

# Virginia State LC Championships

May 17-19, 2019

Sponsored by Potomac Marlins Swim Team

Sanctioned by USA Swimming through Potomac Valley Swimming

**Sanction # PVI-19-93**

Meet Director	<p><a href="#">Bill Marlin</a>  <b>31 Century Street</b>  <b>Stafford, VA 22554</b>  <b>571-334-0987</b></p>
Meet Referee	<p><b>John Kost</b>  <a href="mailto:Marlinsofficials@gmail.com">Marlinsofficials@gmail.com</a></p>
Potomac Marlins Officials Chair	<p><b>John Kost</b>  <a href="mailto:Marlinsofficials@gmail.com">Marlinsofficials@gmail.com</a></p>
Location / Facility	<p>The St. James Sports, Wellness and Entertainment Complex          6805 Industrial Rd, Springfield, VA 22151 (703) 239-6870</p> <p>The competition course has been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). The copy of such certification is on file with USA Swimming.          The competition course is 8 lanes by 50 meters.          The depth at the starting end of the pool is 14.5 feet.          The depth at the bulkhead turning end of the pool is 4.5 feet.</p>
Timing System	Automatic timing (touch pads primary) will be used for this meet.
Schedule	<p><b>Friday Warm-ups:</b> 4:30 - 5:30 PM Events at 5:40 PM</p> <p><b>13 &amp; Over assigned warm-ups for Saturday &amp; Sunday:</b> 6:30-7:00 a.m. / 7:00-7:30 a.m. Events 7:50 a.m.</p> <p><b>12 &amp; Under warm-ups for Saturday &amp; Sunday</b> 12:30 pm - 1:30 pm Events at 1:40 pm</p>
Awards	There are no awards at this meet
Eligibility	<p>Open to all invited registered USAS athletes on the following invited USA teams. PM, CAA, YORK, FAST, CSC, AAC, ASA.          Entry times must be achieved since April 1, 2017 thru the entry deadline.</p>

<p style="text-align: center;"><b>Rules</b></p>	<p><b>Meet Manager reserves the right to adjust warm-up times for the 12 &amp; Under sessions and Friday's session after entries have come in.</b></p> <p><b>Swimmers may swim a maximum of 8 events for the meet with no more than 3 events per session.</b></p> <p><b>The 400 free on Friday evening will be swum fastest to slowest alternating Girls / Boys.</b></p> <p>Current USA Swimming rules will govern the meet. All events will be positive check in except the 50's. All events will be Timed Finals.</p> <p>Dive Over starts will be used at this meet. <b>Chase starts may be used if times lines indicate they are needed.</b></p> <p>LCM times will be the conforming times for this meet.</p> <p>No on-deck USA-S registration will be permitted.</p> <p>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. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</p> <p>Deck changes are prohibited.</p> <p>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.</p> <p>Operation of a drone or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator area and open ceiling locker rooms) anytime athletes, coaches, officials and/or spectators are present.</p> <p>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 &amp; U events per Rule 205.3.1F.</p>
<p>Positive Check-In</p>	<p>Positive Check-In closes 30 Minutes after the start of warm-ups for each session.</p>
<p>Warm-up / Cool-Down</p>	<p>There is no warm-up / cool-down water available however, two 10 minute breaks will be scheduled in the middle of each session for warm-up / cool-down.</p>
<p>Inclusion Policy for Swimmers with a Disability</p>	<p>PVS and host clubs along with their Meet Directors are committed to the <a href="#">Inclusion Policy as adopted by the BOD</a>. Athletes with a disability are welcomed and are asked to provide Advanced notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</p>

