



R	MEET DIRECTOR Rob Green bbert.green@dc.gov	MEET REFEREE Erika Livingston <u>Erika@aimstutoring.com</u>	CLUB OFFICIALS CHAIR Erika Livingston Erika@aimstutoring.com				
SANCTION	 In granting this Swimming, DC free and harm 	approval, it is understood and agreed Wave Swim Team, and DC Department ess from any and all liabilities or claim ng the conduct of this event.	Potomac Valley Swimming: PVA-24-65. d that USA Swimming, Potomac Valley nt of Parks and Recreation shall be held ns for damages arising by reason of injuries				
FACILITY	 The pool at Tal 	 Takoma Aquatic Center 300 Van Buren Street NW Washington, DC 20012 (202) 576-9534 The pool at Takoma Aquatic Center is 50m x 25 yd with two moveable bulkheads. Competition 					
	 will be held on Course 1: starting an Course 2: 	 will be held on two courses. Course 1: 6 lanes, 25 yards, running wall to wall. Water depth range of 5.0' - 7.0' at both the starting and turning ends. 					
	The meet host	• The meet hosts will ensure the required course dimensions.					
ENTRY		Tuesday, February 6th at 11:59 pm					
DEADLINE	Therefore, clubs us	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.					
SCHEDULE	Friday, Februa All a	rry 16th ges Warm Up – 2:50 pm; Events – 4:0	10 pm				
	• 13 8 • 12 8	nday, February 17 th - 18 th Over Prelims Warm Up – 6:00 am; Under Prelims Warm Up – 11:30 an NS Warm Up – 4:30 pm; Events – 5:	m; Events – 12:40 pm				
	to be moved to	nager will determine if session start time. a different session based on the number forwarded to each team by Friday, Febru	-				
ELIGIBILITY	This meet is op meet. Priority the previous ye	en to all swimmers. USA Swimming m in acceptance of entries will be given t	nembership is not required for entry into the to teams and athletes that swam in the meet ested in attending should notify the Meet				
	• *Note: We have based on first	Swimmers must meet qualifying times.					



DISABILITY	• PVS and host clubs along with their meet directors are committed to the Inclusion Policy as
SWIMMERS	 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. Athletes requiring special accommodation are asked to complete the form below. <u>NECESSARY ACCOMMODATIONS FORM</u>
TIMING SYSTEM	Automatic timing (touchpads primary) will be used.
MEDICAL ASSISTANCE	• 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.
RULES	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 <u>Minor Athlete Abuse Prevention Policy</u> ("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 USA Swimming Rules and Regulations, 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.
	• 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 & U events per Rule 205.3.1F.
EVENT RULES	• Qualifying time standards will be used for all events. The qualifying time standard is a minimum B time standard (2021-2024). All 12 & Under 200-yard events will use a minimum B time standard for 11-12 age group as the qualifying time standard. 15 & Over events will use a minimum B time standard for the 15-16 age group as the qualifying time standard.
	• Each swimmer may enter a maximum of three (3) individual events per day, but not to exceed more than eight (8) individual events for the entire meet.
	Relay cards (furnished at the session) shall be submitted for each relay team.
	All events on Friday are timed finals.
	• All 8 & Under and 9-10 events on Saturday and Sunday are timed finals.
	 All 11-12 events on Saturday and Sunday are prelims and finals events. The top eight (8) swimmers will qualify for finals.
	• All 13-14 and 15 & Over events on Saturday and Sunday will be preliminaries and finals. The top sixteen (16) swimmers will qualify for finals. There will be a consolation "B" heat and a championship "A" final. The "B" final will be swum first.
	*

