



PVS 2023 Long Course 13 & Over Championships

Hosted for PVS by:



July 20-23, 2023

Sanction # PVS-23-107

VSI Sanction # VS-23-35DS

MEET DIRECTOR	MEET REFEREE	ADMINISTRATIVE REFEREE
Aaron Dean meets@swimoccs.org	Scott Witkin switkin1@gmail.com Officials Signup	Jan van Nimwegen jnimwegen@earthlink.net

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-23-107 and Virginia Swimming: VS-23-35DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, inc., Occoquan Swimming, and the Freedom Aquatic & Fitness 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. 																						
FACILITY	Freedom Aquatic & Fitness Center 9100 Freedom Center Blvd Manassas, VA 20110 (703) 993-8444																						
	<ul style="list-style-type: none"> The pool at Freedom Aquatic & Fitness Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 9-10 lanes, 50 meters, starting at the western end of the pool. Warm up: 10 lanes, 50 meters. 1 or 2 lanes may be available for continuous warm up and cool down. Water depth range of 13' at the starting end and 4' at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 																						
ENTRY DEADLINE	Tuesday, July 11, 2023, 5:00pm																						
	<ul style="list-style-type: none"> 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. 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 17, 2023, at NOON. 																						
SCHEDULE	<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;">Thursday, Friday, & Sunday, July 20, 21 & 23</td> </tr> <tr> <td style="text-align: center;">13-14 Prelims</td> <td style="text-align: center;">6:30-7:30 am</td> <td style="text-align: center;">7:40 am</td> </tr> <tr> <td style="text-align: center;">15 & Over Prelims</td> <td style="text-align: center;">11:00 am-12:20 pm</td> <td style="text-align: center;">12:30 pm</td> </tr> <tr> <td style="text-align: center;">Finals</td> <td style="text-align: center;">4:30-5:20 pm</td> <td style="text-align: center;">5:30 pm</td> </tr> <tr> <td colspan="3" style="text-align: center;">Saturday, July 22</td> </tr> <tr> <td style="text-align: center;">Timed Finals</td> <td style="text-align: center;">2:00-2:50 pm</td> <td style="text-align: center;">3:00 pm</td> </tr> </tbody> </table>			Warm Up	Events	Thursday, Friday, & Sunday, July 20, 21 & 23			13-14 Prelims	6:30-7:30 am	7:40 am	15 & Over Prelims	11:00 am-12:20 pm	12:30 pm	Finals	4:30-5:20 pm	5:30 pm	Saturday, July 22			Timed Finals	2:00-2:50 pm	3:00 pm
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	<ul style="list-style-type: none"> The Meet Director, in coordination with the Senior Chair, 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, 13 and Over years old as of the first day of the meet, who are not entered in the PVS 2023 Long Course Open Championships. • Swimmers shall compete at the age attained on the first day of the meet. Swimmers must have equaled or bettered the applicable Qualifying Time listed. • A 13-14 swimmer may not swim any event they swam at the 2023 PVS LC Open Champs. • A 15&Over swimmer may not enter an event they are eligible to swim at the 2023 PVS LC Open Champs or any event swum as a bonus event at the 2023 PVS LC Open Champs. • 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.
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.
INCLEMENT WEATHER	<ul style="list-style-type: none"> • 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.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic Timing (touchpads primary) will be used.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • No on-deck USA Swimming registration is permitted. • Swimmers shall compete at the age attained on the first day of the meet. • 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 (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. • Dive-over starts will be used during preliminary and timed finals sessions. • 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.

EVENT RULES	<ul style="list-style-type: none"> • A swimmer may compete in a maximum of seven (7) individual events and no more than three (3) individual events per day. • A club may enter up to three (3) relay teams per 13-14 relay event, but only two (2) relays teams per club per event may score. A club may enter up to two (2) relay teams per 15&O relay event. • All individual events are prelims and finals, except for the 800 m & 1500 m Freestyle and the 400 m Individual Medley which are timed finals. • All relay events are timed finals. • All relay events will be swum during the preliminary sessions and will be swum slow-to-fast. • Times achieved prior to July 11, 2021, will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets. • 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. • Long Course Meters seed times are conforming for this meet. Short Course Yard entry times will be seeded after Long Course entry times. • NT entries will not be accepted. • No deck entries will be accepted. • Distance Entries: <ul style="list-style-type: none"> ○ 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. ○ 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.
SEEDING and POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be positive check in. 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. • Positive check-in for the first event of the session will close no earlier than 30 minutes after the start of the warmup for each session. A full check-in schedule will be posted at the meet. • The preliminaries of the 400 m Freestyle will be seeded as follows: If there are six or more heats, the four fastest heats of women (slow to fast) will be followed by the four fastest heats of men (slow to fast). The remaining heats will be swum fast to slow, alternating women and men. If there are five or fewer heats, the events will be swum all women (slow to fast) followed by all men (slow to fast).
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • PVS scratch rules apply for swimmers scratching from finals. • 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"> ○ 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. ○ 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. • 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.”

