



# PVS 2019 Short Course Junior Championships

March 7-10, 2019  
Sanction # PVS-19-69

Hosted for PVS by:



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>ADMIN OFFICIAL</b>	<b>ENTRY CHAIR</b>
Brian Pawlowicz <a href="mailto:bpawlowicz@nationscapitalswimming.com">bpawlowicz@nationscapitalswimming.com</a>	Mike Rubin <a href="mailto:mrubin2121@gmail.com">mrubin2121@gmail.com</a> <a href="#">Officials Sign Up</a>	Tukkie McMillan <a href="mailto:mushumail@yahoo.com">mushumail@yahoo.com</a>	Karyn McCannon <a href="mailto:karyn.mccannon@gmail.com">karyn.mccannon@gmail.com</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVS-19-69</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, NCAP, and University of Maryland, Eppley Rec Center 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.</li> </ul>																		
<b>FACILITY</b>	<p style="text-align: center;">University of Maryland College Park Campus, Eppley Recreation Center College Park, MD, 20740 301-226-4400</p> <ul style="list-style-type: none"> <li>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</li> <li>The competition course is 8 lane, 25 yards. Seven lanes of continuous warm up/cool down will be available.</li> <li>The competition course is 10'6 deep at the starting end and 14.0' deep at the turning end.</li> </ul>																		
<b>PARKING</b>	<ul style="list-style-type: none"> <li>Parking information will be posted on the <a href="#">Potomac Valley Swimming website</a>.</li> </ul>																		
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Tuesday, February 26, 2019, 7:00pm</b></p> <ul style="list-style-type: none"> <li><b>IMPORTANT:</b> The above date is the deadline for clubs to submit their entries to the Entry Chair. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</li> </ul>																		
<b>SCHEDULE</b>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%; text-align: center;">Warm Up</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;"><b>Thursday, March 7</b></td> </tr> <tr> <td style="text-align: center;">Timed Finals</td> <td style="text-align: center;">4:30 - 5:30pm</td> <td style="text-align: center;">5:40pm</td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>Friday, Saturday, Sunday, March 8-10</b></td> </tr> <tr> <td style="text-align: center;">Preliminary Session</td> <td style="text-align: center;">6:30 – 8:20am</td> <td style="text-align: center;">8:30am</td> </tr> <tr> <td style="text-align: center;">Finals Session</td> <td style="text-align: center;">4:00 – 5:20pm</td> <td style="text-align: center;">5:30pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>		Warm Up	Events	<b>Thursday, March 7</b>			Timed Finals	4:30 - 5:30pm	5:40pm	<b>Friday, Saturday, Sunday, March 8-10</b>			Preliminary Session	6:30 – 8:20am	8:30am	Finals Session	4:00 – 5:20pm	5:30pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all Potomac Valley Swimming registered athletes 13 &amp; Over as of the first day of the meet.</li> <li>Swimmers shall compete at the age attained on the first day of the meet.</li> <li><b>A swimmer may not enter an event they are participating in at the PVS 2019 14 &amp; Under Junior Olympic Championships.</b></li> </ul>																		

	<ul style="list-style-type: none"> <li>Swimmers must have equaled or bettered the applicable Qualifying Times listed and have not achieved a faster time than the 2019 SC Senior Champ QT or the 2019PVS JO 13-14 Qualifying Time. All Qualifying times must have been achieved between March 1, 2017 and the entry deadline for this meet. All qualifying times must have been achieved in a USA Swimming sanctioned, observed or approved meet.</li> <li>Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Entry Chair for any time not found in SWIMS. Failure to prove such a time before the event will result in the swimmer being scratched from that event.</li> <li>Distance Entries: Any swimmer who qualifies for the 1000 yd and/or 1650 yd freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle.</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>INCLEMENT WEATHER</b>	<ul style="list-style-type: none"> <li>In the event of inclement weather, the Meet Director, Meet Referee and Senior Chair will work with the facility manager to make any necessary changes. Information will be posted on the PVS web site and/or a Flash Mail will be sent out.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic Timing (touchpads 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>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 legal guardian to ensure compliance with this requirement.</li> <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 during the preliminary sessions.</li> </ul>

