

For Cub Run, Mt. Vernon and Fairland Sites

PVS November Open

November 11-13, 2016

Sanctioned by: USA Swimming through
Potomac Valley Swimming: **PVS-17-20, PVS17-20A (for Claude Moore)**

Hosted for PVS by: The FISH, Elite Rays Swim Club, Fort Belvoir Swim Team and Patuxent Aquatics Club
Entries due to Meet Manager by: Thursday, October 27, 2016 (check on club deadline)

Warm up: Friday: Distance: 5:00-5:40 pm Events: 5:50 pm (for Cub Run, Fairland & Mt. Vernon only)
Warm up: Sat. & Sun. 12 & Under: 6:30-7:20 am Event: 7:30 am (for Cub Run, Fairland & Mt. Vernon only)
Warm up: Sat. & Sun. 13 & O: 12:10-1:00 pm Event: 13 & O: 1:10pm (for Cub Run, Fairland & Mt. Vernon only)
See Claude Moore Meet Announcement for their WU & Event Times.

Note: This year, the County will be strictly enforcing the final session end times each day. According to pool contracts and County policies, the meet must end within the contracted time, therefore, Meet Management and PVS Administration may have to limit heats in some events or change start times in order to fit within the contracted times.

Meet Host/Director:	The FISH David White 703-965-8479 1340 Old Chain Bridge Rd Suite 300C McLean, VA 22101 dwhite@pvfish.org	Fort Belvoir Swim Team Curtis Din 757-407-7788 6161 Edsall Rd Apt. 1112 Alexandria, VA 22304 curtisdin@gmail.com	Elite Rays Swim Club Elvin Foreman 240-838-1156 P.O.Box 122 Annandale, VA 22003 eliteraysswim@gmail.com All checks must be mailed to: PVS P.O. Box 3729 McLean, VA 22103	Patuxent Aquatics Club John Venit 301-725-7711 414 Forest Bridge Ct. Laurel, MD 20724 dpws@aol.com
Meet Referee:	Jan van Nimwegen jnimwegen@earthlink.net	Mark Harris Mharris131@aol.com	Mohamed Chouikha Mohamed.chouikha@gmail.com	Barb Ship barb@ships3.com
Club Official's Chair:	Marcy Hemminger officials@pvfish.org	Mark Harris Mharris131@aol.com	Merari Chollette meraripvs@gmail.com	Cherlynn Venit dpws@aol.com
Facility	Cub Run Rec Center	Mt. Vernon Rec Center	Claude Moore Rec Center	Fairland Aquatic Center
Facility Information:	Cub Run Rec Center 4630 Stonecroft Blvd Chantilly, VA 20151 703-817-9407	Mt. Vernon Rec Center 2017 Belle View Blvd Alexandria, VA 22313 703-768-3223	Claude Moore Rec Center 46105 Loudoun Park Lane Sterling, VA 20164 571-258-3600	Fairland Aquatic Center 13820 Old Gunpowder Rd Laurel, MD 20707 301-362-6060

	<ul style="list-style-type: none"> • 8 lane, 25 yards • Water depth range from 5' to 12' at both the starting and turning ends. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article -104.2.2(C). 	<ul style="list-style-type: none"> • 8 lane, 25 yards • Water depth has a range of 5' to 12' at both the starting end and turning end. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). 	<ul style="list-style-type: none"> • 10 lanes, 25 yards • Water depth race from 6'8" to 12'6" at both the starting and turning ends • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article - 104.2.2(C). 	<ul style="list-style-type: none"> • 10 lanes, 25 yards • Water depth range of 5'-13' at both the starting and turning ends. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).
Team Assignments:	Cub Run: FISH, NCAP-West, GMU, RIPS, LIFE, DSS, SSCT, DRAG, TRA, MAC, TANK, PM, JCCW, MAKO	Mt. Vernon: FBST, NCAP-Alex, OCCS, NCAP-Burke, VLAC, DCPR, YORK, SDS, ANSC, YASD, AAC, CSC, RY, HACC, FXFX, SDS, YSS	Claude Moore: ERSC, BWST, NCAP-Tysons/CM, TIBU, NCAP-Georgetown, SNOW, WEA	Fairland: PAC NCAP-Germantown, NCAP-PG, MACH, RMSC, ASA, UMAC, JFD, LCL, PGPR, TOLL, FAST, MSSC, NCAP-Holton Arms, NCAP-AU, ASTS, TIBU
	Note: Assignments of clubs to pool sites will be reviewed, by the PVS Admin Assistant, after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned.			
Timing System	Automatic Timing (touch pads) will be used for this meet.			
Eligibility:	Open to all Potomac Valley Swimming registered athlete only. No athletes from outside the PVS LCS will be permitted to enter the meet. Swimmers shall compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints.			
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.			
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. In the event that short course yard times are not available, coaches' times are preferred over "no times" for all events. • A swimmer may enter no more than 4 events per day or 7 events during the meet. • For Fairland, Cub Run and Mt. Vernon: Events 3 & 4 will be a combined 500 yard freestyle on Friday will be swum slowest to fastest alternating women and men. Swimmers should plan to bring their own timer and counter. • 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 			

