



PVS 2024 Long Course 12 & Under Championships

Hosted for PVS by:



July 18-21, 2024

Sanction # PVS-24-107

<p style="text-align: center;">MEET DIRECTOR</p> <p>Henry Tollefson henry@tollefsonswimming.com</p>	<p style="text-align: center;">MEET REFEREE</p> <p>Jorge Zamora zamswimref@gmail.com Officials Sign Up</p>	<p style="text-align: center;">ADMINISTRATIVE REFEREE</p> <p>KT Zamora kzamswim@gmail.com</p>
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-24-107 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, University of Maryland Epley Recreation Center and Tollefson Swim Team 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;">University of Maryland College Park Campus Epley Recreation Center College Park, MD 20740 (301) 226-4400</p> <ul style="list-style-type: none"> The competition pool at the University of Maryland is 50m x 25yd with two moveable bulkheads. There is one, eight (8) lane 50m competition course running from wall to bulkhead. The competition pool is 8' deep at the start end and 14' deep at the turn end. Continuous warm-up/cool-down will be available in a separate 25 yard pool. The meet host will ensure the required course dimensions. 																					
PARKING	<ul style="list-style-type: none"> Parking information will be posted on the Potomac Valley Swimming website. Cost of parking will be approximately \$15.00 per day. 																					
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, July 9, 8:00pm</p> <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 15, 2024, 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 18, 19 and 21</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&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;">Saturday, July 20</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"> The Meet Director, in coordination with the PVS Age Group chair, reserves the right to adjust times/sessions after entries are received. 		Warm Up	Events	Thursday, Friday & Sunday, July 18, 19 and 21			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	Saturday, July 20			Timed Finals	2:00 - 2:50pm	3:00 pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all Potomac Valley Swimming registered athletes. 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. Swimmers may only participate in their own age group, based upon their age on the first day of the meet. 																					

	<ul style="list-style-type: none"> Swimmers must have equaled or bettered the applicable qualifying time listed.
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 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.
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. 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. 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 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. 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 during the preliminary sessions and timed finals sessions.
EVENT RULES	<ul style="list-style-type: none"> A swimmer may enter and compete in a maximum of six (6) individual events and no more than three (3) individual events per day. 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. LCM seed times are conforming for this meet and will be seeded before SCY seed times. Times achieved prior to July 3, 2022 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. Distance Entries: 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. All events 200M and less will be prelims and finals. 10&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. The 11-12 "A" & "B" finals will be

	<p>made up of the top sixteen (16) 11-12 swimmers; the 11-12 "C" final will be made up of the next eight (8) fastest 11 year old swimmers.</p> <ul style="list-style-type: none"> • All events 400 m and longer are timed finals. • The 400 m Freestyle for all age groups will be swum slowest to fastest, women's events followed by the men's events. • The 400 m Individual Medley will be swum slowest to fastest, women's events followed by the men's events. • Swimmers of the 400 m Freestyle and 400 m Individual Medley events are responsible for providing their own timer. • The 800 m and 1500 m Freestyle events will be swum fastest to slowest, alternating women and men. • Swimmers of the 800 m and 1500 m events are responsible for providing their own timer and counter, if desired. • All 200 m and 400 m relays are timed finals and will be swum in the preliminary sessions. • The 200 m relays will be swum slowest to fastest and the 400 m relays will be swum fastest to slowest. • NT entries will not be accepted. • No deck entries will be accepted.
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."
POSITIVE CHECK IN	<ul style="list-style-type: none"> • 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 starts. • If the size of the PVS LC 12&U Championships warrants, positive check-in for individual events 200M and shorter may be announced.
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 will determine the structure of Warm-up times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. • No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.
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 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"> • For 11-12s, medals will be awarded 1st through 8th place for individual events and 1st through 3rd place for relay events. Ribbons will be awarded 9th through 24th for individual events.

	<ul style="list-style-type: none"> • For 9-10, medals will be awarded 1st through 8^h place for individual events and 1st through 3rd for relay events. Ribbons will be awarded 9th through 16th for individual events. • 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 & Under, 11-12. • Relay events will not be used to determine high point awards.
PROGRAMS	<ul style="list-style-type: none"> • Programs 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.
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 10, 2024. Interested officials may also contact the Meet Referee, Jorga Zamora at zamswimref@gmail.com. • Walk-on officials 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. A comprehensive officials' briefing will precede each session during warm-ups. • Each participating club is requested to provide at least one table worker or official (referee, starter or stroke & turn judge) per session if entering 25 or more splashes.
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.

<p>ENTRY PROCEDURES</p>	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director, Henry Tollefson, henry@tollefsonswimming.com. • Include in the subject of the email, "2024 PVS LC 12 & 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. • Include in entry email: entry file, report of entries by name, and 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 that they will answer between prelims and finals, in case a swimmer scratches into finals and needs to be notified. • Entries directly from individual team members will not be accepted. • Entries by 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. • 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. • 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. • All Relay-only swimmers must be included in the meet entry file to participate in the meet.
<p>ENTRY FEES</p>	<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"> • 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.

PVS 2024 Long Course 12 & Under Championships

July 18-21, 2024

Thursday, July 18, 2024

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	3:08.49	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	32.89	11-12 50 m Freestyle	32.59	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		2:46.99	10 & Under 200 m Freestyle Relay	2:46.99		4
9	1:27.89	1:51.59	10 & Under 100 m Breaststroke	1:53.59	1:26.69	10
13	30.39	38.79	10 & Under 50 m Freestyle	38.69	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	45.39	10 & U 50 m Backstroke	45.99	35.69	22

200 m Freestyle Relay: timed finals

Thursday, July 18, 2024

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 2024 Long Course 12 & Under Championships

July 18-21, 2024

Friday, July 19, 2024

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		2:49.99	11-12 200 m Medley Relay	2:49.99		26
29	2:42.19	3:22.39	12 & U 200 m Breaststroke	3:26.39	2:38.49	30
31	1:07.29	1:23.29	11-12 100 m Backstroke	1:23.39	1:05.59	32
35	29.69	36.59	11-12 50 m Butterfly	36.99	29.09	36
39	2:08.19	2:36.09	11-12 200 m Freestyle	2:35.09	2:04.89	40
43		4:56.99	11-12 400 m Freestyle Relay	4:54.99		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		3:10.99	10 & Under 200 m Medley Relay	3:14.99		28
33	1:15.59	1:37.69	10 & Under 100 m Backstroke	1:38.19	1:16.09	34
37	34.59	45.29	10 & Under 50 m Butterfly	46.19	33.89	38
41	2:29.29	3:00.99	10 & Under 200 m Freestyle	3:00.99	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 19, 2024

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 2024 Long Course 12 & Under Championships

July 18-21, 2024

Saturday, July 20, 2024

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	5:30.99	11-12 400 m Freestyle	5:30.99	5:34.29	48
49	6:29.99	6:36.09	10 & Under 400 m Freestyle	6:36.09	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 2024 Long Course 12 & Under Championships

July 18-21, 2024

Sunday, July 21, 2024

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	2:57.99	12 & Under 200 m Backstroke	2:57.99	2:20.19	58
59	57.79	1:11.99	11-12 100 m Freestyle	1:11.09	57.39	60
63	34.59	44.99	11-12 50 m Breaststroke	44.69	33.79	64
67	1:06.29	1:24.19	11-12 100 m Butterfly	1:24.19	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	1:24.99	10 & Under 100 m Freestyle	1:25.29	1:07.09	62
65	40.09	53.49	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 21, 2024

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