

# GOVERNMENT OF THE DISTRICT OF COLUMBIA

## Department of Parks and Recreation

### Presents the

## 1<sup>st</sup> Annual DC Wave Long Course Open!

July 3<sup>rd</sup>, 2016

Sanctioned by USA Swimming and Potomac Valley Swimming

#PVC-16-95

Facility and Location	<p>Wilson Aquatic Center 4551 Fort Drive, N.W. Washington, DC 20016</p> <p>One 50-meter, 8 lane courses will be used. The water depth ranges from 7' at the turn end to 13.5' at the starting end.</p> <p>The competition courses have not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</p> <p>Lanes are 9 feet wide. Colorado Timing Systems, multi-lane scoreboard. Automatic timing (touch pads primary) will be used for this meet.</p>
Meet Director	<p>Rob Green (202) 256 – 4718 <a href="mailto:robert.green@dc.gov">robert.green@dc.gov</a></p>
Meet Referee	<p>Mohamed Chouikha <a href="mailto:mohamed.chouikha@gmail.com">mohamed.chouikha@gmail.com</a></p>
Officials Chair	<p>Erika Livingston <a href="mailto:Erika@aimstutoring.com">Erika@aimstutoring.com</a></p>
Timing System	<p>Automatic timing (touchpads primary) will be used for this meet. Buttons and watches will be used as backups.</p>
Schedule	<p>Session 1 – 13 &amp; Over Warm Up: 9:00-9:30 am   Events: 9:40 am Session 2 – 12 &amp; Under Warm Up: 2:00 – 2:30 pm   Events: 2:40 pm</p>

Eligibility	This meet is open to all teams registered with USA Swimming. All swimmers must be registered with USA Swimming for the 2016 season. Swimmers must compete in events based upon their age on the first day of the meet.
Inclusion Policy	PVS and DPR are committed to the <a href="#">Potomac Valley Inclusion Policy for Swimmers with a Disability</a> . Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
Rules	<p>Current USA Swimming rules shall govern the meet. All events are timed finals.</p> <ul style="list-style-type: none"> <li>A. 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, restrooms or locker rooms. As per PVS policy; 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.</li> <li>B. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>C. 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.</li> <li>D. 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.</li> </ul>
Entries	<p>Each swimmer may enter a maximum of three (3) individual events.</p> <p>Entries must be submitted electronically via e-mail. Follow the instructions under the appropriate heading below.</p> <p>Entries must indicate the athlete's legal name and date of birth. Each club is requested to remit one check to cover the entry fees for the entire team. Please put the club name on the entry check (if not a club check) and note the number of entries. Do not send cash. Meet director has been instructed not to accept telephone or fax entries.</p> <p>Entries not submitted on the required forms, not complete, not legible or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry.</p> <p><b><u>NO DECK ENTRIES WILL BE ACCEPTED.</u></b></p> <p>Electronic entries files should include:</p> <ul style="list-style-type: none"> <li>• Export of meet entries</li> <li>• Entry report by name</li> <li>• Entry report by event</li> </ul> <p>Send entry fee check via USPS to:</p>

	<p>Takoma Aquatic Center  Attn: Rob Green (Checks made payable to the "DC Treasurer")  300 Van Buren Street, NW  Washington, DC 20012</p> <p>Clubs submitting by email should submit entries to the meet director (listed below.) Include in the subject heading type, "1<sup>st</sup> Annual DPR LC Open –****" with the club's initials substituted in place of the asterisks. The meet director will acknowledge receipt by return e-mail within 24 hours. Clubs that do NOT receive an acknowledgment of receipt of their entries should call the meet director to confirm receipt.</p>
Qualifying Times	Swimmers are requested to provide their best times swam in competition as their entry times. If no such times are available, times obtained under the supervision of a coach are acceptable.
Entry Deadline	<p><b>The final day to submit entries is Thursday, June 23<sup>rd</sup>, 2016.</b></p> <p>As of this date the meet will be officially closed, no additional entries will be accepted. The meet will be seeded based on the entries received at that time. Entries are not considered as received until all fees are paid.</p> <p>Entries will be seeded on a first come first serve basis. If the total number of entries received exceeds the time available for the various sessions, entries will be returned based on the order of receipt.</p> <p>There will be no deck entries for this meet.</p>
Officials	<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> prior to July 3<sup>rd</sup>, 2016.</p> <p>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>
Timers	Each team is asked to provide timers for each session in which they have athletes swimming. The meet director will assign timer requirements by team once all entries have been received.
Fees	<p><b>Entries fees are to be made payable to the "DC TREASURER". Fees are non-refundable. Entries will not be considered received until all fees are paid.</b></p> <p>Fees for individual events are \$5.00. Each team/club is requested to remit only one check or money order to cover entry fees.</p> <p><b>NO CASH PAYMENTS WILL BE ACCEPTED.</b>  Entry fees are due no later than Friday, July 1<sup>st</sup>, 2016.</p>
Admission	There is no admission charge, the public is welcome to attend.
Supervision	Coaches must be registered with USA Swimming. Coaches are responsible for the conduct

	<p>of their athletes and families and friends, as well as maintaining clean team areas during and following each session. Only athletes, coaches, timers and USA Swimming certified deck officials (trainees) are permitted on the deck. Coaches and deck officials must display valid 2016 USA Swimming credentials.</p> <p>In order to control traffic and to make the meet an enjoyable experience, persons not working the meet as a deck official, timer, or other meet official are not permitted on the deck. You must either have a meet badge or a USA Swimming Coach or Official ID card to be on deck. Volunteers should remain in spectator areas during sessions in which they are not working.</p>
Warm Ups	<p>For the safety of swimmers, current USA Swimming (Potomac Valley) warm up rules shall apply.</p> <p>Warm up shall be conducted under the supervision of a USA Swimming referee. Coaches are required to supervise their swimmers at all times.</p>
Results	<p>Team Manager and Meet Manager result files, along with meet result reports will be emailed to each club/team. Results will also be posted on the Potomac Valley Website.</p>
Liability	<p>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Wilson Aquatic Center and DC 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.</p>



13 & Over Session		
Warm Up: 9:00 am – 9:30 am		
Events: 9:40 am		
Girls Events	Events	Boys Events
1	200 Breaststroke	2
3	100 Freestyle	4
5	200 Backstroke	6
7	100 Butterfly	8
9	200 Freestyle	10
11	100 Breaststroke	12
13	50 Freestyle	14
15	200 Butterfly	16
17	200 I.M.	18

12 & Under Session		
Warm Up: 2:00 pm – 2:30 pm		
Events: 2:40 pm		
Girls Events	Events	Boys Events
19	100 Breaststroke	20
21	50 Freestyle	22
23	100 Backstroke	24
25	50 Butterfly	26
27	100 Freestyle	28
29	50 Breaststroke	30
31	100 Butterfly	32
33	50 Backstroke	34



