



# 2024 Long Course Spring Invitational-

May 10- 12, 2024- **UPDATED**



Sanction #  
VSI Sanction #

<p><b>MEET DIRECTOR</b> Paris Jacobs- 571-238-7657 <a href="mailto:paris@machineaquatics.com">paris@machineaquatics.com</a> Jason Cochran <a href="mailto:jason@machineaquatics.com">jason@machineaquatics.com</a></p>	<p><b>MEET REFEREE</b> Eric Ramey <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a></p>	<p><b>CLUB OFFICIALS CHAIR</b> Eric Ramey <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a> <a href="#">Officials Sign Up</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>PVC-</b> and Virginia Swimming, Inc.: <b>VS-23-</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Machine Aquatics, and Dulles South Recreation 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>Claude Moore Recreation Center</b> 46105 Loudoun Park Ln, Sterling, VA 20164 (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 8 lanes, 50 meters, running from wall to bulkhead at the eastern end of the pool.</li> <li>One (1) lane will be available for continuous warm-up/cool-down during the meet.</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 been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.</li> </ul>																							
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>FINAL ENTRY FILE IS DUE BY 11:00 PM, THURSDAY, MAY 2<sup>nd</sup>, 2024</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>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%; text-align: center;">Warm Ups</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr style="background-color: #e0e0e0;"> <td colspan="3" style="text-align: center;"><b>Friday, May 10<sup>th</sup>, 2024</b></td> </tr> <tr> <td>Friday Session</td> <td style="text-align: center;">3:00- 4:15 PM</td> <td style="text-align: center;">4:20 PM</td> </tr> <tr style="background-color: #e0e0e0;"> <td colspan="3" style="text-align: center;"><b>Saturday, May 11<sup>th</sup> - Sunday, May 12<sup>th</sup>, 2024</b></td> </tr> <tr> <td>13 &amp; Over- SATURDAY</td> <td style="text-align: center;">7:00- 8:20 AM</td> <td style="text-align: center;">8:30 AM</td> </tr> <tr> <td><b>13 &amp; Over- SUNDAY- UPDATED</b></td> <td style="text-align: center;"><b>7:00- 8:10 AM</b></td> <td style="text-align: center;"><b>8:15 AM</b></td> </tr> <tr> <td><b>12 &amp; UNDER SESSION- UPDATED BOTH DAYS</b></td> <td style="text-align: center;"><b>1:00 PM- 2:00 PM</b></td> <td style="text-align: center;"><b>2:10 PM</b></td> </tr> </tbody> </table> <p><b>*NOTE: The Meet Director reserves the right to adjust start times in order to allow the full meet to fit within the pool rental time and USA Swimming Rules.</b></p>				Warm Ups	Events	<b>Friday, May 10<sup>th</sup>, 2024</b>			Friday Session	3:00- 4:15 PM	4:20 PM	<b>Saturday, May 11<sup>th</sup> - Sunday, May 12<sup>th</sup>, 2024</b>			13 & Over- SATURDAY	7:00- 8:20 AM	8:30 AM	<b>13 &amp; Over- SUNDAY- UPDATED</b>	<b>7:00- 8:10 AM</b>	<b>8:15 AM</b>	<b>12 &amp; UNDER SESSION- UPDATED BOTH DAYS</b>	<b>1:00 PM- 2:00 PM</b>	<b>2:10 PM</b>
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming Registered athletes. Teams wishing to attend should contact the Meet Director.</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>Semi- Automatic timing (buttons primary) will be used.</li> </ul>																							

