



PVS LC Distance Meet

June 15-16, 2019

Sanction # PVS-19-98

Hosted for PVS by



MEET DIRECTOR Bill Sprague fbstentries@gmail.com	MEET REFEREE Mark Harris MHarris131@aol.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-19-98. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fort Belvoir Swim Team, and Fairland Aquatics 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;">Fairland Aquatics Center 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060</p> <ul style="list-style-type: none"> Competition course is 8 lanes, 50 meters. Water depth of 4.5' at the starting end and 13' at the turning end. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).
ENTRY DEADLINE	<p style="text-align: center;">Thursday, June 6, 2019 8:00 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;">Saturday, June 15, 2019 & Sunday, June 16, 2019 Warmup 2:30 – 3:20 pm; Events 3:30 pm</p> <ul style="list-style-type: none"> PVS Administrator and the Technical Committee 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.
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.
QUALIFYING TIMES	<ul style="list-style-type: none"> Minimum provable times for 13 & O Swimmers: <ul style="list-style-type: none"> For 800M, 14:00:00 in either the 800M or 1000yd Freestyle For 1500M, 23:30:00 in either the 1500M or 1650 yd Freestyle See full description of the PVS Distance Qualifying Policy

QUALIFYING TIMES (cont.)	<ul style="list-style-type: none"> • Coaches of 13 & Over athletes that can complete the event(s) faster than the QT's, but do not satisfy the entry rule, should petition the PVS Distance Coordinator, Matt Cohen, mattscohen@comcast.net • Minimum provable times for 12 & Under Swimmers: <ul style="list-style-type: none"> • Must meet the following stepping stone progression • A provable time of 7:20.00 must be swum in the 400M/500yd Free before entering the 800M/1000yd Free • A provable time of 15:00.00 must be swum in the 800M/1000yd Free before entering the 1500M/1650yd Free • There are NO petitions for 12 & Under athletes.
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 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 long course meters and must meet qualifying times. • Time constraints may require limiting the number of heats that are swum. • Deck entries will be accepted if the meet is not over-subscribed. All deck entries must be submitted no later than 45 minutes prior to first event of each session. • Evidence of current USA-S registration required for deck entries.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be positive check in and deck seeded. The meet will be seeded and swum according to submitted entry times regardless of age or gender. Heats will be swum fastest to slowest. Expected swim times and check in requirements will be posted to the PVS website www.pvswim.org no later than Wednesday, June 12, 2019.
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.

SEEDING	<ul style="list-style-type: none"> • Events will be seeded and swum fastest to slowest • Deck entries will be seeded after athletes who were previously entered in the meet and have checked in. 								
SCORING	<ul style="list-style-type: none"> • There is no scoring for this meet. 								
AWARDS	<ul style="list-style-type: none"> • There are no awards for this meet. 								
PROGRAMS	<ul style="list-style-type: none"> • No programs will be available. 								
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	<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 available to assist with the meet should volunteer in advance by contacting the Meet Referee. Walk on officials are welcome. All officials should check in with the meet referee upon arrival. 								
TIMERS	<ul style="list-style-type: none"> • All swimmers must provide their own timer and counter (if needed). 								
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, "2019 LC Distance - ****" 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 style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Per Swimmer Surcharge:</td> <td style="text-align: center;">NA</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Individual event fee:</td> <td style="text-align: center;">\$6.00</td> <td style="text-align: right;">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 payments 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. 	Per Swimmer Surcharge:	NA			Individual event fee:	\$6.00	Deck entries:	\$10.00
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PVS LC DISTANCE

June 15-16, 2019

Warmup: 2:30-3:20 pm, Events: 3:30 pm

Saturday, June 15, 2019

EVENT	
1	Mixed, Open 800 M Freestyle
2	Mixed, Open 400 M IM

Sunday, June 16, 2019

EVENT	
3	Mixed, Open 1500 M Freestyle
4	Mixed, Open 400 M Freestyle

All events are positive check in.

Events will be swum fastest to slowest.

All athletes must provide their own timer and counter (if needed).