	<p>come, first served basis. In the event of a significantly over subscribed session, the Meet Director reserves the right to not accept deck entries.</p> <ul style="list-style-type: none"> • Evidence of current USA-S registration will be required for deck entries. • Dive-over starts may be used at this meet at the discretion of the Meet Referee and Meet Management. • 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, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDS's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Swimmers in the meet, accompanied 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. • Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • 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 the 12 &U sessions in Rule 205.3.1F.
Positive Check In:	All events 200 yards or longer will be positive check-in. The Meet Directors will determine if positive check-in will be required for all events. Athletes who check into a deck-seeded event, have been seeded and fail to swim the event will be barred from their next schedule individual event, unless excused by the Meet Referee before the event takes place.
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:	No awards will be given out at this meet.
Programs:	All attempts will be made to have programs available for each session for a price not to exceed \$2. In the event of the entire session being positive check-in, programs may not be available until after the start of the meet. In the event that programs are not able to be sold, programs will be posted throughout the spectator areas.
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 November 1. • Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries. • The Meet Director may send out a request for timers based upon entries.
Entry Procedures:	<ul style="list-style-type: none"> • Entries should be submitted using Hy-Tek Team Manager. • Include in the subject of the email, "2016 PVS NOV OPEN - ***" 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: \$4.50 (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, Cub Run Rec Center, Mt. Vernon Rec Center, Fairland Aquatic Center, Claude Moore Rec Center, Elite Rays Swim Club, The Fish, Fort Belvoir and Patuxent Aquatics Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

EVENTS

Friday, November 11, 2016

Warm up: 5:00-5:40 pm, Events: 5:50 pm

Women's Events #	Events	Men's Event #
1	9-12 200 yd Breaststroke	2
3	Open 500 yd Freestyle	4
Positive Check-In for 200 & 500 yd Freestyle by 5:30 pm (or 30 minutes after the start of Warm up) 500 will be swum slowest to fastest, alternating women/men 500 swimmers should provide their own timer and counter		

Saturday, November 12, 2016

12 & Under Session

Warm up: 6:30-7:30 am, Events: 7:40 am

Women's Event #	Events	Men's Event #
5	9-10 200 yd Individual Medley	6
7	11-12 200 yd Individual Medley	8
9	9-10 100 yd Freestyle	10
11	11-12 100 yd Freestyle	12
13	9-10 50 yd Butterfly	14
15	11-12 50 yd Butterfly	16
17	9-10 100 yd Breaststroke	18
19	11-12 100 yd Breaststroke	20

21	9-10 50 yd Backstroke	22
23	11-12 50 yd Backstroke	24
25	9-12 200 yd 200 Butterfly	26
Positive Check-In for all events 200 yd or more by 7:00 am (or 30 minutes after warm up begins). The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.		

Sunday, November 13, 2016
12 & Under Session

Warm up: 6:30-7:30 am Event: 7:40 am

Women's Event #	Events	Men's Event #
37	9-12 200 yd Backstroke	38
39	9-10 50 yd Freestyle	40
41	11-12 50 yd Freestyle	42
43	9-10 100 yd Individual Medley	44
45	11-12 100 yd Individual Medley	46
47	9-10 50 yd Breaststroke	48
49	11-12 50 yd Breaststroke	50
51	9-10 100 yd Backstroke	52
53	11-12 100 yd Backstroke	54
55	9-10 200 yd Freestyle	56
57	11-12 200 yd Freestyle	58
59	9-10 100 yd Butterfly	60
61	11-12 100 yd Butterfly	62
Positive Check-In for all events 200 yd or more by 7:00 am (or 30 minutes after warm up begins). The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.		

Saturday, November 12, 2016
13 & Over Session

Warm up: 12:10-1:00 pm, Events: 1:10 pm

Women's Event #	Events	Men's Event #
27	13 & Over 50 yd Freestyle	28
29	13 & Over 200 yd Backstroke	30
31	13 & Over 100 yd Butterfly	32
33	13 & Over 200 yd Breaststroke	34
35	13 & Over 200 yd Freestyle	36

Positive Check-In for all events 200 yd or more by 12:40 pm (or 30 minutes after warm up begins).
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

Sunday, November 13, 2016
13 & Over Session

Warm up: 12:10-1:00 pm, Events: 1:10 pm

Women's Event #	Events	Men's Event #
63	13 & Over 200 yd Butterfly	64
65	13 & Over 100 yd Breaststroke	66
67	13 & Over 100 yd Freestyle	68
69	13 & Over 200 yd Individual Medley	70
71	13 & Over 100 yd Backstroke	72

Positive Check-In for all events 200 yd or more by 12:40 pm (or 30 minutes after warm up begins).
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.