



PVS January Distance Meet

January 4 & 5, 2020

Lee District

General Information

- The 1000-yard freestyle is SATURDAY and the 1650-yard freestyle is SUNDAY.
- We're running mixed events (so girls and boys will be seeded together based off qualifying times only.)
- Deck entries will be accepted to the extent that they add no additional heats. Please have proof of 2020 registration and proof of qualifying time for all deck entries.
- We will be running 10 lanes in the competition pool at Lee District.
- Warm-ups will be from 7:00-8:00 AM each morning with continuous warm up/cool down space throughout the entire meet.
- The heat start times on the next page are approximate.
- All swimmers must provide their own timer and counter.
- The size of the meet makes it important for the meet to stay on schedule on both days. COACHES AND SWIMMERS MUST MAKE SURE THAT EACH SWIMMER IS READY TO SWIM AND THAT THEIR TIMER (REQUIRED) AND LAP COUNTER ARE IN PLACE PRIOR TO THE CONCLUSION OF THE PRIOR HEAT.
- Families can reference the final psych sheet posted on the PVS website (link above).

Check-In and Seeding

- Swimmers must check in at the positive check-in table as soon as they arrive at the pool.
 - Heats will be swum fastest to slowest based on times only. Girls and boys will be mixed on most heats.
 - All swimmers entered with a time in the event being swum will be seeded before those entered with times from another event.
- For example, swimmers in the 1000 with 1000 seed times will be seeded before swimmers with 500 seed time. And swimmers in the 1650 with 1650 seed times will be seeded before swimmers with 1000 seed times.
- Deck entries will be seeded last.
- A rolling check-in will be used. Heats will be seeded based upon the next available heat of swimmers.
 - Lane assignments for each heat will be determined approximately two heats prior to the start of the heat.
 - We will update heat/lane assignments on Meet Mobile (2020 PV January Distance Meet). They will also be posted around the venue.
 - All swimmers will be provided with a lane timer card showing their heat and lane assignment when they have been seeded into a heat.
 - Each swimmer will have one timer and that timer will be required to wear a timing vest indicating they have checked-in (in compliance with Safe Sport.)



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Approximate Start Times per Heat

These are not official start times and **do not** include scratches.

Swimmers should plan to race earlier than these approximate start times

SATURDAY, January 4: Mixed 1000-yard Freestyle (292 entries as of 12-30-19)

Heat 1 - 8:10am	Heat 16 - 11:14am
Heat 2 - 8:21am	Heat 17 - 11:26am
Heat 3 - 8:33am	Heat 18 - 11:39am
Heat 4 - 8:44am	Heat 19 - 11:52am
Heat 5 - 8:56am	Heat 20 - 12:05pm
Heat 6 - 9:08am	Heat 21 - 12:18pm
Heat 7 - 9:20am	Heat 22 - 12:31pm
Heat 8 - 9:33am	Heat 23 - 12:44pm
Heat 9 - 9:46am	Heat 24 - 12:57pm
Heat 10 - 9:59am	Heat 25 - 1:01pm
Heat 11 - 10:13am	Heat 26 - 1:15pm
Heat 12 - 10:27am	Heat 27 - 1:29pm
Heat 13 - 10:41am	Heat 28 - 1:43pm
Heat 14 - 10:52am	Heat 29 - 1:58pm
Heat 15 - 11:03pm	Heat 30 - 2:13pm

SUNDAY, January 5: Mixed 1650-yard Freestyle (194 entries as of 12-30-19)

Heat 1 - 8:10am	Heat 11 - 11:28am
Heat 2 - 8:27am	Heat 12 - 11:50am
Heat 3 - 8:45am	Heat 13 - 12:08pm
Heat 4 - 9:04am	Heat 14 - 12:27pm
Heat 5 - 9:23am	Heat 15 - 12:47pm
Heat 6 - 9:43am	Heat 16 - 1:06pm
Heat 7 - 10:03am	Heat 17 - 1:27pm
Heat 8 - 10:23am	Heat 18 - 1:49pm
Heat 9 - 10:44am	Heat 19 - 2:11pm
Heat 10 - 11:06am	Heat 20 - 2:34pm

These approximate times have every registered swimmer attending their respective events. The further you get into the meet, the more swimmers should be prepared to arrive earlier than their expected heat. Traditionally, there have been roughly 10-15% scratches for each event.