



SA Spring Championships

March 22 -24, 2024

Sanction #PVC-24-78



<p>MEET DIRECTOR Dave Miller davidm.miller202@gmail.com</p>	<p>MEET REFEREE Carla Austin austinc@enllc.net</p>	<p>CLUB OFFICIALS CONTACT Linda Tucker 301-526-5926 lastucker@verizon.net Officials Sign up</p>
<p>SANCTION</p>	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-24-78 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Suburban Aquatics, 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. 	
<p>FACILITY</p>	<p style="text-align: center;">Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, Maryland (301) 362-6060</p> <ul style="list-style-type: none"> The pool at Fairland Aquatics Center is a 50m x 25yd pool with two moveable bulkheads. One 10-lane 25-yard course running from wall to wall will be used for preliminary events. A second course that is 8-lanes, 25- yards running wall to wall may be used for prelim events if needed. The water depth ranges from 5'-13' at both the start and turn ends. The meet hosts will ensure the required course dimensions. PLEASE NOTE: Spectator capacity is limited to 250 people in the gallery. 	
<p>ENTRY DEADLINE</p>	<p style="text-align: center;">Thursday, March 7, 2024, at 11:59 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>	
<p>SCHEDULE</p>	<p style="text-align: center;"><u>Friday, March 22 – Distance session</u> All Ages: Warm-up 4:30 – 5:20 PM, Events: 5:30 PM</p> <p style="text-align: center;"><u>Saturday and Sunday, March 23 – 24</u></p> <p style="text-align: center;">No one will be permitted to enter the building until 6:00 am.</p> <p>Morning session - 13 & Over Prelims : Warm-up: 6:30 AM - 7:20 AM Events: 7:30 AM</p> <p>Midday session - 12 & Under Prelims : Warm-up: 11:45 AM – 12:35 PM Events:12:45 PM</p> <p>Afternoon session – Finals : Warm-up: 5:30 – 6:00 PM Events: 6:10 PM</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	
<p>ELIGIBILITY</p>	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers. Each session is limited to 350 athletes. Once the capacity is reached no more entries will be accepted. 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. 	

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 (touchpads primary) will be used.
RULES	<ul style="list-style-type: none"> Current USA Swimming rules shall govern this meet. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. No on-deck USA Swimming registration is permitted. 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. Per PVS policy, the use of equipment capable of taking pictures (e.g., 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 without the use of the backstroke ledge. 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 may be used. 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"> A swimmer may enter a max of four (4) events per session, including relays. (4 individual, no relay / 3 individual and 1 relay) A swimmer may enter only one (1) relay event per session. Athletes are limited to 8 events for the meet. Teams can enter no more than four (4) relay teams (A,B,C,D) per relay event, per session. All events during Friday's session and Relays are timed finals. 12 & Under 200 Butterfly, Backstroke, and Breaststroke will be Timed Finals. Saturday and Sunday, morning and midday session's events will be Prelim, except events noted above. Saturday and Sunday afternoon Finals session events are Timed Finals. All 10 & Under individual events during the Finals session will have one (1) heat ("A") of ten (10) swimmers. All 11-12, 13-14, and 15 & Over individual events during the Finals session will have two (2) heats ("A", "B") of eight (8) swimmers each. The B final will be swum first. A 14 & Under swimmer may not enter an event they are eligible to enter at PVS SC 14 & UNDER CHAMPIONSHIPS. A 15 & Over swimmer may not enter an event they are eligible to enter at PVS SC JUNIOR CHAMPIONSHIPS. If a swimmer is ineligible to swim an event in this meet, that swimmer is also ineligible to swim the corresponding relay leg of that stroke and distance on a relay team. NT (No Time) entries will NOT be accepted.

	<ul style="list-style-type: none"> • Friday Events: <ul style="list-style-type: none"> ○ All events Friday will be swum FAST to SLOW. ○ Events will be swum as combined ages; however, will be broken out into age groups, 9-10, 11-12, 13-14, 15&O for scoring and awards. ○ Swimmers will need to provide their own timer for all events and counter (if desired) for the 500 and 1000 Freestyle.
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POSITIVE CHECK IN	<ul style="list-style-type: none"> • For those events requiring positive check-in athletes shall indicate their intention to swim the event on the forms at the POSITIVE CHECK-IN table. • Athletes who have not checked in by the specified time will not be seeded into the event. • Athletes who have checked in, have been seeded and fail to compete will be barred from their next scheduled individual event, unless excused by the Meet Referee. • The Meet Entry Coordinator, in conjunction with the Meet Referee, reserves the right to positive check-in some or all the events to manage the timeline of the session.
WITHDRAWING FROM FINALS	<p>If you do not wish to swim in the Final, you may “Scratch” from the event by following this procedure:</p> <ul style="list-style-type: none"> • You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A” and “B” finals, if scheduled. • You may declare an “Intent to Scratch”. You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for “Intent to Scratch”. If you declare an “Intent to Scratch” and do not wish to swim in finals, you must confirm your scratch on the Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded in the event. • If an athlete fails to properly scratch from an event and does not appear for the “Finals” event, they shall be barred from further competition of the remainder of the meet.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will 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 for cleaning up their team areas. • Personal chairs on deck are permitted for coaches only. • Respect the Marshals’ enforcement of these and other safety rules.
SEEDING	<ul style="list-style-type: none"> • Standard seeding will be used. • Finals events for all 10 & Under will be seeded with the top ten (10) swimmers from that event making the “A” Final.

