



# PVS November Open

November 10-12, 2017

Sanction # PVS-18-20

For PWCS Sanction # VS-18-41DS



Hosted for PVS by:



**ENTRY DEADLINE: Thursday, October 26, 2017, 5:00 PM**

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.

MEET HOST/ DIRECTOR	The FISH Ryan Westhafer 1340 Old Chain Bridge Rd Suite 300C McLean, VA 22101 703-965-3424 <a href="mailto:rwesthafer@pvfish.org">rwesthafer@pvfish.org</a>	PATUXENT AQUATICS CLUB John Venit 414 Forest Bridge Ct Laurel, MD 20724 301-725-7711 <a href="mailto:dpws@aol.com">dpws@aol.com</a>	POTOMAC VALLEY SWIMMING Karyn McCannon 8120 Woodmont Ave #101 Bethesda, MD 20814 <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>	FORT BELVOIR SWIM TEAM Curtis Din 6161 Edsall Rd Apt. 1112 Alexandria, VA 22304 757-407-7788 <a href="mailto:curtisdin@gmail.com">curtisdin@gmail.com</a>
MEET REFEREE	Larry Card <a href="mailto:Cardfam5@aol.com">Cardfam5@aol.com</a>	Barb Ship <a href="mailto:barb@ships3.com">barb@ships3.com</a>	Tim Husson <a href="mailto:Tim.husson@gmail.com">Tim.husson@gmail.com</a>	Mike Rubin <a href="mailto:mrubin1@cox.net">mrubin1@cox.net</a>
CLUB OFFICIALS CHAIR	Marcy Hemminger <a href="mailto:officials@pvfish.org">officials@pvfish.org</a> <a href="#">Officials Signup</a>	Cherlynn Venit <a href="mailto:dpws@aol.com">dpws@aol.com</a> <a href="#">Officials Signup</a>	<a href="#">Officials Sign up</a>	<a href="#">Officials Signup</a>
FACILITY	<b>Cub Run RECenter</b> 4630 Stonecroft Blvd Chantilly, VA 20151 (703) 817-9407 <ul style="list-style-type: none"> <li>• 8 lanes, 25 yards</li> <li>• Water depth ranges from 5' – 12' at both the starting and turning ends.</li> <li>• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).</li> </ul>	<b>Fairland Aquatics Center</b> 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060 <ul style="list-style-type: none"> <li>• 10 lanes, 25 yards</li> <li>• Water depth ranges from 5' – 13' at both the starting and turning ends.</li> <li>• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).</li> </ul>	<b>PWCS Aquatics Center</b> 13833 Dumfries Road (Door #25) Manassas, VA 20112 (571) 374-6333 <ul style="list-style-type: none"> <li>• 8 lanes, 25 yards</li> <li>• Water depth is 12' at the starting end and 4' at the turning end.</li> <li>• The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). The copy of such certification is on file with USA Swimming</li> </ul>	<b>Mt. Vernon RECenter</b> 2017 Belle View Blvd Alexandria, VA 22313 (703) 768-3223 <ul style="list-style-type: none"> <li>• 8 lanes, 25 yards</li> <li>• Water depth ranges from 5' – 12' at both the starting and turning ends.</li> <li>• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).</li> </ul>
TEAM ASSIGNMENTS	FISH, PM, GMU, RIPS, MAKO, JCCW, NCAP-CM/Tyson's, SNOW, BWST, SSCT	PAC, NCAP-Germantown, NCAP-PG, NCAP-AU/Holton, ASA, RMSC, UMAC, JFD, PGKS, PGPR, TOLL, FAST, MSSC, TIBU, ASTS, YSS	NCAP-West, NCAP-Burke, OCCS, TANK, MACH, SDS, FXFX, RY, VLAC, TRA, ANSC, LCL, HACC, YORK	FBST, NCAP-Alex, NCAP-Georgetown, AAC, CSC, LIFE, DSS, MAC, YASD, DCPR, ERSC, DRAG, WEA

