:00pm		
69	13 & O 200 yd Butterfly	70
71	13 & O 100 yd Breaststroke	72
73	13 & O 100 yd Freestyle	74
75	13 & O 200 yd Individual Medley	76
77	13 & O 100 yd Backstroke	78

- 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