



PVS 2024 Short Course Senior Championships

March 7-10, 2024
Sanction # PVS-24-72

Hosted for PVS by:



MEET DIRECTOR	MEET REFEREE	ADMINISTRATIVE REFEREE	ENTRY CHAIR
Karyn McCannon kmccannon@nationscapitalswimming.com Tom Ugast tugast@nationscapitalswimming.com	Jan Van Nimwegen jnimwegen@earthlink.net	Jorge Zamora Zamjr4@gmail.com	Karyn McCannon kmccannon@nationscapitalswimming.com
SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-24-72 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation’s Capital Swim Club, and University of Maryland, Eppley 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. 		
FACILITY	<p style="text-align: center;">University of Maryland College Park Campus Eppley 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 are two (2), eight (8) lane 25yd competition courses. Competition will be held in the shallow end course. The shallow end course runs wall to bulkhead and is 8’ deep at the starting end and 10’6” deep at the turning end. Seven lanes of continuous warm down will be available. 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, February 27, 2024, 5:00pm</p> <ul style="list-style-type: none"> IMPORTANT: The above date is the deadline for clubs to submit their entries to the Entry Chair. 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, March 4, 2024, at NOON. 		

SCHEDULE	<table border="1"> <thead> <tr> <th></th> <th>Warm Up</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>Thursday, March 7</td> <td></td> <td></td> </tr> <tr> <td>Timed Finals</td> <td>4:30 - 5:30pm</td> <td>5:40pm</td> </tr> <tr> <td>Friday, March 8</td> <td></td> <td></td> </tr> <tr> <td>Preliminary Session</td> <td>7:00-8:20am</td> <td>8:30am</td> </tr> <tr> <td>Finals Session</td> <td>4:00-5:20pm</td> <td>5:30pm</td> </tr> <tr> <td>Saturday and Sunday, March 9-10</td> <td></td> <td></td> </tr> <tr> <td>Preliminary Session</td> <td>7:00 – 8:20am</td> <td>8:30am</td> </tr> <tr> <td>Finals Session</td> <td>3:00 – 4:20pm</td> <td>4:30pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director, with concurrence of the PVS Senior Chair, reserves the right to adjust times/sessions after entries are received. 		Warm Up	Events	Thursday, March 7			Timed Finals	4:30 - 5:30pm	5:40pm	Friday, March 8			Preliminary Session	7:00-8:20am	8:30am	Finals Session	4:00-5:20pm	5:30pm	Saturday and Sunday, March 9-10			Preliminary Session	7:00 – 8:20am	8:30am	Finals Session	3:00 – 4:20pm	4:30pm
	Warm Up	Events																										
Thursday, March 7																												
Timed Finals	4:30 - 5:30pm	5:40pm																										
Friday, March 8																												
Preliminary Session	7:00-8:20am	8:30am																										
Finals Session	4:00-5:20pm	5:30pm																										
Saturday and Sunday, March 9-10																												
Preliminary Session	7:00 – 8:20am	8:30am																										
Finals Session	3:00 – 4:20pm	4:30pm																										
ELIGIBILITY	<ul style="list-style-type: none"> Open to all Potomac Valley Swimming registered athletes and invited USA Swimming 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 shall compete at the age attained on the first day of the meet. Non-PVS Clubs interested in participating should request an invitation from the PVS Senior Chair, Aaron Dean, Seniorchair@pvs swim.org. Swimmers must have equaled or bettered the applicable Qualifying Time listed. Qualifying times must have been achieved on or after February 21, 2022. Qualifying times must have been achieved in a USA-Swimming sanctioned, observed, or approved meet. 																											
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 PVS 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. 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, 																											