<p><b>EVENT RULES</b></p>	<ul style="list-style-type: none"> <li>• All individual events are prelims/finals, except for the 1000yd and 1650yd Freestyle events which are timed finals.</li> <li>• <b>A swimmer may enter and compete in a maximum of 7 individual events and no more than 3 individual events per day.</b></li> <li>• All relay events are timed finals. The 200 yd Freestyle and Medley relays will not be scored.</li> <li>• All relay events will be swum slow-to-fast in the preliminaries session. Heats of the 800 yd Freestyle Relay will alternate women and men.</li> <li>• A club may enter up to 3 relay teams per relay event, but only two relay teams per club per event may score.</li> <li>• SCY entry times will be used for this meet. No LCM times will be accepted. NT entries will not be accepted.</li> <li>• No deck entries will be accepted.</li> </ul>
<p><b>WITHDRAWING FROM FINALS</b></p>	<ul style="list-style-type: none"> <li>• PVS Scratch Rules apply for swimmers scratching from finals.</li> <li>• If you do not want to swim in the Final, you must “scratch” from the event by following this procedure: <ul style="list-style-type: none"> <li>○ You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A” and “B” finals, if scheduled.</li> <li>○ You may declare intent to “scratch”. You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of announcement of qualifiers, marking the appropriate space for “intent”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.</li> </ul> </li> <li>• If an athlete fails to properly scratch from an event and does not appear for the “Final” event, they shall be barred from further competition of the remainder of the meet.</li> </ul>
<p><b>POSITIVE CHECK IN</b></p>	<ul style="list-style-type: none"> <li>• Positive check in will be required for all individual and relay events 400 yd and longer. These events will be seeded on the deck. Swimmers and relay teams not checked-in will be scratched from that event. Athletes who have checked-in, been seeded and fail to swim the event will be barred from their next scheduled individual event.</li> <li>• If the size of PVS Junior Championships warrants, positive check in for individual events 200 yd or shorter may be announced.</li> </ul>
<p><b>ORDER OF SWIMS</b></p>	<ul style="list-style-type: none"> <li>• Preliminaries will be swum concurrently with the PVS SC Senior Championships</li> <li>• Three heats of each individual event from Senior Champs and two heats from Junior Champs events will be swum at finals. Three heats from Senior Champs will alternate with two heats from Junior Champs. Heats for Senior Champs will be swum in the following order: “C”, “B”, “A”. Heats for Junior Champs will be swum in the following order: “B”, “A”.</li> <li>• Heats of distance events (1000 yd &amp; 1650 yd Freestyle) will be swum fastest to slowest, alternating women and men. All heats of the women’s 1000 yd and men’s 1650 yd Freestyle will be swum during the preliminary session on Sunday. Swimmers in the 1000 yd and 1650 yd Freestyle are responsible for providing their own timer and counter if needed.</li> </ul>
<p><b>TIME TRIALS</b></p>	<ul style="list-style-type: none"> <li>• There will be no Time Trials as part of the Junior Championships Meet. Swimmers entered in an individual event in this meet may participate in Time Trials at the conclusion of the Senior Champs prelims sessions. See the Senior Championships meet announcement for details.</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.</li> <li>• The warm-up schedule for preliminaries sessions will be as follows: <ul style="list-style-type: none"> <li>○ 6:30-7:30 am: All lanes are general warm-up</li> <li>○ 7:30-8:20 am: Lanes 1 and 8 are designated for pace; Lanes 2 and 7 are designated for sprint; Lanes 3 through 6 will remain general warm-up</li> </ul> </li> <li>• The warm up schedule for the finals sessions will be as follows: <ul style="list-style-type: none"> <li>○ 4:00-4:50 pm: All lanes are general warm-up</li> <li>○ 4:50-5:20 pm: Lanes 1 and 8 are designated for pace; Lanes 2 and 7 are designated for sprint; Lanes 3 through 6 will remain general warm-up.</li> </ul> </li> <li>• During the meet there will be continuous warm-up/cool-down lanes. Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.</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> <li>• No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</li> <li>• Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• There are no awards for this meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• All Preliminary and Finals programs will be available for \$2 each. The meet will be available on Meet Mobile.</li> </ul>
<b>MEET VENDOR</b>	<ul style="list-style-type: none"> <li>• Sport Fair 5010 Lee Highway Arlington, VA 22207 <a href="http://www.sportfairusa.com">www.sportfairusa.com</a> 703-524-9500</li> </ul>
<b>CONCESSIONS</b>	<ul style="list-style-type: none"> <li>• Will be sold by the University of Maryland</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>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 or stroke &amp; turn judge) per session if entering 25 or more splashes</li> <li>• All certified officials wishing to volunteer please use the <a href="#">Officials Sign Up</a> or contact the Meet Referee, Mike Rubin (<a href="mailto:mrubin2121@gmail.com">mrubin2121@gmail.com</a>) prior to February 26, 2019. Late applications and walk-ons are welcome.</li> <li>• Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries.</li> <li>• The host club will strive to provide one timer per lane.</li> </ul>