<p><b>RULES</b></p>	<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.</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>
<p><b>ENTRY RULES</b></p>	<p><b>Individual Events:</b></p> <ul style="list-style-type: none"> <li>• <b>All Events are MIXED GENDER events. Boys and Girls will swim together by Age Group.</b></li> <li>• A contestant may enter a maximum of <b>SEVEN (7) individual events</b>. Swimmers may compete in a max of 2 events on Friday, 3 events on Saturday and 3 events on Sunday per day.</li> <li>• <b>LONG COURSE TIMES ARE CONFORMING FOR THIS MEET AND WILL BE SEEDED BEFORE SHORT COURSE YARDS (SCY) TIMES.</b></li> <li>• <b>TIME CONVERSIONS ARE NOT PERMITTED.</b></li> <li>• <b>ENTRIES MAY BE LIMITED DUE TO TIME CONSTRAINTS</b></li> <li>• <b>THE 400 FREE &amp; 1500 FREE WILL BE SWUM FASTEST TO SLOWEST.</b></li> <li>• <b>1500 FREE ENTRIES MAY BE LIMITED DUE TO TIME CONSTRAINTS.</b></li> <li>• <b>Qualifying Provable Time for 13&amp;O Swimmers:</b> <ul style="list-style-type: none"> <li>◇ Minimum Time to enter 1000y/800m freestyle of 14:00 or a time of 6:30 or faster in the 500y/400m freestyle</li> <li>◇ Minimum Time to enter the 1650y/1500m freestyle of 23:00 or a time of 14:00 or faster in the 1000y/800m freestyle. Coaches of 13&amp;O athletes that can complete the event(s) faster than the qualifying times, but do not satisfy the entry rules above may petition the Meet Director.</li> </ul> </li> <li>• <b>Minimum provable times for 12 &amp; Under Swimmers:</b> <ul style="list-style-type: none"> <li>◇ Must meet the following stepping stone progression.</li> <li>◇ A provable time of 7:20.00 must be swum in the 400M/500yd Free before entering the 800M/1000yd Free</li> </ul> </li> <li>• <b>SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR THE 400 FREE, 800 FREE, AND 400 IM AND COUNTERS (IF DESIRED) for the 800 FREE.</b></li> <li>• Deck entries are permitted for this meet and will only occur if there is an open lane in a pre-seeded heat. Deck entries will be \$20.00 each. (cash or check only). If an event is positive check-in, the check in will be completed per the schedule, then seeded. Any open lanes after this will be available for deck entry. <b>Swimmers will be required to prove current USA Swimming membership in good standing</b> if the swimmer is not already in the meet and vetted through the PVS meet recon procedure.</li> </ul>
<p><b>POSITIVE CHECK IN</b></p>	<ul style="list-style-type: none"> <li>• <b>All 200 &amp; Over Events will be positive check-In, unless otherwise announced once entries are completed.</b></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 based on entries submitted.</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>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>PROGRAMS and LIVESTREAM</b>	<ul style="list-style-type: none"> <li>Programs will be made available on Meet Mobile prior to each session for free.</li> <li>Due to internet connection issues at Dulles South, livestreaming of the meet is not guaranteed.</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, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>Officials interested in volunteering should contact Eric Ramey at <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a> or use the <a href="#">Officials Sign Up</a> Form.</li> <li>Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. 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.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Participating clubs are requested to provide timers in proportion to their entries as assigned by the Meet Director.</li> <li>Swimmers in FRIDAY NIGHT EVENTS- 400 IM, 12 &amp; UNDER 200 IM, AND 1500 FREE, and 400 INDIVIDUAL MEDLEY ON SATURDAY <b>MUST PROVIDE THEIR OWN TIMERS.</b></li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the Meet Director at <a href="mailto:entries@machineaquatics.com">entries@machineaquatics.com</a>.</li> <li>Include in the subject of the email, "2024 Spring Long Course Invitational" with the club's initials AND SITE. 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 24-36 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>Per Swimmer Surcharge:       \$5.00       Deck entry fee:       \$20.00</p> <p>Individual event fee:       \$12.00</p> <p>Make checks payable to Machine Aquatics Checks may be mailed to:</p> <p style="text-align: center;"><b>Machine Aquatics</b>  <b>2024 Spring Long Course Invitational</b>  <b>204-D Mill Street, NE</b>  <b>Vienna, VA 22180</b></p> <ul style="list-style-type: none"> <li>Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.</li> </ul> <p>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</p>

