



PVS LC Distance Meet

June 15-16, 2024

Sanction # PVS-24-99

Hosted for PVS by:



MEET DIRECTOR Henry Tollefson henry@tollefsonswimming.com	MEET REFEREE Mitchell Jung mitchelljung@gmail.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-24-99. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Tollefson Swimming, and Fairland 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.
FACILITY	<p style="text-align: center;">Fairland Aquatics Center 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060</p> <ul style="list-style-type: none"> The pool at Fairland Aquatics Center is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 7 lanes, 50 meters. One lane will be available for continuous warm-up. The water depth is 4.5' at the starting end and 13' at the turning end. The meet hosts will ensure the required course dimensions.
ENTRY DEADLINE	<p style="text-align: center;">Wednesday, June 5, 2024 at 8:00 pm</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>
SCHEDULE	<p style="text-align: center;">Saturday, June 15, 2023 Warmup 2:30 – 3:20 pm; Events 3:30 pm</p> <p style="text-align: center;">Sunday, June 16, 2023 Warmup 9:00-9:50 am; Events 10:00 am</p> <ul style="list-style-type: none"> PVS Administrator and the Technical Committee reserve the right to adjust times/sessions after entries are received.
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 shall compete at the age attained on the first day of the 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.
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic timing (touchpads primary) will be used for this meet.

<p>RULES</p>	<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. • 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.
<p>EVENT RULES</p>	<ul style="list-style-type: none"> • All events are timed finals. • Entry times must meet qualifying standards. LCM times are conforming. Non-conforming times will be seeded after conforming times (LSY). • Time constraints may require limiting the number of heats that are swum. • Deck entries will be accepted if the meet is not over-subscribed. All deck entries must be submitted no later than 45 minutes prior to first event of each session. • Evidence of current USA-S registration required for deck entries. • Athletes must provide their own timers and counters (if desired). Counters will be athletes, coaches, or volunteers already present during the session.
<p>QUALIFYING TIMES</p>	<ul style="list-style-type: none"> • Qualifying provable times for 13&Over Swimmers: <ul style="list-style-type: none"> ○ The athlete must have a provable time for 1000 yd Freestyle of 14:00 or faster for the 1000y/800M Freestyle or must have a provable time of 6:30 or faster in the 500y/400M Freestyle. ○ The athlete must have a provable time for the 1650 yd Freestyle of 23:00 or faster for the 1650y/1500M Freestyle or a provable time of 14:00 or faster in the 1000y/800M Freestyle • Coaches of 13&O athletes who can complete the event(s) faster than the QT's, but do not satisfy the entry rule, should petition Matt Cohen, mattscohen@comcast.net. • Qualifying provable times for 12&Under Swimmers: <ul style="list-style-type: none"> ○ A provable qualifying time in the event as listed above or the athlete must meet the following stepping stone progression: <ul style="list-style-type: none"> ➤ A provable time of 7:20 or faster must have been swum in the 500y/400M Freestyle before entering the 1000yd Freestyle

	<ul style="list-style-type: none"> ➤ A provable time of 15:00 or faster must have been swum in the 1000y/800M Freestyle before entering the 1650yd Freestyle • There are NO petitions allowed for 12&Under athletes.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be positive check in and deck seeded. The meet will be seeded and swum according to submitted entry times regardless of age or gender. Heats will be swum fastest to slowest. Expected swim times and check in requirements will be posted to the PVS website www.pvswim.org no later than Thursday, June 13, 2024.
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, including times/lane assignments. • One (1) lane will be available for continuous warm-up.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
MEDICAL ASSSITANCE	<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.
SEEDING	<ul style="list-style-type: none"> • Events will be seeded and swum fastest to slowest; swum mixed gender. Primary seeding will occur electronically with positive check-in closing at 3pm the day before. Swimmers who do not positively check-in the day before will be deck seeded one heat at a time as swimmers check in. • Saturday: Positive Check-In Link • Sunday: Positive Check-In Link • Events will be seeded in the following order: conforming (LCM) times in the event distance, non-conforming (SCY) times in the equivalent event distance, conforming times (LCM) in the alternate distance, non-conforming times (SCY) in the alternate distance. • Deck entries will be seeded after athletes who were previously entered in the meet and have checked in.
SCORING	<ul style="list-style-type: none"> • There is no scoring for this meet.
AWARDS	<ul style="list-style-type: none"> • There are no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> • No programs will be available. The events are deck seeded several heats prior to being swum. The seeded heats 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.
OFFICIALS	<ul style="list-style-type: none"> • Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. • Officials available to assist with the meet should volunteer in advance by contacting the Meet Referee, Mitchell Jung at mitchelljung@gmail.com. • Walk on officials are welcome. All officials should check in with the meet referee upon arrival.
TIMERS	<ul style="list-style-type: none"> • Athletes must provide their own timers.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director, Henry@tollefsonswimming.com. • Include in the subject of the email, "2024 PVS LC Distance - ****" 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, report of entries by event. • In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). • Entries directly from individual team members will not be accepted. • Entries by phone or fax will not be accepted.

	<ul style="list-style-type: none"> • 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. • 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.
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ENTRY FEES	<table data-bbox="503 363 1404 451"> <tr> <td>Per Swimmer Surcharge:</td> <td>\$5.00</td> <td></td> <td></td> </tr> <tr> <td>Individual event fee:</td> <td>\$6.00</td> <td>Deck entries:</td> <td>\$10.00</td> </tr> </table> <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. • Payment for Deck Entries must be received prior to the swimmer being seeded into events. Payment may be made by cash or check (payable to PVS). The host club is responsible for reporting cash payments to PVS and delivering checks to PVS. Payment for unaccounted for deck entries or lost payments is the responsibility of the host club. 	Per Swimmer Surcharge:	\$5.00			Individual event fee:	\$6.00	Deck entries:	\$10.00
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PVS LC DISTANCE

June 15-16, 2024

Saturday, June 15, 2024

Warmup: 2:30-3:20 pm, Events: 3:30 pm

EVENT	
1	Mixed, Open 1500 M Freestyle
2	Mixed, Open 400 M Freestyle

All events are positive check in.

Events will be swum fastest to slowest.

Sunday, June 16, 2023

Warmup: 9:00-9:50 am, Events: 10:00 am

EVENT	
3	Mixed, Open 800 M Freestyle
4	Mixed, Open 400 M Individual Medley

All events are positive check in.

Events will be swum fastest to slowest.

Swimmers must provide their own timers and counter (if desired). Counters will be athletes, coaches, or volunteers already present during the session.