



# PVS 2023 Long Course 12 & Under Championships

July 13-16, 2023

Sanction # PVS-23-106

VSI Sanction # VS-23-34DS

Hosted for PVS by:



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| <p><b>MEET DIRECTOR</b></p> <p>Curtis Din<br/><a href="mailto:cdin@pvfish.org">cdin@pvfish.org</a></p> | <p><b>MEET REFEREE</b></p> <p>Jack Neill<br/><a href="mailto:jjneill@gmail.com">jjneill@gmail.com</a><br/><a href="#">Officials Signup</a></p> | <p><b>ADMINISTRATIVE REFEREE</b></p> <p>Kelly Rowell<br/><a href="mailto:kmcr.pvs@gmail.com">kmcr.pvs@gmail.com</a></p> |
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| <b>SANCTION</b>  | <ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVS-23-106</b> and Virginia Swimming, Inc.: <b>VS-23-34DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Claude Moore Recreation Center, and the FISH 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;"><b>Claude Moore Recreation Center</b><br/>46105 Loudoun Park Lane<br/>Sterling, VA 20164<br/>(571) 258-3600</p> <ul style="list-style-type: none"> <li>The pool at Claude Moore is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 50 meters, running from wall to bulkhead at the eastern end of the pool.</li> <li>Continuous warm-up/cool-down will not be available.</li> <li>Water depth of 12'6" at the starting end and 4'6" at the turning end of the competition course.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>   |         |         |        |  |  |  |                      |               |        |                     |                   |         |        |               |        |                          |  |  |              |               |         |
| <b>ENTRY DEADLINE</b>                                      | <p style="text-align: center;"><b>Monday, July 3, 2023, 12:00pm</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 Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</li> <li>Late entries will be accepted for a fee of \$150 per club plus two times the event entry fee. Deadline for late entries is Monday, July 10, 2023, at NOON.</li> </ul>   |         |         |        |  |  |  |                      |               |        |                     |                   |         |        |               |        |                          |  |  |              |               |         |
| <b>SCHEDULE</b>  | <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;"></th> <th style="width: 30%; text-align: center;">Warm Up</th> <th style="width: 30%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;"><b>Thursday, Friday &amp; Sunday, July 13, 14 &amp; 16</b></td> </tr> <tr> <td style="text-align: center;">11-12 Prelim Session</td> <td style="text-align: center;">7:00 – 8:00am</td> <td style="text-align: center;">8:10am</td> </tr> <tr> <td style="text-align: center;">10&amp;U Prelim Session</td> <td style="text-align: center;">11:30am - 12:20pm</td> <td style="text-align: center;">12:30pm</td> </tr> <tr> <td style="text-align: center;">FINALS</td> <td style="text-align: center;">4:30 - 5:20pm</td> <td style="text-align: center;">5:30pm</td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>Saturday, July 15</b></td> </tr> <tr> <td style="text-align: center;">Timed Finals</td> <td style="text-align: center;">2:00 - 2:50pm</td> <td style="text-align: center;">3:00 pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>The Meet Director, in coordination with the PVS Age Group chair, reserves the right to adjust times/sessions after entries are received. If the timelines allow, warm-up/warm-down breaks will be added during the sessions.</li> </ul> |         | Warm Up | Events | <b>Thursday, Friday &amp; Sunday, July 13, 14 &amp; 16</b> |  |  | 11-12 Prelim Session | 7:00 – 8:00am | 8:10am | 10&U Prelim Session | 11:30am - 12:20pm | 12:30pm | FINALS | 4:30 - 5:20pm | 5:30pm | <b>Saturday, July 15</b> |  |  | Timed Finals | 2:00 - 2:50pm | 3:00 pm |
|  | Warm Up  | Events  |         |        |  |  |  |                      |               |        |                     |                   |         |        |               |        |                          |  |  |              |               |         |
| <b>Thursday, Friday &amp; Sunday, July 13, 14 &amp; 16</b> |  |         |         |        |  |  |  |                      |               |        |                     |                   |         |        |               |        |                          |  |  |              |               |         |
| 11-12 Prelim Session                                       | 7:00 – 8:00am  | 8:10am  |         |        |  |  |  |                      |               |        |                     |                   |         |        |               |        |                          |  |  |              |               |         |
| 10&U Prelim Session  | 11:30am - 12:20pm  | 12:30pm |         |        |  |  |  |                      |               |        |                     |                   |         |        |               |        |                          |  |  |              |               |         |
| FINALS   | 4:30 - 5:20pm  | 5:30pm  |         |        |  |  |  |                      |               |        |                     |                   |         |        |               |        |                          |  |  |              |               |         |
| <b>Saturday, July 15</b>                                   |  |         |         |        |  |  |  |                      |               |        |                     |                   |         |        |               |        |                          |  |  |              |               |         |
| Timed Finals   | 2:00 - 2:50pm  | 3:00 pm |         |        |  |  |  |                      |               |        |                     |                   |         |        |               |        |                          |  |  |              |               |         |