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	• A	ll relays are ti	mod finals	and y	will bo s	wum d	uring	T Dre	oliminary so	ssions			
		he 500 Free a					-		•	5510115.			
										muna ta i	ndicata	thair ara	
		• For positive check in events, swimmers must check in during warmups to indicate their presence and intent to swim.											
		lo deck entrie					- (,		- /			
		JS ENTRIES N											
	•	1 Qualifyin			-	Swims							
	•	2 Qualifyin	g Times =	Max 2	Bonus	Swims							
	٠	3 Qualifyin	-										
	•	4 or More							ant make a	ura ta aha	ak tha D	onus hou	novt
			the event(-					ent make sı tries.	πε το σπε	ICK LITE B	UNUS DOX	πεχι
							,		1		1		
	Evt #	Eligible Events	S	el Stat	Entry Time	e Heat/Lane	SCR A	lt exh	Bonus Special Eve	nt Age Conv Tir	ENT		
	8 16	Boys Open 400 IM Boys Open 200 Fly		Seeded									
	28 40	Boys Open 500 Free Boys Open 200 IM		Seeded									
	44 48	Boys Open 50 Free Boys Open 100 Back		Seeded									
	52	Boys Open 200 Free Boys Open 100 Breast		Seeded									
	102 106 110	Boys Open 200 Back Boys Open 100 Free Boys Open 200 Breast		Seeded									
	114	Boys Open 100 Fly											
	<u>)</u>	1		1	-			1		1			
			0.42.011										
		<u>3:07.38Y</u>	3:07.38Y				15	G	Open 200 Fly	<=2:46.79Y			
	3	<u>6:29.62Y</u>	6:29.62Y				27	G	Open 500 Free	<=6:40.69Y			
		Day 2 Session 2				Max Entri	es this :	Sessio	n IE = 3 Rel = 0	Comb = 5			
			ntry Time		F libition	Approval		Gen	Event	Qualify Time			
		2:33.45Y	2:33.45Y				39	G	Open 200 Medley	<=2:48.19Y			
		<u>26.68Y'</u>	26.68Y				43	G	Open 50 Free	<=32.09Y			
		<u>1:12.77Y</u>	1:12.77Y				47	G	Open 100 Back	<=1:15.39Y			
		<u>2:20.05Y</u>	2:20.05Y				51	G	Open 200 Free	<=2:29.89Y			
	m	<u>1:17.80Y</u>	1:17.80Y				55	G	Open 100 Breast	<=1:26.89Y			
		_	1.17.80Υ	_									
		Day 3 Session 7 Best Time El	ntry Time	Bonus	Exhibition	Max Entri Approval	es this : Ev#	Session Gen	n IE = 3 Rel = 0	Qualify Time			
		<u>2:38.26Y</u>	2:38.26Y			rippioval	Ev# 101	Gen	Open 200 Back	<=2:44.09Y			
	ш												
WITHDRAWING FROM		wimmers who											-
FINALS	•	roper proced					-			ch Slip wit	thin 30 ı	ninutes o	of the
	а	nnouncemen	t of qualifie	ers for	r "A" or	"B" fin	als, i	t sch	neduled.				

• Swimmers may declare an "intent to scratch" by marking the appropriate space for "intent" on the Finals Scratch Slip.

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	after	 Swimmers must confirm that "intent to scratch" on the Finals Scratch Sheet within 30 minutes after the conclusion of their last preliminary individual event of the day or they will be automatically seeded into the Final. 								
		If an athlete fails to properly scratch from a Final event and does not appear for the event Final, they will be scratched from their next preliminary swim as a penalty.								
POSITIVE CHECK IN	• All ev requi	ents on Fri	day will be check-in a	e positive d	check in. Th mmunicate	ne Meet Di	rector will	determin		
WARM-UP				• •	ures and sand sand sand sand sand sand sand				The Meet	Director
SUPERVISION	Coact	nes are res	ponsible fo	or the cond	duct of the	ir swimme	rs and for	cleaning u	p their tea	am areas.
SEEDING	event	IS.			liminary ev			ding will be	e used for	all final
SCORING	 Meda will b awaru High group All income 	will be awarded for 4th through 8th place in individual events only. Heat winner ribbons will be awarded during prelims of the 12 & Under sessions for individual events to heat winners.					s will be rs.			
	101	nts will be Place	Points	Place	Points	Place	Points	Place	Points	1
		1 st	20	5 th	14	9 th	9	13 th	4	
		2 nd	17	6 th	13	10 th	7	14 th	3	
		2 3 rd	16	7 th	12	11 th	6	15 th	2	
		4 th	15	8 th	11	12 th	5	16 th	1	
	-	events wi	l not be co	onsidered i	n the indiv place will	idual's poi	nt total. A	ll relay eve	ents are ti	
PROGRAMS									ing the me	
CREDENTIALS	 Certif durin Crede acces Team 									
SPECTATOR ENTRY FEE	will b	e available	for Finals.	All session	ne facility d			•	•	-
OFFICIALS	• Each Starte	er, Chief Ju	ng club is r dge or Stro	equested oke & Turr	to provide 1 Judge) pe hould com	r session if	fentering	25 or more	e splashes	