PVS Check-in Policy	For those events requiring positive check-in, athletes shall designate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked-in prior to the specified time will be scratched from the 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 Referee.
Warm-Up	The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.
Supervision	Coaches are responsible for the conduct of their Swimmers and Families and for cleaning up their team areas. Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Working Coaches & deck Officials are required to display their 2018-19 USA Swimming card on the deck pass app if asked. Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck.
Concessions	There may be concession provided by the facility for spectators and swimmers.
Programs	This meet requires positive check in for most of the events. All efforts will be made to have programs available as quickly as possible after the start of the meet. Once available they will be on sale for <b>\$5.00 per session</b>
Officials	All certified officials wishing to volunteer to work this meet please contact the Potomac Marlins Officials Chairman, John Kost at: <a href="mailto:Marlinsofficials@gmail.com">Marlinsofficials@gmail.com</a> <b>prior to May 1st, 2019</b> . Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the computer table at the start of warm-up. Certified officials who have not been contacted should volunteer their services to the Referee.
Seating	Due to the limited pool deck space, only Officials, USA Swimming Registered Coaches, and swimmers will be permitted on the pool deck. Swimmers will sit at the turn end of the pool on bleachers provided by the facility...no swimmer deck chairs will be allowed. One section of spectator bleachers in the balcony may be opened up to swimmers if needed and if the weather is nice, an outdoor area behind the starting end of the pool will be made available for athlete seating as well.
Warning	Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.
Entries	Entries shall be sent via e-mail. <b>LCM entry times are considered conforming times for this meet. Entry Times must be achieved no earlier than April 1, 2017.</b>  <ul style="list-style-type: none"> <li>• <b>Entries must arrive by the due date and time.</b></li> <li>• Include with your entry file one (1) report by name. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).</li> <li>• Send e-mail to <a href="mailto:Bill.Marlin@verizon.net">Bill.Marlin@verizon.net</a></li> <li>• Meet Directors will acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet</li> </ul>

	<p>Director by other than e-mail to confirm receipt.</p> <ul style="list-style-type: none"> <li>• Events file for use in Team Manager is available at the PVS website</li> <li>• <b>No late/deck entries are permitted for this meet.</b></li> <li>• The meet director will not accept phone or fax entries.</li> </ul>
Fees	<p>Fees for individual events are <b>\$8.00</b>. Swimmer Sur Charge <b>\$3.00</b></p> <p>Each participating Club is requested to remit one check to cover the entry fee for the entire team. Do not send cash.</p> <p>Make checks payable to <b>POTOMAC MARLINS</b>. <b>Entry fees are due with entries.</b></p>
Entry Deadline	<p><b>The entry dead line is 5:00 p.m., Friday, May 3rd, 2019.</b></p> <p><b>Important:</b> 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>
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The St. James Sports, Wellness and Entertainment Center, and Potomac Marlins shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>	

<p>Friday Events May 17, 2019 Warm up: 4:30-5:30 pm, Events: 5:40 pm</p>		
Girls Event #	Event	Boys Event #
1	13&O 400 Free	2
3	9-12 400 Free	4
5	11&O 200 Fly	6
<p>Positive Check in Closes at 5:00 p.m.</p>		

Saturday Events May 18, 2019 Warm up: 6:30-7:30 am, Events: 7:40 am		
Girls Event #	Event	Boys Event #
7	13&O 200 IM	8
9	13&O 50 Free	10
11	13&O 100 Back	12
13	13&O 200 Breast	14
15	13&O 200 Free	16
Positive Check in Closes at 7:00 a.m.		

Saturday Events May 18, 2019 Warm up: 12:30-1:30 pm, Events: 1:40 pm		
Girls Event #	Event	Boys Event #
17	9-12 100 Fly	18
19	9-12 50 Free	20
21	9-12 100 Back	22
23	11-12 200 Breast	24
25	9-12 50 Breast	26
27	9-12 200 Free	28
Positive Check in Closes at 1:00 p.m.		

Sunday Events May 19, 2019 Warm up: 6:30-7:30 am, Events: 7:40 am		
Girls Event #	Event	Boys Event #
29	13&O 100 Breast	30
31	13&O 200 Back	32
33	13&O 100 Free	34
35	13&O 100 Fly	36
37	11&O 400 IM	38
Positive Check in Closes at 7:00 a.m.		

Sunday Events May 19, 2019 Warm up: 12:30-1:30 pm, Events: 1:40 pm		
Girls Event #	Event	Boys Event #
39	9-12 100 Breast	40
41	11-12 200 Back	42
43	9-12 50 Back	44
45	11-12 100 Free	46
47	9-12 50 Fly	48
49	9-12 200 IM	50

Positive Check in Closes at 1:00 p.m.