	<ul style="list-style-type: none"> Finals events for all 11-12, 13-14, and 15&Over will be seeded with the top sixteen (16) swimmers. Eight (8) swimmers for each heat (A, B) will compete in lanes 2 -9.
SCORING	<ul style="list-style-type: none"> Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
AWARDS	<ul style="list-style-type: none"> Ribbons will be awarded for 1st through 10th place for 10&Under individual events, and 1st through 8th place for 11-12, 13-14, and 15&Over individual events. Ribbons will be awarded for 1st through 3rd place in Relay events. High Point: Special recognition will be given to the male and female swimmer from each age group: 10&Under, 11-12, 13-14 and the 15&Over, who accumulates the most points. The 10 & under, 11-12 and 13 -14 events will be broken out as single age groups for scoring and ribbon purposes. 15 & over will be scored as one group.
PROGRAMS	<ul style="list-style-type: none"> Programs will be available on Meet Mobile. Printed programs will be available for coaches and officials.
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 will need to show proof of current USA Swimming membership to be allowed on deck.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> Spectator capacity is limited to 250 people in the gallery. No chairs may be set up in the lobby or gallery areas.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
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 Stroke & Turn Judge) per session if entering 25 or more splashes. Officials interested in volunteering may sign up on the officials sign up link or contact Linda Tucker, lastucker@verizon.net Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. 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-ups. Officials who volunteer in advance for three or more sessions will receive a meet polo shirt.
TIMERS/Volunteers	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for every 25 splashes. Friday night is a Distance Session; therefore, swimmers must provide their own timer and counter, if desired. Volunteers are still needed as Marshals and Head Timers. You will be able to leave your position to time your child, however, we do ask you stay till the end of the session. Thank you! Volunteers may sign up here: Volunteer Sign up

ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director, David Miller, at Davidm.miller202@gmail.com. • Include in the subject of the email, "SA Spring Championship - ****" 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	<p style="text-align: center;"> Per Swimmer Surcharge: \$10.00 Relay event fee: \$18.00 Individual event fee: \$10.00 </p> <ul style="list-style-type: none"> • Make checks payable to "Suburban Aquatics". Checks may be mailed to: 11222 Cherry Hill Road #301 Beltsville, MD 20705 • Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by check. • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. • Remit one check to cover the entry fees for the entire team. Do not send cash. • Telephone entries will not be accepted

SA Spring Championships

March 24 – 26, 2024

FRIDAY EVEVING SESSION - MARCH 24, 2024

9 AND OVER

WARM-UP: 4:30 – 5:20 PM EVENTS: 5:30 PM

GIRLS EVENT #	Slower than (SCY)	ALL AGE EVENTS*	Slower than (SCY)	BOYS EVENT #
1	6:59.99R/10&U	OPEN 500 YD FREESTYLE (R)	6:59.99R/10&U	2
	5:55.99R/11-12		5:55.99R/11-12	
	5:28.79R/13-14		5:13.69R/13-14	
	5:27.99R/15OVER		5:02.99/15OVER	
3	2:57.99/10&U	12 and UNDER 200 YD IM	2:57.99/10&U	4
	2:33.19/11-12		2:33.39/11-12	
5	5:00.99S/14U	OPEN 400 YD IM (S)	4:43.99S/14U	6
	4:59.99S/15OVER		4:35.29S/15OVER	
7	11:39.99/13-14	MIXED 1000 YARD FREESTYLE (T)	11:09.99/13-14	7
	11:41.99/15OVER		10:43.99/15OVER	

- All Events on Friday Evening will be swum FAST to SLOW and may require positive check in.

- Friday night is a Distance Session; therefore, swimmers must provide their timer and counter (if desired).
- Events will be swum as combined ages as indicated, however will be broken out into age groups, 10&U, 11-12, 13-14, 15&O for scoring and awards.