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	officials chair.
	 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.
TIMERS	• Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
	• Two (2) timers per lane are required. There will be two Head Timers per course. Each team is required to provide two volunteer timers for the duration of each session. Depending on the number of teams present, the meet director reserves the right to request teams to contribute a certain number of timers proportional to their entries.
	• An online Timer's Signup will be emailed to participating clubs after the entry deadline.
ENTRY PROCEDURES	The master entry shall show the name, address, and telephone number of the person responsible for each team's entry.
	 Entries must be submitted electronically via e-mail. Follow the instructions under the appropriate heading below.
	• Entries must indicate the athlete's legal name and date of birth. Each club is requested to remit one check to cover the entry fees for the entire team. Please put the club's name on the entry check (if not a club check) and note the number of entries. Do not send cash. Meet director has been instructed not to accept telephone or fax entries.
	• Entries not submitted on the required forms, not complete, not legible, or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry.
	 Electronic entries files should include: Export of meet entries Entry report by name Entry report by event
ENTRY FEES	Per Swimmer Surcharge: \$5.00 Relay event fee: \$12.00
	Individual event fee: \$7.00
	• Entries fees are to be made payable to the " <u>DC TREASURER</u> ". Fees are non- refundable. Entries will not be considered received until all fees are paid. NO CASH PAYMENTS WILL BE ACCEPTED.
	 Electronic Payments will be accepted via DPR's registration system. Click Here to Create an Account. Meet entry fees will be charged to your DPR account prior to the meet. Fees may be paid online with a Debit/Credit card.
	• Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made via debit/credit card.
	• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.



	Session 1 – Friday, February 16 th					
NST (SCY)	GIRLS	Events	BOYS	NST (SCY)		
3:38.49	1	10 & Under 200 IM	2	3:35.49		
3:00.19	3	11 & 12 200 IM	4	2:57.29		
6:05.79	5	13 & 14 400 IM	6	5:41.79		
5:57.59	7	15 & Over 400 IM	8	5:29.09		
3:20.89	9	10 & Under 200 Breaststroke	10	3:14.09		
3:20.89	11	11 & 12 200 Breaststroke	12	3:14.09		
2:50.09	13	13 & 14 200 Butterfly	14	2:38.29		
2:46.79	15	15 & Over 200 Butterfly	16	2:31.39		
2:59.99	17	10 & Under 200 Butterfly	18	2:53.19		
2:59.99	19	11 & 12 200 Butterfly	20	2:53.19		
2:56.59	21	10 & Under 200 Backstroke	22	2:51.99		
2:56.59	23	11 & 12 200 Backstroke	24	2:51.99		
6:49.39	25	13 & 14 500 Freestyle	26	6:26.59		
6:40.69	27	15 & Over 500 Freestyle	28	6:12.59		
8:25.39	29	10 & Under 500 Freestyle	30	8:16.69		
7:08.79	31	11 & 12 500 Freestyle	32	6:57.29		

	Session 2 & 3 – Saturday, February 17 th					
NST (SCY)	GIRLS	Events	BOYS	NST (SCY)		
-	33	13-14 400 Freestyle Relay	34	-		
-	35	Open 400 Freestyle Relay	36	-		
2:49.79	37	13 & 14 200 IM	38	2:39.99		
2:46.79	39	15 & Over 200 IM	40	2:31.69		
32.59	41	13 & 14 50 Freestyle	42	29.89		
31.79	43	15 & Over 50 Freestyle	44	28.39		
1:16.69	45	13 & 14 100 Backstroke	46	1:11.49		
1:14.69	47	15 & Over 100 Backstroke	48	1:08.09		
2:32.09	49	13 & 14 200 Freestyle	50	2:22.99		
2:29.39	51	15 & Over 200 Freestyle	52	2:16.49		
1:27.99	53	13 & 14 100 Breaststroke	54	1:21.29		
1:25.89	55	15 & Over 100 Breaststroke	56	1:16.49		
-	57	13-14 200 Medley Relay	58	-		
-	59	Open 200 Medley Relay	60	-		