<p><b>ENTRY PROCEDURES</b></p>	<ul style="list-style-type: none"> <li>• All entry files must be sent to the Entry Chair, Karyn McCannon, <a href="mailto:karyn.mccannon@gmail.com">karyn.mccannon@gmail.com</a></li> <li>• SCY entries only, no LCM times will be accepted.</li> <li>• Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry.</li> <li>• <b>Proof for times annotated as unproven (*) must be provided to the Meet Entry Chair prior to the event, or the swimmer will be scratched from that event.</b></li> <li>• Relay Entries: Ensure “relay only” athletes are included in the team entry roster. <ul style="list-style-type: none"> <li>○ There are no qualifying times for the 200 yd relays.</li> </ul> </li> <li>• Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status.</li> <li>• Individual Unattached Athletes may enter individually. <ul style="list-style-type: none"> <li>○ <b>Payment will be required prior to the start of the meet.</b> Contact the Meet Entry chair for payment instructions.</li> </ul> </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 and no further entries will be accepted from that club until the said fine is paid.</li> </ul>								
<p><b>ENTRY FEES</b> <b>*New Procedures*</b></p>	<table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">Per Swimmer Surcharge:</td> <td style="width: 16.5%;">\$0.00</td> <td style="width: 33%;">Relay event fee:</td> <td style="width: 16.5%;">\$12.00</td> </tr> <tr> <td>Individual event fee:</td> <td>\$8.00</td> <td>Deck entries:</td> <td>NA</td> </tr> </table> <ul style="list-style-type: none"> <li>• 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 a check.</li> </ul>	Per Swimmer Surcharge:	\$0.00	Relay event fee:	\$12.00	Individual event fee:	\$8.00	Deck entries:	NA
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Individual event fee:	\$8.00	Deck entries:	NA						

# PVS 2019 Short Course Junior Championships

**Thursday, March 7, 2019**

Warm up: 4:30-5:30 pm, Events: 5:40 pm

Women's Event #	NFT	NST	Event	NST	NFT	Men's Event #
101	18:10.00Y	19:49.99Y	13 & Over 1650 yd Freestyle			
			13 & Over 1000 yd Freestyle	10:42.69Y	10:05.00Y	102
Positive check-in deadline for all events is 5:00 pm. All swimmers must provide their own timer and counter.						

