



# PAC All Freestyle Meet

September 30, 2023 (Saturday)

Sanction # PVC-24-01

Hosted by:



<b>MEET DIRECTOR</b> John Venit, 301-254-7946, <a href="mailto:dpws@aol.com">dpws@aol.com</a>	<b>MEET REFEREE</b> Cherlynn Venit, <a href="mailto:dpws@aol.com">dpws@aol.com</a>	<b>CLUB OFFICIALS CHAIR</b> Cherlynn Venit, <a href="mailto:dpws@aol.com">dpws@aol.com</a>
---	---	---

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-24-01</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Patuxent Aquatic Club, and Fairlands Aquatics 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;"><b>Fairland Aquatics Center</b> 13820 Old Gunpowder Rd. Laurel, MD 20707 301-362-6060</p> <ul style="list-style-type: none"> <li>The pool at Fairland Aquatics Center is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in <b>a dual course with 10 lanes, 25 yards, running from wall to wall for the girls and 8 lanes, 25 yards, running from wall to wall for the boys.</b></li> <li>Eighteen (18) lanes will be used for warm-ups.</li> <li>Water depth range of 5' – 13' at the starting end and 5' – 13' at the turning end.</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>September 20, 2023 at 11:59 p.m.</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>Saturday, September 30, 2023</b></p> <p><b><u>13 &amp; Over Session:</u></b> Warm-ups start at <b>6:00 a.m. (3 x 25 min sessions)</b> Events start at <b>7:20 a.m.</b></p> <p><b><u>11-12 Session:</u></b> Warm-ups start at <b>11:15 a.m. (2 x 25 min sessions)</b> Events start at <b>12:10 p.m.</b></p> <p><b><u>10 &amp; Under Session (Girls ONLY):</u></b> Warm-ups start at <b>2:30 pm (2 x 15 min sessions)</b> Events start at <b>3:05 pm</b></p> <p><b><u>10 &amp; Under Session (Boys ONLY):</u></b> Warm-ups start at <b>5:10 pm (2 x 15 min sessions)</b> Events start at <b>5:45 pm</b></p> <ul style="list-style-type: none"> <li>Meet Director reserves 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 registered Potomac Valley Swimmers.</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> </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>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>● <b>Automatic timing (touchpads primary) will be used.</b></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 without the use of the backstroke ledge. 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>● The meet will be limited to no more than 350 swimmers per session.</li> <li>● Dive-over starts may be used for ages 9 &amp; over ONLY.</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>● A swimmer may enter no more than four (4) individual events.</li> <li>● Deck entries will be accepted. Entries will be accepted in empty lanes only. No new heats will be created. The athlete's member card must be shown to the meet referee for entry.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>● The 500 Freestyle will be a positive check-in event. The check-in deadlines will be sent to participating clubs after entries are received.</li> <li>● Swimmers for the 500 are responsible for their own timer and counter. If necessary, two courses may be used for the 500 only.</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 will 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>SEEDING</b>	<ul style="list-style-type: none"> <li>● Standard seeding will be used <b>except for the 500 Free in the 13 &amp; Over and 11-12 sessions. For the 500 Free in the 13 &amp; Over and 11-12 sessions seeding will occur as follows: Swimmers seeded 1-30 for the 500 Free will Swim as Heats 3, 4 &amp; 5; Swimmers seeded 31-50 will swim as Heats 1 &amp; 2; and swimmers seeded 51 or higher will swim as Heats 6 and on.</b></li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>● N/A</li> </ul>

<b>AWARDS</b>	<ul style="list-style-type: none"> <li>● N/A</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>● Meet programs will be emailed to teams and 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>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>● None.</li> <li>● No personal chairs will be allowed in the facility lobby or viewing area.</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>● Each participating club is requested to provide at least one table worker or official (Referee, Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>● Officials interested in volunteering should signup at <a href="https://formsnarts.com/form/28y6">https://formsnarts.com/form/28y6</a></li> <li>● Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available.</li> <li>● Officials volunteering for this meet should sign in at the official's table prior to the start of warm-ups.</li> <li>● A comprehensive officials' briefing will precede each session during warm-ups.</li> </ul>
<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 every 25 entries.</li> <li>● Two timers will be used per lane. There will be two Head Timers per course.</li> <li>● An online Timer's Signup will be emailed to participating clubs.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>● Entries should be submitted by email to the Meet Director at dpws@aol.com.</li> <li>● Include in the subject of the email, "PAC All Free Meet - ****" 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>	<p style="text-align: center;">Individual event fee:           \$6.00    Deck entry fee:           \$12.00 Per Swimmer Surcharge:       \$5.00</p> <ul style="list-style-type: none"> <li>● Make checks payable to PAC. Checks may be mailed to: Patuxent Aquatics Club 414 Forest Bridge Ct. Laurel, MD 20724</li> <li>● Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. A certified USA-S coach must also be designated as the responsible coach on deck. Payment may be made by cash or check.</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>

# 2023 PAC All-Freestyle Meet

## September 30, 2023 (Saturday)

### 13 & Over Session

**Warmup 6:00 am – 7:15 am Events 7:20 am**

GIRLS	EVENT	BOYS
1	13 & Over 50 Freestyle	2
11	13 & Over 100 Freestyle	12
21	13 & Over 200 Freestyle	22
31	13 & Over 500 Freestyle	32

### 11-12 Session

**Warmup 11:15am – 12:05 pm Events 12:10pm**

GIRLS	EVENT	BOYS
3	11-12 50 Freestyle	4
13	11-12 100 Freestyle	14
23	11-12 200 Freestyle	24
29	11-12 500 Freestyle	30

### 10 & Under Session (Girls ONLY)

**Warmup 2:30pm – 3:00pm Events 3:05pm**

GIRLS	EVENT
5	9-10 50 Freestyle
Break (2 min to move timers)	
7	7-8 25 Freestyle
9	6 & Under 25 Freestyle
Break (2 min to move timers)	
15	9-10 100 Freestyle
17	7-8 50 Freestyle
19	6 & Under 50 Freestyle
25	9-10 200 Freestyle
27	8 & Under 100 Freestyle
33	10 & Under 500 Freestyle

## 10 & Under Session (Boys ONLY)

Warmup 5:10pm – 5:30pm Events 5:45pm

EVENT	BOYS
9-10 50 Freestyle	6
Break (2 min to move timers)	
7-8 25 Freestyle	8
6 & Under 25 Freestyle	10
Break (2 min to move timers)	
9-10 100 Freestyle	16
7-8 50 Freestyle	18
6 & Under 50 Freestyle	20
9-10 200 Freestyle	26
8 & Under 100 Freestyle	28
10 & Under 500 Freestyle	34