



PVS January Distance Meet

January 5-6, 2019

Sanction # PVS-19-38

Hosted for PVS by:



MEET DIRECTOR Matt Salerno fairfaxfoxes@gmail.com	MEET REFEREE Tim Husson tim.husson@gmail.com Officials Signup
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-19-38 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairfax Foxes Swimming, and Lee District RECenter 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.
FACILITY	<p style="text-align: center;">Lee District RECenter</p> <p style="text-align: center;">6601 Telegraph Rd Alexandria, VA 22313 (571) 374-6333</p> <ul style="list-style-type: none"> 10 lanes, 25 yards with separate continuous warm up/cool down lanes Water depth range of 4' to 9' at the starting and turning ends. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).
ENTRY DEADLINE	<p style="text-align: center;">Thursday, December 27, 2019</p> <p style="text-align: center;">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>
SCHEDULE	<p style="text-align: center;">Saturday & Sunday, January 5-6, 2019</p> <p style="text-align: center;">Warmup 7:00-8:00 am; Events 8:10 am</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all Potomac Valley Swimming registered athletes REMINDER: Please make sure all athletes are registered for the 2019 season before entering them in the meet. Swimmers shall compete at the age attained on the first day of the meet.
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 (touch pads primary) will be used for this meet.
QUALIFYING TIMES	<ul style="list-style-type: none"> • Qualifying provable times for 13&O Swimmers: <ul style="list-style-type: none"> • The athlete must have a provable time for 1000 yd Freestyle of 14:00 or faster for the 1000y/800M Freestyle, or must have a provable time of 6:30 or faster in the 500y/400M Freestyle. • The athlete must have a provable time for the 1650 yd Freestyle of 23:00 or faster for the 1650y/1500M Freestyle or a provable time of 14:00 or faster in the 1000y/800M Freestyle • 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 Matt Cohen, mattscohen@comcast.net • Qualifying provable times for 12U Swimmers: <ul style="list-style-type: none"> • A provable qualifying time in the event as listed above or the athlete must meet the following stepping stone progression: <ul style="list-style-type: none"> • A provable time of 7:20 or faster must have been swum in the 500y/400M Freestyle before entering the 1000yd Freestyle • A provable time of 15:00 or faster must have been swum in the 1000y/800M Freestyle before entering the 1650yd Freestyle • There are NO petitions allowed for 12&U athletes.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • No on-deck USA-S registration is permitted. • All events will be swum mixed gender. • Coaches and Officials must have their registration and certifications up-to-date for 2019 to be on deck. • 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. • 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. 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 will be used at this meet. •
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • Conforming seed times are short course yards and must meet qualifying standards. Athletes may also enter with LCM seed times that meet the qualifying standards. • • Deck entries will be accepted if the meet is not over-subscribed. Athletes must meet the qualifying provable times for distance events. Evidence of current USA-S registration required for

	deck entries.
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POSITIVE CHECK IN	<ul style="list-style-type: none"> • 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 or gender. Heats will be swum fastest to slowest. Expected swim times and check in requirements will be posted to the PVS website www.pvswim.org no later than Wednesday, January 2, 2019.
WARM-UP	<ul style="list-style-type: none"> • 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. • Continuous warm-up lanes will be available.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> • Events will be seeded and swum fastest to slowest; swum mixed gender. Events will be deck seeded one heat at a time as swimmers check in. • Events will be seeded in the following order: conforming (SCY) times in the event distance, non-conforming (LCM) times in the equivalent event distance, conforming times (SCY) in the alternate distance, non-conforming times (LCM) in the alternate distance. • Deck entries will be seeded after athletes who were previously entered in the meet and have checked in.
SCORING	<ul style="list-style-type: none"> • There is no scoring for this meet.
AWARDS	<ul style="list-style-type: none"> • There are no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> • No programs will be available. The events are deck seeded several heats prior to being swum. The seeded heats will be available on Meet Mobile.
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 should have proof of active USA Swimming membership and certifications with them at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • There is no fee for spectators to enter the meet.
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 Stoke & Turn Judge) per session if entering 25 or more splashes. • Officials available to assist with the meet should volunteer in advance using the Officials Sign-Up or by contacting the Meet Referee. Walk on officials are welcome. All officials should check in with the meet referee upon arrival. All officials must be registered and certified for 2019 before the meet.
TIMERS	<ul style="list-style-type: none"> • All swimmers must provide their own timer and counter (if needed).
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director (fairfaxfoxes@gmail.com). • Include in the subject of the email, "2019 January Distance - ****" 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.

	<ul style="list-style-type: none"> • 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 postal service, 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	<table data-bbox="506 552 1404 632"> <tr> <td>Per Swimmer Surcharge:</td> <td>NA</td> <td></td> <td></td> </tr> <tr> <td>Individual event fee:</td> <td>\$6.00</td> <td>Deck entries:</td> <td>\$10.00</td> </tr> </table> <ul style="list-style-type: none"> • Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payments and where to send the fees. • Payment for Deck Entries must be received prior to the swimmer being seeded into events. Payment may be made by cash or check (payable to PVS). The host club is responsible for reporting cash payments to PVS and delivering checks to PVS. Payment for unaccounted for deck entries or lost payments is the responsibility of the host club. 	Per Swimmer Surcharge:	NA			Individual event fee:	\$6.00	Deck entries:	\$10.00
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**PVS JANUARY DISTANCE
January 5 – 6, 2019**

Warmup: 7:00-8:00 am, Events: 8:10 am

Saturday, January 5, 2019

Mixed Events	EVENT
1	1650 yd Freestyle

Sunday, January 6, 2019

Mixed Events	EVENT
2	1000 yd Freestyle

All events are positive check in.

Events will be swum fastest to slowest, combining women and men.

All athletes must provide their own timer and counter (if needed).