



SNOW Long Course Invitational

June 14-16, 2019

Sanctioned by USA Swimming through Potomac Valley Swimming and Virginia Swimming
Sanction Numbers: PVI- 19-97 and VS-

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Claude Moore Recreation Center and SNOW Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Meet Director

Angela Davis

snowswimming.entries@gmail.com

Meet Referee

Lynn Oliver

lynn.r.oliver@verizon.net

Club Officials Chair

Lynn Oliver

lynn.r.oliver@verizon.net

Facility

Claude Moore Recreation Center
46105 Loudoun Park Lane
Sterling, VA 20164
571-258-3600

One 9 lane 50 meter course will be used during each preliminary, distance and timed final session. One 8 lane 50 meter course will be used during each finals session. One warm-up / warm-down lane will be available throughout the meet. Water depth ranges from 12'6" at the starting end and 4' at the turning end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)

Timing System

Automatic timing (touch pads primary) will be used for all events.

Preliminary Schedule

The Meet Director reserves the right to limit/restrict events, heats and/or swimmers and adjust start times and/or sessions after entries are received and close entries prior the deadline to satisfy time constraints.

Entry Deadline: Sunday, June 2, 2019 by 5:00 PM, or the meet reaches capacity, whichever is earlier.

Friday June 14, 2019

13 and Over: Warm-up: 7:00am / Events: 8:10am

12 and Under: Warm-up: 11:00am / Events: 12:00pm

Finals: Warm-up: 4:30pm / 5:30pm

Saturday June 15, 2019

13 and Over: Warm-up: 7:00am / Events: 8:10am

Distance: Warm-up: 10:30am / Events: 11:15am

12 and Under: Warm-up: 2:00pm / Events: 3:00pm

Finals: Warm-up: 5:30pm / Events: 6:30pm

Sunday June 16, 2019

13 and Over: Warm-up: 7:00am / Events: 8:10am

12 and Under: Warm-up: 11:15am / Events: 12:15pm

Finals: Warm-up: 4:30pm / Events: 5:30pm



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Eligibility

- **This meet is open to athletes from INVITED USA Swimming teams only.**
- Swimmers shall compete at the age attained on June 14, 2019.
- **Athletes in the 12 & Under 200 IM must meet the following minimum time standards with provable times:**
 - **11-12 Girls and Boys – no slower than 3:20L**
 - **10 & Under Girls and Boys – no slower than 4:00L**

Rules

- Current USA Swimming rules shall govern the meet.
- Swimmers may only participate in their own age group events or open events.
- **Swimmers may enter a maximum of seven (7) events during the entire meet, not exceeding three (3) events per day. Swimmers may enter one (1) event in Saturday's distance session.**
- **NT entries will not be accepted. Only long course times are applicable.**
- **All events 100 meters and above will require positive check-in.**
- **All 12 & Under events on Friday and Sunday are prelims/finals and will have a "C", "B", and "A" final, swum in that order. The "C" final will be open only to swimmers ages 10 & under.**
- **All 13-14 preliminary events will be swum with the 13 & Over events, combined as 13 & Over events.**
- **All 13-14 and 15 & Over events will have an "A" and "B" final. The "B" final will be swum first. 13-14 final heats will be swum before the 15 & Over final heats.**
- **All 12 & Under events on Saturday will be mixed gender. The Mixed 12 & Under 400 Freestyle will be swum fastest to slowest.**
- **Athletes in the 400/800/1500 Freestyle and 400 IM must provide their own timers and counters.**
- **The 13 & Over 400 Freestyle will be swum fastest to slowest, alternating girls and boys.**
- **The 800/1500 Freestyle will be swum fastest to slowest and mixed gender.**
- **The 400IM will be swum fastest to slowest, alternating girls and boys.**
- Entries in the 400/800/1500 Freestyle and 400 IM may be limited due to time constraints. If necessary, this will be done based on the verifiable proof of time. Any swimmer removed from an event due to time constraints will be provided the opportunity to enter another event, so long as it does not create a new heat and does not violate any applicable entry limits.
- 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. As 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.



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- The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform to the 4-hour provision for sessions that include 12 & Under events per Rule 205.3.1F.
- Operation of a drone, or any other flying apparatus, 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.
- In accordance with VSI best practices, all swimmers should shower before entering the pool.
- No VSI non-athlete member in good standing may be barred from participating in the meet as an official as certified.

Withdrawing from Finals

- PVS scratch rules apply for swimmers scratching finals.
- If you do not wish to compete in finals, you may “scratch” from the event by the following procedure:
 - You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A”, “B”, or “C” finals, if scheduled.
 - You may declare an “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 a swimmer declares an “intent to scratch” and does not wish to swim finals, the swimmer must confirm the scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of the swimmer’s last preliminary event of the day or the swimmer will be automatically seeded into the event.
- On Friday and Saturday, if an athlete fails to properly scratch from an event and does not appear for the “Final” event, he or she shall be barred from further competition for the remainder of the meet.
- On Sunday, the top 40 preliminary finishers in each event will be asked to declare an “intent to scratch.”
- Athletes who are scratched into a final event and are a “no-show” shall not be penalized.

Awards

No awards will be given at this meet.

Disability Swimmers

PVS and host clubs along with their Meet Directors are committed to the Inclusion policy as adopted by the [Inclusion Policy as adopted by the Board of Directors](#). Athletes with disabilities are welcome to participate, and are asked to provide advance 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.



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Warm-Ups

The prescribed Potomac Valley Swimming and Virginia 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, as well as maintaining clean team areas.
- Coaches and Officials should have proof of active USA Swimming membership with them at all times. Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.