Session 4 & 5 – Saturday, February 17 th					
NST (SCY)	GIRLS	Events	BOYS	NST (SCY)	
1:42.59	61	8 & Under 100 IM	62	1:38.79	
1:42.59	63	9 & 10 100 IM	64	1:38.79	
1:24.09	65	11 & 12 100 IM	66	1:20.89	
38.89	67	8 & Under 50 Freestyle	68	38.09	
38.89	69	9 & 10 50 Freestyle	70	38.09	
33.59	71	11 & 12 50 Freestyle	72	32.59	
1:58.09	73	8 & Under 100 Breaststroke	74	1:53.39	
1:58.09	75	9 & 10 100 Breaststroke	76	1:53.39	
1:34.09	77	11 & 12 100 Breaststroke	78	1:31.39	
1:53.99	79	8 & Under 100 Butterfly	80	1:51.39	
1:53.99	81	9 & 10 100 Butterfly	82	1:51.39	
1:24.39	83	11 & 12 100 Butterfly	84	1:22.89	
1:41.99	85	8 & Under 100 Backstroke	86	1:39.79	
1:41.99	87	9 & 10 100 Backstroke	88	1:39.79	
1:24.79	89	11 & 12 100 Backstroke	90	1:22.19	
-	91	10 & Under 200 Freestyle Relay	92	-	
-	93	11-12 200 Freestyle Relay	94	-	

	Session 6 - FINALS Saturday, February 17 th	
37	13 & 14 200 IM	38
39	15 & Over 200 IM	40
65	11 & 12 100 IM	66
41	13 & 14 50 Freestyle	42
43	15 & Over 50 Freestyle	44
71	11 & 12 50 Freestyle	72
45	13 & 14 100 Backstroke	46
47	15 & Over 100 Backstroke	48
77	11 & 12 100 Breaststroke	78
49	13 & 14 200 Freestyle	50
51	15 & Over 200 Freestyle	52
83	11 & 12 100 Butterfly	84
53	13 & 14 100 Breaststroke	54
55	15 & Over 100 Breaststroke	56
89	11 & 12 100 Backstroke	90



		Session 7 & 8 – Sunday, February 18 th		
NST (SCY)	GIRLS	Events	BOYS	NST (SCY)
-	95	13-14 400 Medley Relay	96	-
-	97	Open 400 Medley Relay	98	-
2:46.79	99	13 & 14 200 Backstroke	100	2:36.29
2:42.99	101	15 & Over 200 Backstroke	102	2:27.99
1:10.59	103	13 & 14 100 Freestyle	104	1:05.59
1:08.89	105	15 & Over 100 Freestyle	106	1:02.39
3:10.89	107	13 & 14 200 Breaststroke	108	2:56.59
3:05.99	109	15 & Over 200 Breaststroke	110	2:48.19
1:16.39	111	13 & 14 100 Butterfly	112	1:11.19
1:14.69	113	15 & Over 100 Butterfly	114	1:07.49
-	115	13-14 200 Freestyle Relay	116	-
-	117	Open 200 Freestyle Relay	118	-

	Session 9 & 10 – Sunday, February 18 th						
NST (SCY)	GIRLS	Events	BOYS	NST (SCY)			
47.39	119	8 & Under 50 Butterfly	120	45.69			
47.39	121	9 & 10 50 Butterfly	122	45.69			
36.49	123	11 & 12 50 Butterfly	124	37.09			
3:18.99	125	10 & Under 200 Freestyle	126	3:06.69			
2:40.39	127	11 & 12 200 Freestyle	128	2:34.59			
46.99	129	8 & Under 50 Backstroke	130	47.49			
46.99	131	9 & 10 50 Backstroke	132	47.49			
38.09	133	11 & 12 50 Backstroke	134	37.89			
1:29.59	135	8 & Under 100 Freestyle	136	1:27.79			
1:29.59	137	9 & 10 100 Freestyle	138	1:27.79			
1:13.59	139	11 & 12 100 Freestyle	140	1:10.99			
53.19	141	8 & Under 50 Breaststroke	142	52.09			
53.19	143	9 & 10 50 Breaststroke	144	52.09			
42.99	145	11 & 12 50 Breaststroke	146	42.89			
-	147	10 & Under 200 Medley Relay	148	-			
-	149	11-12 200 Medley Relay	150	-			



	Session 11 - FINALS Sunday, February 18 th	
123	11-12 50 Butterfly	124
99	13 & 14 200 Backstroke	100
101	15 & Over 200 Backstroke	102
127	11 & 12 200 Freestyle	128
103	13 & 14 100 Freestyle	104
105	15 & Over 100 Freestyle	106
133	11 & 12 50 Backstroke	134
107	13 & 14 200 Breaststroke	108
109	15 & Over 200 Breaststroke	110
139	11 & 12 100 Freestyle	140
111	13 & 14 100 Butterfly	112
113	15 & Over 100 Butterfly	114
145	11 & 12 50 Breaststroke	146

