



PVS October Open

October 11-13, 2024

Sanction # PVS-25-07

for Claude Moore VSI Sanction #: VS-25-10DS

Hosted for PVS by:



ENTRY DEADLINE: Thursday, September 26, 2024, 5:00 PM

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.

MEET HOST/ DIRECTOR	PATUXENT AQUATICS CLUB	TOLLEFSON SWIMMING	POTOMAC MARLINS
	Cherlynn Venit dpws@aol.com	Henry Tollefson henry@tollefsonswimming.com	Bill Marlin Bill.Marlin@verizon.net
MEET REFEREE	Kate Johnson spsjohnson@verizon.net	Tom Allison Tom_allison@mac.com Officials Signup	Charles Lundy calundy@verizon.net Officials Signup
SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming PVS-25-07 and Virginia Swimming, Inc: VS-25-10DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Claude Moore Recreation Center, Fairland Aquatics Center, Franconia Rec Center, Patuxent Aquatics Club, Tollefson Swimming and Potomac Marlins shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 		
FACILITY	<p>Claude Moore Recreation Center 46105 Loudoun Park Lane Sterling, VA 20164 (571) 258-3600</p> <ul style="list-style-type: none"> The pool at Claude Moore is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from wall to bulkhead at the eastern end of the pool. Continuous warm-up/cool-down will be available. Water depth of 12'6" at the starting end and 6'8" at the turning end of the competition course. The meet hosts shall ensure the required course dimensions. 	<p>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 50m x 25yd with two moveable bulkheads. Competition will be held in 10 lanes, 25 yards, running from wall to wall. Continuous warm-up/cool-down will be available. Water depth ranges from 5' – 13' at both the start and turn ends. The meet hosts shall ensure the required course dimensions. 	<p>Audrey Moore Rec Center 8110 Braddock Road Annandale, VA 22003 (703) 321-7080</p> <ul style="list-style-type: none"> The pool at Audrey Moore Rec Center is a 50m x 25yd pool. Competition will be held in 9 lanes, 25 yards running wall to wall. Continuous warm-up/cool down will be available. Water depth range of 4.5' – 5.0' at both the starting and turning ends. <p>The meet host will ensure the required course dimensions.</p>
TEAM ASSIGNMENTS	APEX, BWST, FAA, FFX, GW, HACC, LIFE, MACH (VA Sites), MAKO, NCAP (Claude Moore, Dulles South, West), OCCS, RY, TRA, PAVA	ASTS, ASA, AU, FAST, HEAL, JFD, MACH (MD Sites), NCAP (AU, Georgetown Prep, Holton Arms, North), PAC, PGPR, RMSC, SA, TIBU, TOLL, TRA, QOSA	AAC, CSC, DCPR, DRAG, ERSC, FISH, GMU, MAC, MACH (MD), NCAP (Alex, Burke, Marymount, Tysons), PM, RIPS, SDS, STJS, SSCT, TANK, VLAC, WEA, WSH, YORK

NOTE: Assignments of clubs to pool sites will be reviewed by the PVS LSC Service Manager after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned.