ORDER OF SWIMS	<ul style="list-style-type: none"> • There will be three heats swum in finals for all individual events except the 800 m and 1500 m Freestyle and the 400 m Individual Medley events. Heats will be swum in the following order: “C”, “B” and “A”. • The 400 m Individual Medley will be swum fast to slow. • Heats of distance events (800 m & 1500 m) will be swum fastest to slowest, alternating women and men. The fastest seeded heats of the 13-14 800 m Freestyle will be swum at Finals. Swimmers in the 800 m and 1500 m are responsible for providing their own timer, except for those swimming in the Final session on Thursday. Athletes in the 13-14 800 m Freestyle may elect to swim during the prelims session. They must make this designation when they positive check in for the event.
TIME TRIALS	<ul style="list-style-type: none"> • There are no Time Trials.
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-ups, times and lane assignments.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • No personal chairs are allowed on deck.
SCORING	<ul style="list-style-type: none"> • Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 • Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 • Team scoring will be for the 13-14 age group only and be divided into three divisions for small, medium, and large teams. The teams in each division will be determined before the meet.
AWARDS	<ul style="list-style-type: none"> • High point awards will be presented to the male and female athlete with the highest point total in individual events in the 13-14 age group. • Relay events will not be used to determine high point awards.
PROGRAMS	<ul style="list-style-type: none"> • The meet 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 with them at all times.
SPECTATORS AND LIVE STREAMING	<ul style="list-style-type: none"> • Spectator seating may be limited. • Competition will be live streamed on the Occoquan Swimming YouTube Channel.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> • 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.
OFFICIALS	<ul style="list-style-type: none"> • Officials wishing to volunteer should complete the Officials Signup by July 7, 2023. Interested officials may also contact the Meet Referee, Scott Witkin. • Walk-on official+6s are welcome. • 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. • 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. • An officials’ meeting will precede each session during warm-ups.
TIMERS & VOLUNTEERS	<ul style="list-style-type: none"> • Two timers per lane. • 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. • Lane assignments will be made in advance.

ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries MUST be submitted by email to the Meet Director, Aaron Dean, meets@swimoccs.org. • Include in the subject of the email, "2023 LC 13 & Over 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. • Include in entry email: entry file, report of entries by name, report of entries by event. • In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact), and coach's cell phone number. • Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry. • Proof for times annotated as unproven (*) must be provided to the Meet Director prior to the event, or the swimmer will be scratched from that event. • Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status. • Individual Unattached Athletes may enter individually. <ul style="list-style-type: none"> ○ Payment for unattached athletes is due in advance of the start of the meet. Contact the Meet Director for payment instructions. • Please contact the Meet Director for instructions on entering late qualifiers. • 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. 								
ENTRY FEES	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Per Swimmer Surcharge:</td> <td style="text-align: right;">\$10.00</td> <td style="text-align: right;">Individual event fee:</td> <td style="text-align: right;">\$12.50</td> </tr> <tr> <td></td> <td></td> <td style="text-align: right;">Relay event fee:</td> <td style="text-align: right;">\$20.00</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 payment. 	Per Swimmer Surcharge:	\$10.00	Individual event fee:	\$12.50			Relay event fee:	\$20.00
Per Swimmer Surcharge:	\$10.00	Individual event fee:	\$12.50						
		Relay event fee:	\$20.00						

PVS 2023 Long Course 13 & Over Championships

July 20-23, 2023

Thursday, July 20, 2023

13-14 Year Old Session

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

Warm up times are subject to change after all entries have been entered.