**Friday, March 8, 2019**

Prelims: Warm up: 6:30-8:20 am, Events: 8:30 am

Finals: Warm up: 4:00-5:20, Events: 5:30 pm

Women's Event #	NFT	NST	Event	NST	NFT	Men's Event #
103	1:58.00Y	2:02.29Y	13 & Over 200 yd Freestyle	1:52.59	1:48.00Y	104
105	1:10.80Y	1:14.49Y	13 & Over 100 yd Breaststroke	1:07.59Y	1:03.50Y	106
107	1:00.80Y	1:03.59Y	13 & Over 100 yd Butterfly	57.99Y	55.00Y	108
109	4:46.00Y	4:57.99Y	13 & Over 400 yd Individual Medley	4:32.99Y	4:22.60Y	110
<b>10 minute Break</b>						
111	8:28.80Y	9:02.69Y	13 & Over 800 yd Freestyle Relay	8:16.09Y	7:41.00Y	112
update: 2/22/19 Positive Check-in for the 400 yd Individual Medley is 8:30 am Positive Check-in for the 800 yd Freestyle Relay is 9:30 am We encourage your own timer for the 400IM Break will be 10 minutes and the competition pool will be open for Warm-ups.						

**Saturday, March 9, 2019**

Prelims: Warm up: 6:30-8:20 am, Events: 8:30 am

Finals: Warm up: 4:00-5:20, Events: 5:30 pm

Women's Events #	NFT	NST	Event	NST	NFT	Men's Event #
113	2:31.30Y	2:38.99Y	13 & Over 200 yd Breaststroke	2:25.99Y	2:16.60Y	114
115	25.20Y	26.19Y	13 & Over 50 yd Freestyle	23.59Y	22.70Y	116
117	1:00.70Y	1:03.69Y	13 & Over 100 yd Backstroke	58.69Y	55.60Y	118
119	5:14.00Y	5:24.99Y	13 & Over 500 yd Freestyle	4:59.99Y	4:50.00Y	120
121			13 & Over 200 yd Freestyle Relay			122
<b>10 minute Break</b>						
123	4:30.20	4:48.49Y	13 & Over 400 yd Medley Relay	4:23.89Y	4:02.60Y	124
Positive Check-in deadline for 500 yd Freestyle is 8:30 am Positive Check-in deadline for 400 yd Medley Relay is 9:30 am We encourage your own timer for the 500 Free Break will be 10 minutes and the competition pool will be open for Warm-ups.						

# PVS 2019 Short Course Junior Championships

**Sunday, March 10, 2019**

Prelims: Warm up: 6:30-8:20 am, Events: 8:30 am

Finals: Warm up: 4:00-5:20, Events: 5:30 pm

Women's Events #	NFT	NST	Event	NST	NFT	Men's Event #
125	2:11.50Y	2:18.79Y	13 & Over 200 yd Backstroke	2:09.49Y	2:01.70Y	126
127	54.60Y	56.49Y	13 & Over 100 yd Freestyle	50.89Y	49.20Y	128
129	2:16.80Y	2:28.59Y	13 & Over 200 yd Butterfly	2:12.99Y	2:02.00Y	130
131	2:14.00Y	2:18.39Y	13 & Over 200 yd Individual Medley	2:06.59Y	2:01.20Y	132
133			13 & Over 200 yd Medley Relay			134
<b>10 minute Break</b>						
135	3:56.50Y	4:08.49Y	13 & Over 400 yd Freestyle Relay	3:48.09Y	3:32.00Y	136
137	10:53.00Y	11:39.99Y	13 & Over 1000 yd Freestyle			
			13 & Over 1650 yd Freestyle	18:22.99Y	17:19.00Y	138
<p>Positive Check-in deadline for 400 yd Freestyle Relay is 9:30 am</p> <p><b>Positive check in deadline for 1000 yd and 1650 yd Freestyle is 9:30 am</b></p> <p>Break will be 10 minutes and the competition pool will be open for Warm-ups.</p> <p>Swimmers must provide their own timer and counter for the 1000 yd and 1650 yd Freestyle</p>						