	<p>officials and/or spectators are present.</p> <ul style="list-style-type: none"> ● Dive-over starts will be used during the preliminary and timed finals sessions.
INDIVIDUAL EVENT RULES	<ul style="list-style-type: none"> ● All individual events are prelims/finals, except for the 1000yd and 1650yd Freestyle events which are timed finals. ● Top twenty-four (24) qualifiers from prelims advance to Finals. ● A swimmer may enter as many events as they qualify for but may compete in a maximum of 7 individual events and no more than 3 individual events per day. ● Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Entry Chair 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 1000 yd and/or 1650 yd 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. ● Swimmers must provide their own counters (if desired) for the 500, 1000, and 1650 freestyle events. ● Late entries will be accepted for a fee: \$150 per club plus two times the entry fee. ● No deck entries will be accepted.
RELAY EVENT RULES	<ul style="list-style-type: none"> ● All relay events are timed finals. ● A club may enter up to 3 relay teams per relay event, but only two relay teams per club per event may score. ● The 200 yd Freestyle and 200 yd Medley relays will not be scored. ● The 200 yd Freestyle and 200 yd Medley relays will be swum during the preliminaries session. The 400 yd Freestyle and Medley relays will be swum during the finals session. ● The fastest heat of the 800 yd Freestyle Relay will be swum in the finals session and the slower heats in the preliminary session. When checking in for the 800 yd Freestyle Relay, a club may indicate they want to swim in the preliminaries session.

<p>WITHDRAWING FROM FINALS</p>	<ul style="list-style-type: none"> ● National Championship scratch rules (USA Swimming Rules and Regulations, Rule 207.11.6) apply for swimmers scratching from finals. ● If you do not want to swim in the Final, you must “scratch” from the event by following this procedure: <ul style="list-style-type: none"> ● You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A”, “B” and “C” finals, if scheduled. ● You may declare intent to “scratch”. You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for “Intent”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event. <p>If an athlete 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.</p>
<p>SEEDING AND POSITIVE CHECK IN</p>	<ul style="list-style-type: none"> ● The 1000 yd and 1650 yd Freestyle events and the 400 yd and 800 yd relay events are positive check in events. Athletes and relay teams must check in by the check-in deadline in order to be seeded into the event. Athletes and relay teams not checked-in will not be seeded into the event. When checking in for the Women’s 1000 yd Freestyle and Men’s 1650 yd Freestyle, swimmers may indicate they want to swim in the preliminaries session. When checking in for the 800 yd Freestyle Relay, a club may indicate they want to swim in the preliminaries session. ● All other events will be seeded after the scratch/check-in deadlines listed below in accordance with USA Swimming Rules and Regulations, Rule 207.11.6(C). In all preliminary events or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with deadlines listed below will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day’s events. ● Check-in deadline for Thursday 1000yd/1650yd Freestyle is Thursday at 5:00 pm ● Scratch deadline for Friday events and positive check-in for 800 yd Freestyle Relay is Thursday at 5:00 pm ● Scratch deadline for Saturday events and positive check-in for 400 yd Medley Relay is Friday at 5:30 pm ● Scratch deadline for Sunday events and positive check-in for 400 yd Freestyle Relay and Sunday 1000 yd/1650 yd Freestyle is Saturday at 5:30 pm ● SCY entry times are conforming times for this meet. LCM entry times are non-conforming times and will be seeded after SCY entries. NT entries will not be accepted. Bonus entries will be seeded last. ● The preliminaries of the 500 yd Freestyle and the 400 yd Individual Medley will be swum as follows: If there are seven 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, after the relay events. If there are six or fewer heats, the events will be swum all women (slow-to-fast) then all men (slow-to-fast).
<p>ORDER OF SWIMS</p>	<ul style="list-style-type: none"> ● Preliminaries will be swum concurrently with the PVS SC Junior Championships (“Junior Champs”). ● Three heats of each individual event from Senior Champs and three heats from Junior Champs events, except the 1000 yd and 1650 yd Freestyle, will be swum at finals. Three heats from Senior Champs will alternate with three heats from Junior Champs. Heats for Junior Champs will be