**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.**

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVS-18-20</b>. The PWCS site is also sanctioned through Virginia Swimming: <b>VS-18-41DS</b>.</li> <li>• In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Cub Run Rec Center, Fairland Aquatic Center, Mt. Vernon Rec Center and PWCS Aquatics Center, Fort Belvoir Swim Team, The FISH, Patuxent Aquatics Club, Nations Capital Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Thursday, October 26, 2017, 5:00 PM</b></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>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Friday, November 10, 2017</b></p> <p style="text-align: center;">Warmup 5:00pm – 5:40pm; Events 5:50pm</p> <p style="text-align: center;"><b>Saturday, November 11, 2017 &amp; Sunday, November 12, 2017</b></p> <p style="text-align: center;">12&amp;Under: Warmup 6:30am – 7:20am; Events 7:30am</p> <p style="text-align: center;">13&amp;Over: Warmup 12:00pm – 12:50pm; Events 1:00pm</p> <ul style="list-style-type: none"> <li>• Meet Directors reserve the right to adjust times/sessions after entries are received</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to all Potomac Valley Swimming registered athletes</li> <li>• Swimmers shall compete at the age attained on the first day of the meet.</li> <li>• It may be necessary to limit entries due to time constraints.</li> <li>• For the PWCS site only, teams from VSI Northern Region will be permitted to enter the Meet by emailing the PVS Senior Chair, Mark Faherty (<a href="mailto:fahertyswim@gmail.com">fahertyswim@gmail.com</a>). Acceptance is at the Senior Chair’s discretion, timelines permitting, and may not exceed 15% of the total entries accepted.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic timing (touch pads primary) will be used for this meet.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• No on-deck USA-S registration is permitted</li> <li>• 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. Per PVS policy, the use of equipment capable of taking pictures (i.e., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>• Deck changes are prohibited.</li> <li>• 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</li> </ul>

	<p>legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Dive-over starts will be used at this meet. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.</li> <li>• 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>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• 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.</li> <li>• An athlete may enter no more than 4 events per day, or 7 events for the meet.</li> <li>• Deck entries will be accepted if space is available in existing heats. Deck entries must be submitted no later than 45 minutes prior to the 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 Directors reserve the right to not accept deck entries.</li> <li>• Evidence of current USA-S registration required for deck entries.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• All events 200 Yards or longer will be positive check in. The Meet Directors will determine if positive check-in will be required for other events.</li> <li>• Athletes who check into a positive check-in event, have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee before the event takes place.</li> <li>• Positive check in will close 30 minutes after the start of warmups.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• There will be no awards for this meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• 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 should have proof of active USA Swimming membership with them at all times.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>• NONE</li> </ul>

<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stoke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>Officials interested in volunteering should contact the appropriate meet referee prior to November 6<sup>th</sup>. <table border="0" data-bbox="435 331 1469 457"> <tr> <td style="text-align: center;"><b>CUB RUN</b></td> <td style="text-align: center;"><b>FAIRLAND</b></td> <td style="text-align: center;"><b>PWCS</b></td> <td style="text-align: center;"><b>MT VERNON</b></td> </tr> <tr> <td style="text-align: center;">Marcy Hemminger <a href="mailto:officials@pvfish.org">officials@pvfish.org</a></td> <td style="text-align: center;">Cherlynn Venit <a href="mailto:dpws@aol.com">dpws@aol.com</a></td> <td style="text-align: center;">Tim Husson <a href="mailto:Tim.husson@gmail.com">Tim.husson@gmail.com</a> <a href="#">Officials Sign up</a></td> <td style="text-align: center;">Mike Rubin <a href="mailto:mrubin1@cox.net">mrubin1@cox.net</a> <a href="#">Officials Signup</a></td> </tr> </table> </li> <li>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.</li> </ul>	<b>CUB RUN</b>	<b>FAIRLAND</b>	<b>PWCS</b>	<b>MT VERNON</b>	Marcy Hemminger <a href="mailto:officials@pvfish.org">officials@pvfish.org</a>	Cherlynn Venit <a href="mailto:dpws@aol.com">dpws@aol.com</a>	Tim Husson <a href="mailto:Tim.husson@gmail.com">Tim.husson@gmail.com</a> <a href="#">Officials Sign up</a>	Mike Rubin <a href="mailto:mrubin1@cox.net">mrubin1@cox.net</a> <a href="#">Officials Signup</a>								
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<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> <li>The Meet Director may send out a request for timers based upon entries.</li> <li>Swimmers must provide their own timer for all events at the Friday night session.</li> </ul>																
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the Meet Director.</li> <li>Include in the subject of the email, "2017 PVS NOVEMBER OPEN - ****" 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.</li> <li>Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>Entries directly from individual team members will not be accepted</li> <li>Entries by phone or fax will not be accepted</li> <li>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.</li> <li>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.</li> </ul>																
<b>ENTRY FEES</b>	<table border="0" data-bbox="506 1459 1404 1543"> <tr> <td>Per Swimmer Surcharge:</td> <td>N/A</td> <td>Relay event fee:</td> <td>N/A</td> </tr> <tr> <td>Individual event fee:</td> <td>\$5.00</td> <td>Deck entries:</td> <td>\$10.00</td> </tr> </table> <ul style="list-style-type: none"> <li>Make checks payable to PVS. Checks may be mailed to: <table border="0" data-bbox="430 1612 1485 1816"> <tr> <td style="text-align: center;"><b>CUB RUN</b></td> <td style="text-align: center;"><b>FAIRLAND</b></td> <td style="text-align: center;"><b>PWCS</b></td> <td style="text-align: center;"><b>MT VERNON</b></td> </tr> <tr> <td>Ryan Westhafer 1340 Old Chain Bridge Rd Suite 300C McLean, VA 22101</td> <td>John Venit 414 Forest Bridge Ct Laurel, MD 20724</td> <td>Karyn McCannon 8120 Woodmont Ave #101 Bethesda, MD 20814</td> <td>Curtis Din 6161 Edsall Rd. #1112 Alexandria, VA 22304</td> </tr> </table> </li> <li>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>	Per Swimmer Surcharge:	N/A	Relay event fee:	N/A	Individual event fee:	\$5.00	Deck entries:	\$10.00	<b>CUB RUN</b>	<b>FAIRLAND</b>	<b>PWCS</b>	<b>MT VERNON</b>	Ryan Westhafer 1340 Old Chain Bridge Rd Suite 300C McLean, VA 22101	John Venit 414 Forest Bridge Ct Laurel, MD 20724	Karyn McCannon 8120 Woodmont Ave #101 Bethesda, MD 20814	Curtis Din 6161 Edsall Rd. #1112 Alexandria, VA 22304
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# PVS NOVEMBER OPEN

