

PVS January Distance Meet

January 8-9, 2011

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-11-29**

Hosted for PVS by: Curl-Burke Swim Club

Entries due to Meet Manger by: Tuesday December 28, 2010 (check on club deadline)

Saturday & Sunday Warm up: 7:00-7:30 am, Events 7:40 am

Meet Host/Director:	CUBU; Brian Pawlowicz, brianpawlowicz@cubu.org , 703-319-4168 Mail checks to: 2704 Willow Dr, Vienna, VA 22181
Meet Referee:	Art Davis, emerand@comcast.net
Club Official's Chair:	Art Davis, emerand@comcast.net Contact club chair if you are available to Officiate at the meet.
Facility:	Lee District Rec Center 6601 Telegraph Rd, Alexandria, VA 22313, <ul style="list-style-type: none">• 10 lane, 25 yard course, with continuous warm up/cool down lanes• The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).
Eligibility:	Open to all Potomac Valley Swimming registered athletes. PLEASE MAKE SURE ALL ATHLETES ARE REGISTERED FOR 2011 BEFORE ENTERING THEM IN THE MEET.
Disability Swimmers:	PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy 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 referee of any disability prior to competition.
Qualifying Times:	<ul style="list-style-type: none">• Minimum provable times:<ul style="list-style-type: none">○ The minimal provable time for 1000yd Freestyle is 15:00:00, or must have a provable time of 7:20.00 in the 500 yd Freestyle○ The minimal provable time for the 1650 yd Freestyle is 25:00.00 or a provable time of 15:00.00 in the 1000 yd Freestyle○ See full description of the Distance Qualifying Policy• All swimmers are eligible for awards regardless of entry time used.• Coaches of 13 & O 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, Bill Marlin at coach_bill@verizon.net.
Rules:	<ul style="list-style-type: none">• Current USA Swimming rules shall govern the meet.• All events are timed finals.• Seed times are short course yards• No on-deck USA-S registration is permitted• Deck entries will be accepted, and are \$10 per individual event. All deck entries must be submitted no later than 45 minutes prior to first event of each session. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. In the event of a significantly over subscribed session, the Meet Director reserves the right to not accept deck entries.• Evidence of current USA-S registration will be required for deck entries.• The use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.• The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy.• Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the

	responsibility of the swimmer or the swimmer's legal guardian.
Positive Check In & Order of Swims:	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. Heats will be swum fastest to slowest, alternating women and men. Expected swim times and check in requirements will be posted to the PVS website www.pvswim.org no later than Wednesday January 5, 2011
Warm Up:	The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up; times/lane assignments.
Supervision:	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
Awards:	Medals will be awarded to sixth places separately in the following age groups: 10 and under, 11, 12, 13, 14, and 15 and over.
Programs:	Programs will NOT be available for each session. A complimentary copy of the psych sheet will be provided to coaches and working officials.
Officials & Timers:	<ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (referee, starter or stroke & turn judge) per session if entering 25 or more splashes All certified officials wishing to volunteer please contact the appropriate club official's chair prior to December 28. Each swimmer must provide their own timer and counter (if needed).
Entry Procedures:	<ul style="list-style-type: none"> Entries should be submitted using Hy-Tek Team Manager. Entry file: Include in the subject of the email, "2011 PVS January Distance - ***" with the clubs initials in place of the asterisks. Also include training site if your club submits multiple entry files. Meet Directors are requested to acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the meet director. Individual event fee: \$5.50 (make checks payable to PVS) Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. 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 and no further entries will be accepted from that club until the said fine is paid.
NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Lee District Rec Center and Curl-Burke Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.	

Saturday January 8, 2011

Warm up: 7:00-7:30 am, Events 7:40 am

Women's Events #	Event	Men's Event #
1	1000 yd Freestyle	2
Events will be swum fastest to slowest, alternating women and men. All athletes must provide their own timer and counter (if needed).		

Sunday January 9, 2011

Warm up: 7:00-7:30 am, Events 7:40 am

Women's Event #	Events	Men's Event #
3	1650 yd Freestyle	4
Events will be swum fastest to slowest, alternating women and men. All athletes must provide their own timer and counter (if needed).		