Women's Event #	SCY	LCM	EVENT	LCM	SCY	Mens Event #
1		5:25.99	13-14 200 m Medley Relay	5:15.99		2
5	1:13.99	1:27.39	13-14 100 m Breaststroke	1:23.39	1:09.59	6
9	2:03.69	2:20.79	13-14 200 m Freestyle	2:14.99	1:56.69	10
13	1:03.99	1:14.39	13-14 100 m Butterfly	1:10.49	1:00.49	14
17		4:40.99	13-14 400 m Freestyle Relay	4:30.99		18
21	11:39.99	10:36.99	13-14 800 m Freestyle	10:36.99	11:08.99	22

All events will be positive check in.

200 m Medley Relay: use the 400 m Medley Relay Qualifying time

800 m Freestyle will be swum Fastest to Slowest, alternating women and men; Fastest women's and men's heat swim at finals; swimmers must provide their own timer and counter

15 & Over Session

Warm up: 11:00-12:20 pm, Events: 12:30 pm

Warm up times are subject to change after all entries have been entered.

Women's Event #	NFT SCY	NST SCY	NFT LCM	NST LCM	EVENT	NST LCM	NFT LCM	NST SCY	NFT SCY	Men's Event #
3			5:05.10	5:25.99	15 & Over 200 m Medley Relay	5:15.99	4:23.00			4
7	1:08.80	1:12.19	1:19.00	1:27.39	15 & Over 100 m Breaststroke	1:17.99	1:10.70	1:02.99	1:01.90	8
11	1:56.00	1:58.99	2:11.40	2:22.39	15 & Over 200 m Freestyle	2:09.29	2:01.50	1:48.29	1:46.50	12
15	58.90	1:00.49	1:07.00	1:13.99	15 & Over 100 m Butterfly	1:06.49	1:00.20	54.39	53.30	16
19			4:13.10	4:40.99	15 & Over 400 m Freestyle Relay	4:30.99	3:54.00			20
23	10:42.00	10:55.59	9:33.00	10:21.99	15 & Over 800 m Freestyle	9:42.99	9:02.40	10:14.49	10:02.00	24

All events will be positive check in.

200 m Medley Relay use the 400 m Medley Relay Qualifying time

800 m Freestyle: swum fastest to slowest, alternating women and men; all heats will be swum in prelims; swimmers must provide their own timer and counter

PVS 2023 Long Course 13 & Over Championships

July 20-23, 2023

Thursday, July 20, 2023 (cont.)

FINALS

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

Women's Event #	EVENT	Men's Event #
5	13-14 100 m Breaststroke	6
7	15 & Over 100 m Breaststroke	8
9	13-14 200 m Freestyle	10
11	15 & Over 200 m Freestyle	12
13	13-14 100 m Butterfly	14
15	15 & Over 100 m Butterfly	16
21	13-14 800 m Freestyle	22
800 m Freestyle: Fastest women's heat and fastest men's heat only		

Friday, July 21, 2023

13-14 Year Old Session

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

Warm up times are subject to change after all entries have been entered.

Women's Event #	SCY	LCM	EVENT	LCM	SCY	Mens Event #
25	2:19.59	2:44.59	13-14 200 m Individual Medley	2:37.69	2:11.99	26
29	2:38.99	3:08.29	13-14 200 m Breaststroke	2:59.09	2:30.79	30
33	1:04.39	1:15.99	13-14 100 m Backstroke	1:13.79	1:01.69	34
37	26.09	30.69	13-14 50 m Freestyle	28.69	24.59	38
41	5:27.69	5:00.49	13-14 400 m Freestyle	4:52.99	5:13.29	42
All events will be positive check in.						

15 & Over Session

Warm up: 11:00-12:20 am, Events: 12:30 pm

Warm up times are subject to change after all entries have been entered.

Women's Event #	NFT SCY	NST SCY	NFT LCM	NST LCM	EVENT	NST LCM	NFT LCM	NST SCY	NFT SCY	Men's Event #
27	2:12.70	2:14.99	2:30.50	2:44.79	15 & Over 200 m Individual Medley	2:28.99	2:18.10	2:02.99	2:00.30	28
31	2:30.00	2:34.39	2:50.40	3:08.39	15 & Over 200 m Breaststroke	2:48.39	2:34.00	2:16.99	2:15.60	32
35	59.90	1:01.49	1:08.60	1:16.69	15 & Over 100 m Backstroke	1:09.99	1:02.80	56.29	54.90	36
39	25.10	25.59	28.50	30.39	15 & Over 50 m Freestyle	27.39	25.70	22.99	22.50	40
43	5:10.80	5:16.79	4:39.70	4:56.49	15 & Over 400 m Freestyle	4:35.49	4:19.80	4:55.79	4:49.40	44
All events will be positive check in.										