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| <b>ELIGIBILITY</b>         | <ul style="list-style-type: none"> <li>• Open to all Potomac Valley Swimming registered athletes.</li> <li>• No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302.</li> <li>• Swimmers may only participate in their own age group, based upon their age on the first day of the meet.</li> <li>• Swimmers must have equaled or bettered the applicable qualifying time listed.</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 <a href="#">Inclusion Policy</a> 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 Age Group 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.</li> </ul>  |
| <b>RULES</b>               | <ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• No on-deck USA Swimming registration is permitted.</li> <li>• In compliance with <i>USA Swimming Rules and Regulations</i>, 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 (e.g., 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 and timed finals sessions.</li> </ul> |

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| <p><b>EVENT RULES</b></p>             | <ul style="list-style-type: none"> <li>• A swimmer may enter and compete in a maximum of six (6) individual events and no more than three (3) individual events per day.</li> <li>• A club may enter up to three (3) relay teams per relay events, but only two (2) relay teams per club per event may score.</li> <li>• LCM seed times are conforming for this meet and will be seeded before SCY seed times.</li> <li>• Times achieved prior to July 3, 2021 will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets.</li> <li>• Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director 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: <ul style="list-style-type: none"> <li>○ Any swimmer who qualifies for the 800m and/or 1500m 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> <li>○ Any swimmer achieving a qualifying time in the 800 m or 1500 m freestyle may choose to enter the other distance event; their entry time will be at the Time Standard.</li> </ul> </li> <li>• All events 200M and less will be prelims and finals. 10&amp;Under individual events will have two heats in Finals, “B” and “A”, swum in that order. 11-12 individual events will have three heats in Finals, “C”, “B”, and “A”, swum in that order.</li> <li>• All events 400 m and longer are timed finals.</li> <li>• The 400 m Freestyle for all age groups will be swum slowest to fastest, women’s events followed by the men’s events.</li> <li>• The 400 m Individual Medley will be swum slowest to fastest, women’s events followed by the men’s events.</li> <li>• Swimmers of the 400 m Freestyle and 400 m Individual Medley events are responsible for providing their own timer.</li> <li>• The 800 m and 1500 m Freestyle events will be swum fastest to slowest, alternating women and men.</li> <li>• Swimmers of the 800 m and 1500 m events are responsible for providing their own timer and counter, if needed.</li> <li>• All 200 m and 400 m relays are timed finals and will be swum in the preliminary sessions.</li> <li>• The 200 m relays will be swum slowest to fastest and the 400M relays will be swum fastest to slowest.</li> <li>• 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 wish to swim in the Final, you may “scratch” from the event by following this procedure: <ul style="list-style-type: none"> <li>○ You must complete and initial the Declaration of Scratch From Finals or Intent to Scratch From Finals form for the event within 30 minutes of the announcement of qualifiers for “A”, “B”, or “C” finals, if scheduled.</li> <li>○ If you declare an “intention to scratch” and do not wish to swim finals, you must confirm your scratch on the Declaration of Scratch From Finals or Intent to Scratch From Finals form for the event 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 a swimmer fails to properly scratch from an event and does not appear for the “Final” event, they “shall be barred from further competition for the remainder of the meet.”</li> </ul>  |

