

# NOVEMBER DISTANCE MEET

November 2<sup>nd</sup> - 3<sup>rd</sup>, 2019

Sanctioned by USA Swimming through Potomac Valley Swimming

Hosted by:

## D.C. PARKS & RECREATION WAVE SWIM TEAM (DC WAVE)

Sanction # PVC-20-18

<b>Meet Director:</b>	Robert Green (202) 576-9534 <a href="mailto:robert.green@dc.gov">robert.green@dc.gov</a>
<b>Meet Location:</b>	Takoma Community Center Pool 300 Van Buren Street, NW Washington, DC 20012 (202) 576-9284  One 8 lane, 25 yard course will be used. The water depth ranges from 7' in lane 8 to 13.5' in lane 1 for both the starting and turning ends.  The competition course has not been certified in accordance with <i>USA Swimming Rules and Regulations</i> Article 104.2.2(C).
<b>Meet Referee:</b>	Carla Austin <a href="mailto:Caustin.enllc@gmail.com">Caustin.enllc@gmail.com</a>
<b>Club of Officials Chair:</b>	Erika Livingston <a href="mailto:Erika@aimstutoring.com">Erika@aimstutoring.com</a>
<b>Timing System:</b>	Automatic Timing (touch pads primary) will be used for this meet.
<b>Session Warm Up Times:</b>	The competition pool will open for warm-ups at 9:00 am on Saturday and Sunday. Events will begin at 9:50 am. There will be a continuous warm up/warm down section throughout the meet.  Saturday, November 2 <sup>nd</sup> <ul style="list-style-type: none"><li>• Session 1 – 1,000 Freestyle: 9:00 – 9:40 am</li><li>• Session 2 – 500 Freestyle: 1:00 – 1:30 pm</li></ul> Sunday, November 3 <sup>rd</sup> <ul style="list-style-type: none"><li>• Session 3 – 1,650 Freestyle: 9:00 – 9:40 am</li></ul>
<b>Eligibility:</b>	Open to all registered Potomac Valley Swimming athletes. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302.

	<p>A swimmer's age shall be determined as of the first day of the meet.</p> <p>PVS and the host club along with the Meet Director are committed to the <a href="#">Inclusion Policy</a> as adopted by the 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's deck referee of any disability prior to the competition.</p>
<b>Rules:</b>	<p>Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), shall govern this meet.</p> <p>No on-deck USA-S registration is permitted.</p> <p>In compliance with <i>USA Swimming Rules and Regulations</i>, 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 (e.g., cell phones, camera, 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 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.</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>
<b>Event Rules:</b>	<p>All events are timed finals.</p> <p>All events will be positive check in.</p> <p>The meet will be seeded fastest to slowest according to submitted entry times regardless of age. Heats will be swum fastest to slowest alternating girls and boys. Expected timelines and check in requirements will be posted to the PVS web site at <a href="http://www.pvswim.org">www.pvswim.org</a> no later than Tuesday, October 29<sup>th</sup>, 2019.</p> <p>The meet director reserves the right to combine heats or events based on the number of entries received and meet timeline.</p>
<b>Officials:</b>	<p>All certified USA Swimming officials wishing to volunteer to work this meet should contact the Club Officials Chair - Erika Livingston at <a href="mailto:Erika@aimstutoring.com">Erika@aimstutoring.com</a>. Please include your club affiliation, certifications held, and sessions you wish to work in your email message. Certified officials who have not been contacted should volunteer their services to the Meet Referee early during the warm-up period. Officials assigned to this meet should sign in at the results table at the start of warm-up.</p>
<b>Timers</b>	<p><b>Each swimmer must provide at least one timer (required) and if desired, a lap counter.</b></p>

<b>Supervision</b>	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
<b>Warning:</b>	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 \$100.00 per occurrence and no further entries will be accepted from that club until the said fine has been paid. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.
<b>Meet Entries:</b>	<p>All entries should be submitted using Hy-Tek Team Manager and email directly to the Meet Director.</p> <p>Events for this meet can be downloaded at <a href="http://www.pvswim.org">www.pvswim.org</a></p> <p>Please include in the email subject heading "2019 Nov Distance - *****" with your club's name and site (if your club submits multiple entries). Also include the number of swimmers in the body of the email.</p> <p>Two Team Manager meet entry reports (saved in Word) must also be sent. One by swimmer and one by event.</p> <p>Meet Directors will acknowledge receipt by return email within 24 hours of receiving entries. No fax or phone entries will be accepted.</p> <p><b>REMINDER:</b> Entry fees are due with each club's meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. No further entries will be accepted for future meets until all entry fees are paid in full by the club to the Meet Director.</p> <p><b>NO LATE OR DECK ENTRIES ARE PERMITTED.</b></p>
<b>Entry Fees:</b>	<p><b>Individual events are \$5.00 each.</b></p> <p>Each Club is requested to remit one check to cover the entry fee for the entire team, made payable to "<b>DC Wave Booster Club</b>" and mailed USPS to the appropriate Meet Director. Include the club name if not a club check and note the number of entries. No cash will be accepted.</p>
<b>Entry Deadline:</b>	<p>The Meet Director must receive all entries for this meet no later than:  <b>5:00 pm Friday, October 25<sup>th</sup>, 2019</b></p> <p>This 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. Please check with your club for the entry deadline information.</p> <p><b>SEND ENTRY FEES TO:</b>  <b>Takoma Aquatic Center C/o Rob Green</b>  <b>300 Van Buren Street, NW</b>  <b>Washington, DC 20012</b>  <b>(202) 576-9534</b>  <a href="mailto:robert.green@dc.gov">robert.green@dc.gov</a></p>
<b>Warm Up:</b>	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 assignment. During the meet there will be continuous warm-up/warm-down water. Persons will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed or the remainder of the session.
<b>NOTE:</b>	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Takoma Community Center, and DC Parks and Recs Wave 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.

# Schedule of Events

## **Saturday, November 4<sup>th</sup> – 1,000 & 500 Freestyle**

Session 1 - Warm Up: 9:00-9:40 am; Events: 9:50 am  
Events # 1 & 2 (1000 Freestyle)  
Session 2 – Warm Up: 1:00-1:30 pm; Events: 1:40 pm  
Events #3 & 4 (500 Freestyle)

## **Sunday, November 5<sup>th</sup> – 1,650 Freestyle**

Session 3 - Warm Up: 9:00-9:40 am; Events: 9:50 am  
Events #5 & 6 (1650 Freestyle)

<u>Event Number</u> <u>Girls</u>	<u>Event</u>	<u>Event Number</u> <u>Boys</u>
# 1	1,000 Freestyle	# 2
# 3	500 Freestyle	# 4
# 5	1,650 Freestyle	# 6

**EACH SWIMMER MUST PROVIDE AT LEAST ONE TIMER (REQUIRED)  
AND LAP COUNTER (OPTIONAL).**