R- Times Slower than 8:30.00 will not be entered in the 10 & Under 500 YD Freestyle
R - Times Slower than 8:00.00 will not be entered in the 11-12 500 YD Freestyle

R - Times Slower than 6:50.00 will not be entered in the 13&0 500 YD Freestyle

S – Times Slower Than 6:40 will not be entered in the 400 YD IM

T – A Provable 500 time is required for a coach's entry time into 1000 YD Freestyle

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SATURDAY MORNING SESSION - MARCH 23, 2024

13 & Over PRELIMS

WARM-UP: 6:30 – 7:20 AM, EVENTS: 7:30 AM

GIRLS EVENT #	Slower than (SCY)	13 & OVER EVENTS	Slower than (SCY)	BOYS EVENT #
8	NT	13 & OVER 400 YD FREESTYLE RELAY	NT	9
10	1:04.99	13-14 YR OLD 100 YD BACKSTROKE	1:02.19	11
12	1:04.99	15 & OVER 100 YD BACKSTROKE	58.79	13
14	2:27.99	13-14 YR OLD 200 YD BUTTERFLY	2:17.99	15
16	2:27.99	15 & OVER 200 YD BUTTERFLY	2:13.09	17
18	1:14.49	13-14 YR OLD 100 YD BREASTSTROKE	1:09.79	19
20	1:14.99	15 & OVER 100 YD BREASTSTROKE	1:07.09	21
22	57.69	13-14 YR OLD 100 YD FREESTYLE	53.99	23
24	56.99	15 & OVER 100 YD FREESTYLE	51.59	25
26	2:19.99	13-14 YR OLD 200 YD IM	2:12.49	27
28	2:19.79	15 & OVER 200 YD IM	2:06.99	29
30	NT	13 & OVER MIXED 200 YD MEDLEY RELAY	NT	30

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SATURDAY MIDDAY SESSION – MARCH 23, 2024
12 & UNDER PRELIMS
WARM-UP: 11:45 AM – 12:35 PM, EVENTS: 12:45 PM

GIRLS EVENT #	Slower than (SCY)	12 & UNDER EVENTS	Slower than (SCY)	BOYS EVENT #
31	NT	12 & U 200 YD MEDLEY RELAY	NT	32
33	38.29	10 & U 50 YD BACKSTROKE	38.49	34
35	32.89	11-12 YR OLD 50 YD BACKSTROKE	33.09	36
37	1:30.39	10 & U 100 BUTTERFLY	1:30.99	38
39	1:11.99	11-12 YR OLD 100 YD BUTTERFLY	1:12.29	40
41	2:31.39	12 & U 200 YD BACKSTROKE#	2:32.69	42
43	43.09	10 & U 50 YD BREASTSTROKE	43.59	44
45	37.59	11-12 YR OLD 50 YD S BREASTSTROKE	37.59	46
47	1:12.29	10 & U 100 YD FREESTYLE	1:11.99	48
49	1:01.49	11-12 YR OLD 100 YD FREESTYLE	1:02.39	50
51	2:54.09	12 & U 200 YD BREASTSTROKE#	2:53.69	52
53	1:22.09	10 & U 100 YD IM	1:21.79	54
55	1:11.19	11-12 YR OLD 100 YD IM	1:11.29	56
57	NT	12 & U MIXED 400 YD FREESTYLE RELAY	NT	57
#Times slower than 3:45 will not be entered in the 200 Backstroke or 200 Breaststroke.				

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SATURDAY AFTERNOON SESSION - MARCH 23, 2024

FINALS

WARM-UP: 5:30 – 6:00 PM, EVENTS: 6:10 PM

GIRLS EVENT #	FINALS EVENTS	BOYS EVENT #
33	10 & U 50 YD BACKSTROKE	34
35	11-12 YR OLD 50 YD BACKSTROKE	36
10	13-14 YR OLD 100 YD BACKSTROKE	11
12	15 & OVER 100 YD BACKSTROKE	13
37	10 & U 100 YD BUTTERFLY	38
39	11-12 YR OLD 100 YD BUTTERFLY	40
14	13-14 YR OLD 200 YD BUTTERFLY	15
16	15 & OVER 200 YD BUTTERFLY	17
43	10 & U 50 YD BREASTSTROKE	44
45	11-12 YR OLD 50 YD BREASTSTROKE	46
18	13-14 YR OLD 100 YD BREASTSTROKE	19
20	15 & OVER 100 YD BREASTSTROKE	21
47	10 & U 100 YD FREESTYLE	48
49	11-12 YR OLD 100 YD FREESTYLE	50
22	13-14 YR OLD 100 YD FREESTYLE	23
24	15 & OVER 100 YD FREESTYLE	25
53	10 & U 100 YD IM	54
55	11-12 YR OLD 100 YD IM	56
26	13-14 YR OLD 200 YD IM	27
28	15& OVER 200 YD IM	29