	<p>swum in the following order: “C”, “B”, “A” and will be swum before the heats for Senior Champs. Heats for Senior Champs will be swum in the following order: “C”, “B”, “A”.</p> <ul style="list-style-type: none"> • Heats of distance events (1000 yd & 1650 yd Freestyle) will be swum fastest to slowest, alternating women and men. The fastest seeded heat of the Women’s 1000 yd Freestyle and Men’s 1650 yd Freestyle will be the first event of the Sunday Finals session. When checking in for the Women’s 1000 yd Freestyle and Men’s 1650 yd Freestyle, swimmers may indicate they want to swim in the preliminaries session. Swimmers in the 1000 yd and 1650 yd Freestyle, except for those swimming in the Final session on Sunday, are responsible for providing their own timer and counter if needed.
BONUS EVENTS	<ul style="list-style-type: none"> • Both JR and SR champs offer bonus events in events that do not meet the ‘no slower than’ (NST) standard for the meet. Bonus events for junior champs may also not exceed the ‘no faster than’ time. i.e. a swimmer may not swim an event in Jr champs as a bonus event if they exceed the NST time for Sr champs. • The following other limitations are on the entry of bonus events: <ul style="list-style-type: none"> Make & enter 1 qualifying time get 1 bonus event to enter Make & enter 2 times get 2 bonus events to enter Make & enter 3 or more times, get 1 bonus event to enter There are no bonus entries into the 1000 or 1650 free, however you may use a 1000 free qualified swim to enter the 1650 free and vice versa. This does not count as a bonus entry. • When entering into bonus events, please be sure to designate that they are bonus events. • Athletes entering bonus events may compete in no more than the maximum number of individual events per day (3) or the meet (7).
Long Course Cuts	<ul style="list-style-type: none"> • There are long course qualifying times for Junior champs. These are also used for senior champs with NFT times, so please keep an eye on which meet they should be competing in.
TIME TRIALS	<ul style="list-style-type: none"> • Time Trials will be held following the completion of the timed finals session on Thursday and after the completion of the preliminaries sessions on Friday, Saturday and Sunday, time permitting. • An athlete must compete in an individual event in either Senior Champs or Junior Champs in order to participate in Time Trials. • Athletes are permitted one time trial per time trial session provided that this participation does not cause them to exceed the three events per day limitation and two time trials total for the meet. • The time trial fee is \$15/attempt; cash or check made out to PVS due at the time of sign up. • The order of time trial events will be those events contested that day followed by those events remaining to be contested, followed by those events already contested, except that time trials for the 1000 yd and 1650 yd Freestyle will only be offered on Thursday. • Time Trial events may be combined and re-ordered to maximize lane usage.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • The warm-up schedule for the finals sessions will be as follows: <ul style="list-style-type: none"> ○ Initial 50 minutes: All lanes are general warm-up ○ Final 30 minutes: Lanes 1 and 8 are designated for pace; Lanes 2 and 7 are designated for sprint; Lanes 3 through 6 will remain general warm-up. • During the meet there will be continuous warm-up/cool-down lanes. Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.
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.
MEDICAL	<ul style="list-style-type: none"> • Medical assistance will be provided by the facility staff. If you require medical assistance, please

ASSISTANCE	notify a facility lifeguard or a member of the meet staff.
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
AWARDS	<ul style="list-style-type: none"> There are no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> The meet will be available on Meet Mobile. Programs will be posted on the PVS website.
SPECTATORS	<ul style="list-style-type: none"> No spectators will be permitted on the competition deck; however, seating is available for spectators provided all volunteer positions have been filled to run the meet. If the volunteer positions needed to run the meet are not filled, the spectator seating will be closed until all positions are filled.
CREDENTIALS	<ul style="list-style-type: none"> Individuals 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.
OFFICIALS	<ul style="list-style-type: none"> This meet will be an Officials Qualifying Meet, under the USA Swimming National Certification program. Officials wishing to volunteer should submit an Application to Officiate. Any official interested in being evaluated must submit an Application to Officiate no later than February 20, 2024, noting the request for evaluation. You can review information about the National Certification Program on the USA Swimming Website. Interested officials may also contact the Meet Referee: Jan Van Nimwegen. Walk-on officials are welcome. Apprentice officials cannot be accommodated at this meet. 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	<ul style="list-style-type: none"> Clubs will be required to provide timers in proportion to the number of entries they have in each session. An initial number of timers required per club and their lane assignments will be posted on the PVS website in mid-February. Timer requirements may be adjusted after all entries have been received. Timers should report to the timers meeting 30 minutes before the start of each session. All swimmers are required to provide a timer and a counter (if desired) for the 1000 yd and 1650 yd Freestyle events on Thursday afternoon and Sunday morning. All swimmers are required to provide a timer for the 400 yd Individual Medley during preliminary sessions. All swimmers are required to provide a timer and a counter (if desired) for the 500 yd Freestyle during preliminary sessions.