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| <b>POSITIVE CHECK IN</b>       | <ul style="list-style-type: none"> <li>Positive check-in is required for all individual events 400 m and longer. Swimmers who do not check-in will not be seeded into that event. Swimmers who have checked in, 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>If the size of the PVS LC 12&amp;U Championships warrants, positive check-in for individual events 200M and shorter may be announced.</li> </ul>  |
| <b>TIME TRIALS</b>             | <ul style="list-style-type: none"> <li>There are no time trials.</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 Meet Director may determine the structure of Warm-up, 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> <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: 24, 21, 20, 19, 18, 17, 16, 15, 14, 13, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1</li> <li>Relays: 48, 42, 40, 38, 36, 34, 32, 30, 28, 26, 22, 18, 16, 14, 12, 10, 8, 6, 4, 2</li> <li>Team scoring will be divided into three divisions for small, medium, and large teams. The teams in each division will be determined before the meet.</li> </ul>   |
| <b>AWARDS</b>                  | <ul style="list-style-type: none"> <li>For 11-12s, medals will be awarded 1<sup>st</sup> through 10<sup>th</sup> place for individual events and 1<sup>st</sup> through 3<sup>rd</sup> place for relay events. Ribbons will be awarded 11<sup>th</sup> through 30<sup>th</sup> for individual events.</li> <li>For 9-10, medals will be awarded 1<sup>st</sup> through 10<sup>th</sup> place for individual events and 1<sup>st</sup> through 3<sup>rd</sup> for relay events. Ribbons will be awarded 11<sup>th</sup> through 20<sup>th</sup> for individual events.</li> <li>High point awards will be presented to the male and female athlete with the highest point total in individual events in the following age groups: 10 &amp; Under, 11-12.</li> <li>Relay events will not be used to determine high point awards.</li> </ul> |
| <b>PROGRAMS</b>                | <ul style="list-style-type: none"> <li>Programs will be available on Meet Mobile.</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>MEDICAL ASSISTANCE</b>      | <ul style="list-style-type: none"> <li>Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.</li> </ul>   |
| <b>OFFICIALS</b>               | <ul style="list-style-type: none"> <li>Officials wishing to volunteer should complete the <a href="#">Officials Signup</a> by July 3, 2023. Interested officials may also contact the Meet Referee,</li> <li>Walk-on officials are welcome.</li> <li>Officials who have volunteered for this meet should check in at the recording table upon arrival. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available.</li> <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> </ul>   |
| <b>TIMERS &amp; VOLUNTEERS</b> | <ul style="list-style-type: none"> <li>Two timers per lane.</li> <li>Each club will be required to provide timers and volunteers in proportion to the number of entries. The Meet Director will assign timer requirements to each club after entries have been received. The Meet Director will notify clubs of their timer and volunteer requirements by email.</li> </ul>   |

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| <b>ENTRY PROCEDURES</b> | <ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director, Curtis Din (<a href="mailto:cdin@pvfish.org">cdin@pvfish.org</a>).</li> <li>• Include in the subject of the email, "2023 PVS LC 12 &amp; U Champs - ***" 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, and 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), and coach's cell phone number that they will answer between prelims and finals, in case a swimmer scratches into finals and needs to be notified.</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>• 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>○ Payment for unattached athletes is due in advance of the start of the meet. Contact the Meet Director 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 by PVS and no further entries will be accepted from that club until the said fine is paid.</li> <li>• <b>All Relay-only swimmers must be included in the meet entry file in order to participate in the meet.</b></li> </ul> |
| <b>ENTRY FEES</b>       | <p style="text-align: center;">Per Swimmer Surcharge: \$10.00                      Relay event fee: \$20.00</p> <p style="text-align: center;">Individual event fee:                      \$12.50</p> <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>  |

# PVS 2023 Long Course 12 & Under Championships

July 13-16, 2023

Thursday, July 13, 2023

## 11-12 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10am

| Women's Event # | SCY     | LCM      | Event                         | LCM      | SCY     | Men's Event # |
|-----------------|---------|----------|-------------------------------|----------|---------|---------------|
| 1               |         | 2:20.99  | 11-12 200 m Freestyle Relay   | 2:20.99  |         | 2             |
| 5               | 2:25.39 | 3:10.49  | 12 & Under 200 m Butterfly    | 3:07.99  | 2:22.39 | 6             |
| 7               | 1:15.09 | 1:36.49  | 11-12 100 m Breaststroke      | 1:36.09  | 1:13.29 | 8             |
| 11              | 27.09   | 33.09    | 11-12 50 m Freestyle          | 32.69    | 26.19   | 12            |
| 15              | 2:24.39 | 2:57.49  | 11-12 200 m Individual Medley | 2:56.49  | 2:21.79 | 16            |
| 19              | 31.09   | 39.29    | 11-12 50 m Backstroke         | 39.29    | 30.49   | 20            |
| 23              |         | 11:59.99 | 12 & Under 800 m Freestyle    | 11:59.99 |         | 24            |