Officials & Timers

- All certified officials wishing to volunteer to work this meet should contact **Lynn Oliver** at lynn.r.oliver@verizon.net
- Please include your club affiliation, certifications held, and sessions you wish to work.
- 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-up.
- Each participating club is requested to provide **at least** one (1) official and three (3) timers per session if entering 25 or more swimmers.

Seating

No chairs will be allowed on deck. Bleachers will be available on deck for athletes. Spectators not volunteering will be restricted to the upstairs gallery. After entries are received, the Meet Director will provide additional seating information, if necessary.

Fees

\$9.00 per individual event

\$6.00 Facility surcharge per swimmer

Deck Entries

- Deck entries will be at the discretion of the Meet Referee/Meet Director. Fee is \$10 per individual event (plus facility surcharge).
- Swimmers will be entered into open lanes in the existing heats on a first come, first serve basis. No additional heats will be created.
- Evidence of current USA-S registration will be required for all deck entries. This can be done by presenting a copy of the USA-S athlete registration card.



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Entry Procedure

Teams should provide entries as follows:

- Send e-mail to Angie Davis at snowswimming.entries@gmail.com
- Include in the subject of the email, "SNOW LC Invitational -****" 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 with your entries file, one entry report by name and one entry by event. Create these reports in HyTek Team Manager and save as PDF.
- In the body of your email, provide entry numbers (girls, boys, totals), as well as contact information (e-mail and phone) for the person responsible for entries and for your officials contact.

Entry Deadline: Sunday, June 2, 2019 by 5:00 PM or the meet reaches capacity, whichever is earlier.

Important

- The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.
- The above date is the deadline for teams to submit entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers. Check with your team for this information.

Other Registration Details

- Entries directly from individual team members will not be accepted.
- Entries by phone or fax entries will not be accepted.
- Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.
- 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.
- Each participating team is requested to remit one check to cover the entry fee for the entire team.
- Entry fees are due with each team's entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.
- Please make checks payable to "SNOW Swimming." Please do not send cash.

Send entry fees to:

Teresa Meike
SNOW Swimming
22483 Verde Gate Terrace
Ashburn, VA 20148



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Friday

13 & Over Preliminaries

All events 100 meters and above will require positive check-in.

*The 400 Freestyle will be swum fastest to slowest,
alternating boys and girls.*

Athletes in the 400 Freestyle must provide their own timers.

Girls	Prelims	Boys
3	13&Over 100 Back	4
7	13&Over 200 Breast	8
11	13&Over 100 Fly	12
15	13&Over 400 Free	16

12 & Under Preliminaries

All events 100 meters and above will require positive check-in.

Girls	Prelims	Boys
1	12&Under 50 Free	2
5	12&Under 100 Back	6
9	12&Under 50 Breast	10
13	12&Under 100 Fly	14
17	12&Under 200 Free	18

Friday Finals

Girls	Finals	Boys
1	12&Under 50 Free	2
3	13&Over 100 Back	4
5	12&Under 100 Back	6
7	13&Over 200 Breast	8
9	12&Under 50 Breast	10
11	13&Over 100 Fly	12
13	12&Under 100 Fly	14
15	13&Over 400 Free	16
17	12&Under 200 Free	18



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Saturday

13 & Over Preliminaries

All events 100 meters and above will require positive check-in.

Girls	Prelims	Boys
19	13&Over 200 IM	20
21	13&Over 100 Free	22
23	13&Over 200 Back	24

Distance

All events will be timed-finals.

All events will require positive check-in.

Athletes must provide their own timers and counters.

All events will be swum fastest to slowest.

Mixed	Timed Finals
25	Open 800 Free
27	Open 1500 Free

12 & Under Timed Finals

All events will be timed-finals.

All events will require positive check-in.

The 400 Freestyle will be swum fastest to slowest.

Athletes in the 400 Freestyle must provide their own timers.

Mixed	Timed Finals
29	12&Under 200 Fly
31	12&Under 200 Back
33	12&Under 200 Breast
35	12&Under 400 Free

Saturday Finals

Girls	Finals	Boys
19	13&Over 200 IM	20
21	13&Over 100 Free	22
23	13&Over 200 Back	24



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Sunday

13 & Over Preliminaries

All events 100 meters and above will require positive check-in.

The 400 IM will be swum fastest to slowest, alternating girls and boys.

Athletes in the 400 IM must provide their own timers.

Girls	Prelims	Boys
39	13&Over 50 Free	40
43	13&Over 200 Fly	44
47	13&Over 100 Breast	48
49	13&Over 200 Free	50
53	13&Over 400 IM	54

12 & Under Preliminaries

All events 100 meters and above will require positive check-in.

Girls	Prelims	Boys
37	12&Under 50 Fly	38
41	12&Under 100 Free	42
45	12&Under 100 Breast	46
51	12&Under 50 Back	52
55	12&Under 200 IM*	56

***Athletes in the 12 & Under 200 IM must meet the following minimum time standards with provable times:**

- **11-12 Girls and Boys – no slower than 3:20L**
- **10 & Under Girls and Boys – no slower than 4:00L**

Sunday Finals

Girls	Finals	Boys
37	12&Under 50 Fly	38
39	13&Over 50 Free	40
41	12&Under 100 Free	42
43	13&Over 200 Fly	44
45	12&Under 100 Breast	46
47	13&Over 100 Breast	48
49	13&Over 200 Free	50
51	12&Under 50 Back	52
53	13&Over 400 IM	54
55	12&Under 200 IM	56