<p>ENTRY PROCEDURES</p>	<ul style="list-style-type: none"> ● All entry files must be sent to the Entry Chair, Karyn McCannon, kmccannon@nationscapitalswimming.com ● Conforming (SCY) and Non-Conforming (LCM) times may be used for entry. Conforming times will be seeded first. ● 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 Administrative Referee prior to the scratch deadline, or the swimmer will be scratched from that event. ● Relay Entries: Ensure “relay only” athletes are included in the team entry roster. <ul style="list-style-type: none"> ○ There are no qualifying times for the 200 yd relays. ● 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 Entry chair 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 and no further entries will be accepted from that club until the said fine is paid.
<p>ENTRY FEES</p>	<p style="text-align: center;">Per Swimmer Surcharge: \$10.00 Relay event fee: \$20.00 Individual event fee: \$12.50 Deck entries: NA</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 Short Course Senior Championships

March 7-10, 2024

Thursday, March 7, 2024

Warm up: 4:30-5:30 pm, Events: 5:40 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
1	18:21.99	18:26.59	1650 yd Freestyle			
			1000 yd Freestyle	10:08.99	9:02.59	2
Positive check-in deadline for all events is 5:00 pm. All swimmers must provide their own timer and counter.						

Friday, March 8, 2024

Prelims: Warm up: 7:00-8:20 am, Events: 8:30 am

Finals: Warm up: 4:00-5:20, Events: 5:30 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
3	1:57.99	2:13.29	200 yd Freestyle	1:47.99	2:03.19	4
5	1:10.99	1:20.49	100 yd Breaststroke	1:02.99	1:13.19	6
7	1:00.99	1:08.19	100 yd Butterfly	54.49	1:02.09	8
9	4:46.99	5:26.49	400 yd Individual Medley	4:22.99	4:59.99	10
10 minute Break						
11	8:20.99		800 yd Freestyle Relay	7:30.99		12
Positive Check-in deadline for 800 yd Freestyle Relay is Thursday, 5:40 pm Swimmers must provide their own timer for the 400 yd Individual Medley Break will be 10 minutes and the competition pool will be open for Warm-ups.						

Saturday, March 9, 2024

Prelims: Warm up: 7:00-8:20 am, Events: 8:30 am

Finals: Warm up: 3:00-4:20, Events: 4:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
13	2:31.29	2:50.09	200 yd Breaststroke	2:17.59	2:37.29	14
15	25.39	28.59	50 yd Freestyle	22.69	25.99	16
17	1:01.09	1:09.39	100 yd Backstroke	55.39	1:04.79	18
19	5:14.99	4:41.99	500 yd Freestyle	4:51.99	4:20.19	20
21			200 yd Freestyle Relay (prelims only)			22
10 minute Break						
23	4:20.99		400 yd Medley Relay (finals only)	3:55.99		24
Positive Check-in deadline for 400 yd Medley Relay is 30 minutes after the start of Finals on Friday Swimmers must provide their own timer and counter for the 500 yd Freestyle Break will be 10 minutes and the competition pool will be open for Warm-ups.						

PVS 2024 Short Course Senior Championships

March 7-10 2024

Sunday, March 10, 2024

Prelims: Warm up: 7:00-8:20 am, Events: 8:30 am

Finals: Warm up: 3:00-4:20, Events: 4:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
25	2:12.09	2:29.79	200 yd Backstroke	2:01.79	2:19.79	26
27	54.99	1:01.89	100 yd Freestyle	49.19	56.29	28
29	2:16.09	2:33.49	200 yd Butterfly	2:03.39	2:18.29	30
31	2:14.09	2:32.59	200 yd Individual Medley	2:01.9	2:20.29	32
33			200 yd Medley Relay (prelims only)			34
10 minute Break – Finals Only						
35	3:50.99		400 yd Freestyle Relay (finals only)		3:31.99	36
15 minute Break						
37	10:56.99	9:37.79	1000 yd Freestyle			
			1650 yd Freestyle	17:20.99	17:45.69	38
<p>Positive Check-in deadline for 400 yd Freestyle Relay is 30 minutes after the start of Finals on Saturday</p> <p>Positive Check-in deadline for 1000 yd and 1650 yd Freestyle is 30 minutes after the start of Finals on Saturday</p> <p>The competition pool will be open for Warm-ups during breaks.</p> <p>Swimmers must provide their own timer and counter for the 1000 yd and 1650 yd Freestyle during prelims</p>						