Positive check-in for all individual events 400 m and longer  
 200 m Freestyle Relay: timed finals.  
 800 m Freestyle: timed finals, swum fastest to slowest, alternating women and men; swimmers must provide their own timer and counter

## 10 & Under Prelim Events

Warm up: 11:30am-12:20pm, Events: 12:30pm

| Women's Event # | SCY     | LCM     | Event                              | LCM     | SCY     | Men's Event # |
|-----------------|---------|---------|------------------------------------|---------|---------|---------------|
| 3               |         | 2:46.49 | 10 & Under 200 m Freestyle Relay   | 2:48.49 |         | 4             |
| 9               | 1:27.89 | 1:51.59 | 10 & Under 100 m Breaststroke      | 1:53.59 | 1:26.69 | 10            |
| 13              | 30.39   | 38.89   | 10 & Under 50 m Freestyle          | 38.89   | 29.99   | 14            |
| 17              | 2:46.09 | 3:31.09 | 10 & Under 200 m Individual Medley | 3:31.09 | 2:44.59 | 18            |
| 21              | 35.39   | 45.29   | 10 & U 50 m Backstroke             | 46.29   | 35.69   | 22            |

200 m Freestyle Relay: timed finals

Thursday, July 13, 2023

## FINALS

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

| Women's Event # | Event                              | Men's Event # |
|-----------------|------------------------------------|---------------|
| 5               | 12 & U 200 m Butterfly             | 6             |
| 7               | 11-12 100 m Breaststroke           | 8             |
| 9               | 10 & Under 100 m Breaststroke      | 10            |
| 11              | 11-12 50 m Freestyle               | 12            |
| 13              | 10 & Under 50 m Freestyle          | 14            |
| 15              | 11-12 200 m Individual Medley      | 16            |
| 17              | 10 & Under 200 m Individual Medley | 18            |
| 19              | 11-12 50 m Backstroke              | 20            |
| 21              | 10 & Under 50 m Backstroke         | 22            |

# PVS 2023 Long Course 12 & Under Championships

July 13-16, 2023

Friday, July 14, 2023

## 11-12 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10am

| Women's Event # | SCY     | LCM     | Event                       | LCM     | SCY     | Men's Event # |
|-----------------|---------|---------|-----------------------------|---------|---------|---------------|
| 25              |         | 2:50.99 | 11-12 200 m Medley Relay    | 2:52.99 |         | 26            |
| 29              | 2:42.19 | 3:22.39 | 12 & U 200 m Breaststroke   | 3:26.39 | 2:38.49 | 30            |
| 31              | 1:07.29 | 1:23.49 | 11-12 100 m Backstroke      | 1:23.49 | 1:05.59 | 32            |
| 35              | 29.69   | 36.69   | 11-12 50 m Butterfly        | 37.09   | 29.09   | 36            |
| 39              | 2:08.19 | 2:36.39 | 11-12 200 m Freestyle       | 2:35.39 | 2:04.89 | 40            |
| 43              |         | 5:00.99 | 11-12 400 m Freestyle Relay | 4:58.99 |         | 44            |

200 m Medley and 400 m Freestyle relays are timed finals; the 400 m Freestyle relays will be swum fastest to slowest

## 10 & Under Prelim Events

Warm up: 11:30am-12:20pm, Events: 12:30pm

| Women's Event # | SCY     | LCM     | Event                            | LCM     | SCY     | Men's Event # |
|-----------------|---------|---------|----------------------------------|---------|---------|---------------|
| 27              |         | 3:11.29 | 10 & Under 200 m Medley Relay    | 3:15.69 |         | 28            |
| 33              | 1:15.59 | 1:37.59 | 10 & Under 100 m Backstroke      | 1:38.19 | 1:16.09 | 34            |
| 37              | 34.59   | 45.29   | 10 & Under 50 m Butterfly        | 46.29   | 33.89   | 38            |
| 41              | 2:29.29 | 3:01.09 | 10 & Under 200 m Freestyle       | 3:01.09 | 2:24.09 | 42            |
| 45              |         | 5:45.99 | 10 & Under 400 m Freestyle Relay | 5:45.99 |         | 46            |

200 m Medley and 400 m Freestyle relays are timed finals; the 400 m Freestyle relays will be swum fastest to slowest