ENTRY DEADLINE	<p style="text-align: center;">Thursday, September 26, 2024, 5:00 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;">Friday, October 11, 2024 (all sites) Warmup 5:00 pm – 5:40 pm; Events 5:50 pm</p> <p style="text-align: center;">Saturday, October 12 & Sunday, October 13, 2024 (Fairland & Audrey Moore) 13&Over: Warmup 6:30 am – 7:20 am; Events 7:30am 11-12: Warmup 12:15 pm – 12:55 pm; Events 1:00 pm (Saturday) 9-10: Warmup 3:00pm – 3:50pm; Events 4:00 pm (Saturday) 11-12: Warmup 11:45 am – 12:25 pm; Events 12:30 pm (Sunday) 9-10: Warmup 2:45 pm – 3:25 pm; Events 3:30 pm (Sunday)</p> <p style="text-align: center;">Saturday, October 12 & Sunday, October 13, 2024 (Claude Moore) 13&Over: Warmup 6:30am – 7:20am; Events 7:30am (Saturday & Sunday) 11-12: Warmup 12:30 pm – 1:15 pm; Events 1:20 pm (Saturday) 9-10: Warmup 4:15 pm – 4:45 pm; Events 4:50 pm (Saturday)</p> <p style="text-align: center;">11-12: Warmup 11:45 am – 12:35 pm; Events 12:45 pm (Sunday) 9-10: Warmup 3:30 pm – 4:00 pm; Events 4:05pm (Sunday)</p> <ul style="list-style-type: none"> ● PVS LSC Services Manager and the Age Group and Senior Chairs 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.
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.
- 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	<ul style="list-style-type: none"> ● All events are timed finals. ● Seed times are short course yards. If short course yard times are not available, coaches' times are preferred over "no times" for all events. ● An athlete may enter no more than 4 events per day, or 8 events for the meet. ● All events will be swum fastest to slowest. ● All events on Friday night will be swum combined genders. Timers must be provided by swimmer for all events Friday night. ● All 11-12 and 9-10 Events will be combined gender. ● Deck entries will be accepted if the meet is not over-subscribed. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. No new heats will be created. All deck entries must be submitted no later than 45 minutes prior to the first event of each session. ● Evidence of current USA Swimming registration required for deck entries.
POSITIVE CHECK IN	<ul style="list-style-type: none"> ● Positive check-in may be required for events 200 yd and longer. Meet Directors will determine events that require positive check-in and will communicate positive check-in events and schedule to participating clubs. ● Athletes who check into a positive check-in event, have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.
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 based upon the number of swimmers per session to accommodate the appropriate number of swimmers per lane.
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 ASSISTANCE	<ul style="list-style-type: none"> ● Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a lifeguard or a member of the meet staff.
AWARDS	<ul style="list-style-type: none"> ● There will be no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> ● Programs will be made 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 deck. Coaches and Officials should have proof of active USA Swimming membership with them.
SPECTATORS	<ul style="list-style-type: none"> ● Spectators will be permitted.
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 interested in volunteering should contact the appropriate Meet Referee prior to October 7th. <p> CLAUDE MOORE Kate Johnson spsjohnson@verizon.net </p> <p> FAIRLAND Tom Allison tom_allison@mac.com Officials Signup </p> <p> Audrey Moore Charles Lundy calundy@verizon.net Officials Signup </p> <ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● Participating clubs are requested to provide timers in proportion to their entries. There will be two timers per lane. ● The Meet Director may send out a request for timers based upon entries.

ENTRY PROCEDURES	<ul style="list-style-type: none"> ● Entries must be submitted by email to the Meet Director. ● Include in the subject of the email, "2024 PVS OCTOBER OPEN - ****" 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. ● 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 paid.
ENTRY FEES	<p style="text-align: center;"> Individual event fee: \$5.00 Per Swimmer Surcharge: \$5.00 Deck Entry: \$10.00 </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 payment 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. ● 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 (payable to PVS).

PVS OCTOBER OPEN

Friday, October 11, 2024

Warmup 5:00pm – 5:40pm

Events 5:50pm

EVENT #	EVENT
1	Combined 9-10 200 yd Individual Medley*
2	Combined 11-12 200 yd Individual Medley*
3	Combined Open 400 yd Individual Medley*
4	Combined 9-12 200 yd Butterfly*
*Friday events will be swum fastest to slowest, combined gender Swimmers must provide their own timer for all events Friday night	

Saturday, October 12, 2024

13 & Over Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
5	13 & Over 200 yd Individual Medley	6
7	13 & Over 200 yd Butterfly	8
9	13 & Over 100 yd Breaststroke	10
11	13 & Over 200 Backstroke	12
13	13 & Over 100 yd Freestyle	14

Sunday, October 13, 2024

13 & Over Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
27	13 & Over 100 yd Butterfly	28
29	13 & Over 200 yd Freestyle	30
31	13 & Over 100 yd Backstroke	32
33	13 & Over 200 yd Breaststroke	34
35	13 & Over 50 yd Freestyle	36

11-12 Session	
Warmup 12:00pm – 12:50pm	
Events 1:00pm	
EVENT	
15	11-12 200 yd Backstroke
16	11-12 100 yd Breaststroke
17	11-12 200 yd Freestyle
18	11-12 50 Backstroke
19	11-12 100 yd Butterfly
20	11-12 50 yd Freestyle

11-12 Session	
Warmup 12:00pm – 12:50pm	
Events 1:00pm	
EVENT	
37	11-12 200 yd Breaststroke
38	11-12 100 yd Backstroke
39	11-12 50 yd Butterfly
40	11-12 100 yd Individual Medley
41	11-12 50 yd Breaststroke
42	11-12 100 yd Freestyle

9-10 Session	
Warmup 3:00pm – 3:50pm	
Events 4:00pm	
EVENT	
21	9-10 200 yd Backstroke
22	9-10 100 yd Breaststroke
23	9-10 200 yd Freestyle
24	9-10 50 yd Backstroke
25	9-10 100 yd Butterfly
26	9-10 50 yd Freestyle

9-10 Session	
Warmup 3:00pm – 3:50pm	
Events 4:00pm	
EVENT	
43	9-10 200 yd Breaststroke
44	9-10 100 yd Backstroke
45	9-10 50 yd Butterfly
46	9-10 100 yd Individual Medley
47	9-10 50 yd Breaststroke
48	9-10 100 yd Freestyle