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SUNDAY MORNING SESSION - MARCH 24, 2024

13 & OVER PRELIMS

WARM-UP: 6:30 – 7:20 AM, EVENTS: 7:30 AM

GIRLS EVENT #	Slower than (SCY)	13 & OVER EVENTS	Slower than (SCY)	BOYS EVENT #
58	NT	13 & OVER 200 YD FREESTYLE RELAY	NT	59
60	2:04.09	13-14 YR OLD 200 YD FREESTYLE	1:56.99	61
62	2:03.69	15 & OVER 200 YD FREESTYLE	1:53.09	63
64	1:04.59	13-14 YR OLD 100 YD BUTTERFLY	1:00.99	65
66	1:04.59	15 & OVER 100 YD BUTTERFLY	57.59	67
68	2:39.99	13-14 YR OLD 200 YD BREASTSTROKE	2:31.39	69
70	2:39.99	15 & OVER 200 YD BREASTSTROKE	2:26.99	71
72	2:17.99	13-14 YR OLD 200 YD BACKSTROKE	2:11.99	73
74	2:18.99	15 & OVER 200 YD BACKSTROKE	2:09.99	75
76	26.39	13-14 YR OLD 50 YD FREESTYLE	24.89	77
78	26.39	15 & OVER 50 FREESTYLE	23.69	79
80	NT	13 & OVER MIXED 400 YD MEDLEY RELAY	NT	80

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March 22 – 24, 2024

SUNDAY MIDDAY SESSION – MARCH 24, 2024

12 & UNDER PRELIMS

WARM-UP: 11:45 AM – 12:35 PM, EVENTS:
12:45 PM

GIRLS EVENT #	Slower than (SCY)	12 & UNDER EVENTS	Slower than (SCY)	BOYS EVENT #
81	NT	12 & U 200 YD FREESTYLE RELAY	NT	82
83	2:15.99/ 11-12 2:36.99/ 10&U	12 & U 200 YD FREESTYLE	2:14.99/ 11-12 2:35.59/ 10&U	84
85	37.09	10 & U 50 YD BUTTERFLY	37.39	86
87	31.29	11-12 YR OLD 50 YD BUTTERFLY	31.89	88
89	1:33.39	10 & U 100 YD BREASTSTROKE	1:33.39	90
91	1:21.19	11-12 YR OLD 100 YD BREASTSTROKE	1:21.59	92
93	2:48.99	12 & U 200 YD BUTTERFLY#	2:43.99	94
95	1:22.49	10 & U 100 YD BACKSTROKE	1:22.49	96
97	1:10.99	11-12 YR OLD 100 YD BACKSTROKE	1:10.99	98
99	32.69	10 & U 50 YD FREESTYLE	32.59	100
101	28.39	11-12 YR OLD 50 FREESTYLE	28.39	102
103	NT	12 & U MIXED 400 YD MEDLEY RELAY	NT	103
#Times slower than 3:45 will not be entered in the 200 Butterfly.				

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SUNDAY AFTERNOON SESSION - MARCH 24, 2024

FINALS

WARM-UP: 5:30 – 6:00 PM, EVENTS: 6:10 PM

GIRLS EVENT #	FINALS EVENTS	BOYS EVENT #
60	13-14YR OLD 200 YD FREESTYLE	61
62	15 & OVER 200YD FREESTYLE	63
85	10 & U 50 YD BUTTERFLY	86
87	11-12 YR OLD 50 YD BUTTERFLY	88
64	13-14 YR OLD 100 YD BUTTERFLY	65
66	15 & OVER 100 BUTTERFLY	67
89	10 & U 100 YD BREASTSTROKE	90
91	11-12 YR OLD 100 YD BREASTSTROKE	92
68	13-14 YR OLD 200 YD BREASTSTROKE	69
70	15 & OVER 200 YD BREASTSTROKE	71
95	10 & U 100 YD BACKSTROKE	96
97	11-12 YR OLD 100 YD BACKSTROKE	98
72	13-14 YR OLD 200 YD BACKSTROKE	73
74	15 & OVER 200 YD BACKSTROKE	75
99	10 & U 50 YD FREESTYLE	100
101	11-12 YR OLD 50 YD FREESTYLE	102
76	13-14 YR OLD 50 YD FREESTYLE	77
78	15 & OVER 50 YD FREESTYLE	79