Friday, July 14, 2023

## FINALS

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

| Women's Event # | Event                         | Men's Event # |
|-----------------|-------------------------------|---------------|
| 29              | 12 & Under 200 m Breaststroke | 30            |
| 31              | 11-12 100 m Backstroke        | 32            |
| 33              | 10 & Under 100 m Backstroke   | 34            |
| 35              | 11-12 50 m Butterfly          | 36            |
| 37              | 10 & Under 50 m Butterfly     | 38            |
| 39              | 11-12 200 m Freestyle         | 40            |
| 41              | 10 & Under 200 m Freestyle    | 42            |

# PVS 2023 Long Course 12 & Under Championships

July 13-16, 2023

Saturday, July 15, 2023

## Events

Warm up: 2:00-2:50 pm, Events: 3:00pm

| Women's Event # | SCY     | LCM     | Event                              | LCM     | SCY     | Men's Event # |
|-----------------|---------|---------|------------------------------------|---------|---------|---------------|
| 47              | 5:38.49 | 5:31.99 | 11-12 400 m Freestyle              | 5:30.99 | 5:34.29 | 48            |
| 49              | 6:29.99 | 6:37.09 | 10 & Under 400 m Freestyle         | 6:37.09 | 6:22.79 | 50            |
| 51              | 5:15.59 | 6:23.09 | 12 & Under 400 m Individual Medley | 6:18.09 | 5:06.49 | 52            |

Positive check-in for all individual events 400 m and longer.

400 m Freestyle: Timed Finals, swum slowest to fastest; swimmer must provide their own timer

400 m IM: Timed Finals, swum slowest to fastest; swimmers must provide their own timer



# PVS 2023 Long Course 12 & Under Championships

July 13-16, 2023

Sunday, July 16, 2023

## 11-12 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10am

| Women's Event # | SCY     | LCM      | Event                       | LCM      | SCY     | Men's Event # |
|-----------------|---------|----------|-----------------------------|----------|---------|---------------|
| 53              |         | 5:30.99  | 11-12 400 m Medley Relay    | 5:30.99  |         | 54            |
| 57              | 2:22.99 | 3:03.49  | 12 & Under 200 m Backstroke | 2:58.09  | 2:20.19 | 58            |
| 59              | 57.79   | 1:12.29  | 11-12 100 m Freestyle       | 1:11.29  | 57.39   | 60            |
| 63              | 34.59   | 45.19    | 11-12 50 m Breaststroke     | 44.69    | 33.79   | 64            |
| 67              | 1:06.29 | 1:24.29  | 11-12 100 m Butterfly       | 1:24.29  | 1:04.59 | 68            |
| 71              |         | 22:59.99 | 12 & Under 1500 m Freestyle | 22:59.99 |         | 72            |

Positive check-in for all individual events 400 m and longer.

400 m Medley Relay: Timed Finals, swum fastest to slowest

1500 m Freestyle: timed finals, swum fastest to slowest, alternating women and men; swimmers must provide their own timer and counter

## 10 & Under Prelim Events

Warm up: 11:30am-12:20pm, Events: 12:30pm

| Women's Event # | SCY     | LCM     | Event                         | LCM     | SCY     | Men's Event # |
|-----------------|---------|---------|-------------------------------|---------|---------|---------------|
| 55              |         | 5:55.59 | 10 & Under 400 m Medley Relay | 5:55.59 |         | 56            |
| 61              | 1:07.69 | 1:25.09 | 10 & Under 100 m Freestyle    | 1:25.49 | 1:07.09 | 62            |
| 65              | 40.09   | 53.59   | 10 & Under 50 m Breaststroke  | 53.59   | 39.39   | 66            |
| 69              | 1:19.59 | 1:51.99 | 10 & Under 100 m Butterfly    | 1:51.59 | 1:19.09 | 70            |

400M Medley Relay: Timed Finals, swum fastest to slowest

Sunday, July 16, 2023

## FINALS

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

| Women's Event # | Event                        | Men's Event # |
|-----------------|------------------------------|---------------|
| 57              | 12 & Under 200 m Backstroke  | 58            |
| 59              | 11-12 100 m Freestyle        | 60            |
| 61              | 10 & Under 100 m Freestyle   | 62            |
| 63              | 11-12 50 m Breaststroke      | 64            |
| 65              | 10 & Under 50 m Breaststroke | 66            |
| 67              | 11-12 100 m Butterfly        | 68            |
| 69              | 10 & Under 100 m Butterfly   | 70            |