PVS 2023 Long Course 13 & Over Championships

July 20-23, 2023

Friday, July 21, 2023 (cont.)

FINALS

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

Women's Event #	Event	Men's Event #
25	13-14 200 m Individual Medley	26
27	15 & Over 200 m Individual Medley	28
29	13-14 200 m Breaststroke	30
31	15 & Over 200 m Breaststroke	32
33	13-14 100 m Backstroke	34
35	15 & Over 100 m Backstroke	36
37	13-14 50 m Freestyle	38
39	15 & Over 50 m Freestyle	40
41	13-14 400 m Freestyle	42
43	15 & Over 400 m Freestyle	44

Saturday, July 22, 2023

13-14 and 15 & Over Session

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

Warm up times are subject to change after all entries have been entered.

Women's Event #	NFT SCY	NST SCY	NFT LCM	NST LCM	EVENT	NST LCM	NFT LCM	NST SCY	NFT SCY	Men's Event #
45				10:00.99	13-14 800 m Freestyle Relay	9:45.99				46
47			9:20.10	10:00.99	15 & Over 800 m Freestyle Relay	9:45.99	8:40.10			48
49		4:59.99		5:48.49	13-14 400 m Individual Medley	5:28.79		4:43.59		50
51	4:39.40	4:47.39	5:21.00	5:52.59	15 & Over 400 m Individual Medley	5:24.59	4:52.90	4:23.49	4:18.10	52
53		19:38.99		20:59.99	13-14 1500 m Freestyle	21: 31.99		18:48.99		54
55	17:50.00	18:24.49	18:20.10	20:25.49	15 & Over 1500 m Freestyle	19:42.99	17:21.00	17:05.99	16:46.00	56

All events will be positive check in.

800 m Freestyle relays will be swum fastest to slowest

400 m Individual Medley will be swum fastest to slowest

1500 m Freestyle will be swum fastest to slowest, alternating women and men

PVS 2023 Long Course 13 & Over Championships

July 20-23, 2023

Sunday, July 23, 2023

13-14 Year Old Session

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

Warm up times are subject to change after all entries have been entered.

Women's Event #	SCY	LCM	EVENT	LCM	SCY	Mens Event #
57		2:10.99	13-14 200 m Freestyle Relay	2:05.99		58
61	2:17.59	2:43.89	13-14 200 m Backstroke	2:35.99	2:11.49	62
65	57.39	1:04.89	13-14 100 m Freestyle	1:02.99	53.69	66
69	2:26.99	2:55.69	13-14 200 m Butterfly	2:47.09	2:16.99	70
73		5:25.99	13-14 400 m Medley Relay	5:15.99		74
All events will be positive check in.						

15 & Over Session

Warm up: 11:00-12:20 am, Events: 12:30 pm

Warm up times are subject to change after all entries have been entered.

Women's Event #	NFT SCY	NST SCY	NFT LCM	NST LCM	EVENT	NST LCM	NFT LCM	NST SCY	NFT SCY	Men's Event #
59			2:00.00	2:10.99	15 & Over 200 m Freestyle Relay	2:05.99	1:50.10			60
63	2:09.50	2:12.49	2:27.20	2:44.09	15 & Over 200 m Backstroke	2:30.69	2:15.80	2:02.59	1:59.00	64
67	53.90	55.09	1:01.60	1:05.79	15 & Over 100 m Freestyle	59.99	56.30	50.59	49.00	68
71	2:13.10	2:15.59	2:31.10	2:53.59	15 & Over 200 m Butterfly	2:38.99	2:17.30	2:04.19	2:01.70	72
75			5:05.10	5:25.99	15 & Over 400 m Medley Relay	5:15.99	4:23.00			76
All events will be positive check in.										

FINALS

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

Women's Event #	Event	Men's Event #
61	13-14 200 m Backstroke	62
63	15 & Over 200 m Backstroke	64
65	13-14 100 m Freestyle	66
67	15 & Over 100 m Freestyle	68
69	13-14 200 m Butterfly	70
71	15 & Over 200 m Butterfly	72