Friday, November 10, 2017

Warmup 5:00pm – 5:40pm

Events 5:50pm

WOMEN	EVENT	MEN
1	9-12 200 yd Breaststroke	2
3	Open 500 yd Freestyle	4

- Positive check-in for 200 yd Breaststroke and 500 yd Freestyle by **5:30pm**.
- The Meet Referee and Meet Director at each site have the right to make all events positive check-in in order to manage timelines.
- **Swimmers must provide their own timers**

Saturday, November 11, 2017

12&Under Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
5	9-12 200 yd Backstroke	6
7	9-10 50 yd Freestyle	8
9	11-12 50 yd Freestyle	10
11	9-10 100 yd Individual Medley	12
13	11-12 100 yd Individual Medley	14
15	9-10 50 yd Breaststroke	16
17	11-12 50 yd Breaststroke	18
19	9-10 100 yd Backstroke	20
21	11-12 100 yd Backstroke	22
23	9-10 200 yd Freestyle	24
25	11-12 200 yd Freestyle	26
27	9-10 100 yd Butterfly	28
29	11-12 100 yd Butterfly	30

Sunday, November 12, 2017

12&Under Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
41	9-10 200 yd Individual Medley	42
43	11-12 200 yd Individual Medley	44
45	9-10 100 yd Freestyle	46
47	11-12 100 yd Freestyle	48
49	9-10 50 yd Butterfly	50
51	11-12 50 yd Butterfly	52
53	9-10 100 yd Breaststroke	54
55	11-12 100 yd Breaststroke	56
57	9-10 50 yd Backstroke	58
59	11-12 50 yd Backstroke	60
61	9-12 200 yd Butterfly	62

13&Over Session		
Warmup 12:00pm – 12:50pm		
Events 1:00pm		
GIRLS	EVENT	BOYS
31	13 & O 200 yd Butterfly	32
33	13 & O 100 yd Breaststroke	34
35	13 & O 100 yd Freestyle	36
37	13 & O 200 yd Individual Medley	38
39	13 & O 100 yd Backstroke	40

13&Over Session		
Warmup 12:00pm – 12:50pm		
Events 1:00pm		
GIRLS	EVENT	BOYS
63	13 & O 50 yd Freestyle	64
65	13 & O 200 yd Backstroke	66
67	13 & O 100 yd Butterfly	68
69	13 & O 200 yd Breaststroke	70
71	13 & O 200 yd Freestyle	72

- Positive Check-In for all events 200 yd or more closes 30 minutes after warm ups begin.
- The Meet Referee and Meet Director at each site have the right to make all events positive check in in order to manage timelines