# 2024 Long Course Spring Invitational

May 10-12, 2024

Sponsored by Machine Aquatics

**Friday, May 10, 2023**

**11 & OVER**

**Warm Up: 3:00 - 4:15 pm/ Events: 4:20pm**

Event #	Event - MIXED BOYS & GIRLS
1	Mixed 13 & Over 400 IM
2	Mixed 12 & Under 200 IM
3	Mixed 13 & Over 1500 Freestyle

**Minimum Time Standard Policy for 1500 Free Applies**

**Qualifying Provable Time for 13&O Swimmers:**

- Minimum Time to enter the 1650y/1500m freestyle of 23:00 or a time of 14:00 or faster in the 1000y/800m freestyle Coaches of 13&O athletes that can complete the event(s) faster than the qualifying times, but do not satisfy the entry rules above may petition the Meet Director.

**SATURDAY, May 11, 2024**

**13 & OVER SESSION**

**Warm Up: 7:00 - 8:20 AM/ Events: 8:30 AM**

Event #	Event - MIXED BOYS & GIRLS
4	Mixed 13 & Over 100 Freestyle
5	Mixed 13 & Over 200 Butterfly
6	Mixed 13 & Over 100 Breaststroke
7	Mixed 13 & Over 200 Backstroke
8	Mixed 13 & Over 400 Freestyle

# 2024 Long Course Spring Invitational

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**SATURDAY, May 11, 2023**

**12 & UNDER SESSION-**

~~Warm Up: 12:40 PM - 1:40 PM/ Events: 1:50 PM~~

**Warm Up: 1:10 PM- 2:05 PM/ Events: 2:10 PM**

Event #	Event - MIXED BOYS & GIRLS
9	Mixed 11-12 100 Free
10	Mixed 10 & Under 100 Freestyle
11	Mixed 11-12 200 Butterfly
12	Mixed 10 & Under 50 Butterfly
13	Mixed 11-12 100 Breaststroke
14	Mixed 10 & Under 100 Breaststroke
15	Mixed 11-12 200 Backstroke
16	Mixed 10 & Under 50 Backstroke
17	Mixed 11-12 400 Freestyle

**SUNDAY, May 12, 2024**

**13 & OVER SESSION**

~~Warm Up: 7:00 - 8:20 AM/ Events: 8:30 AM~~

**Warm Up: 7:00 - 8:10 AM/ Events: 8:15 AM**

Event #	Event-MIXED BOYS & GIRLS
18	Mixed 13 & Over 200 IM
19	Mixed 13 & Over 100 Butterfly
20	Mixed 13 & Over 200 Breaststroke
21	Mixed 13 & Over 50 Freestyle
22	Mixed 13 & Over 100 Backstroke
23	Mixed 13 & Over 200 Freestyle



# 2024 Long Course Spring Invitational

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Sponsored by Machine Aquatics

**SUNDAY, May 12, 2024**

**12 & UNDER SESSION**

~~Warm Up: 12:40 AM- 1:40 PM/ Events: 1:50 PM~~

**Warm Up: 1:10 PM- 2:05 PM/ Events: 2:10 PM**

Event #	Event- MIXED BOYS & GIRLS
24	Mixed 11-12 100 Butterfly
25	Mixed 10 & Under 50 Freestyle
26	Mixed 11-12 200 Breaststroke
27	Mixed 10 & Under 100 Butterfly
28	Mixed 11-12 50 Freestyle
29	Mixed 10 & Under 100 Backstroke
30	Mixed 11-12 100 Backstroke
31	Mixed 10 & Under 50 Breaststroke
32	Mixed 11-12 200 Freestyle