



PVS LC Open 1

June 22, 2025

Sanction # PVS-25-108



ENTRY DEADLINE: Thursday, June 12, 2025, 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	PAC John Venit dpws@aol.com	ASTS Dominique Banks coachdbanks@gmail.com	ASA Chris Schlegel Christopher.schlegel@hotmail.com
MEET REFEREE	Cherlynn Venit dpws@aol.com	Blair Cameron Blairecameron@gmail.com	Pat Donahue pdonahue@nvrinc.com
OFFICIALS SIGNUP	Officials Sign Up	Officials Sign Up	Officials Sign Up
SANCTION	<ul style="list-style-type: none">Held under the sanction of USA Swimming through Potomac Valley Swimming PVS-25-108.In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Franconia Rec Center, Fairland Aquatic Center, Audrey Moore Rec Center, Patuxent Aquatics Club, All Star Swimming and Accokeek Stroke Technique Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
FACILITIES	Fairland Aquatics Center 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060 <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 8 lanes, 50 meters, running from wall to bulkhead.Continuous warm-up/cool-down will be available.Water depth ranges from 5' at the start end and 13' at the turn end.The meet host will ensure the required course dimensions.	Franconia Rec Center 6601 Telegraph Rd. Alexandria, VA 22313 (703) 922-9840 <ul style="list-style-type: none">The pool at Franconia Rec Center is a 50m x 25 yd pool. Competition will be held in 8 lanes, 50 metersWater depth is 12' at the starting end and 4.5' at the turning ends.The meet host will ensure the required course dimensions.	Audrey Moore Rec Center 8110 Braddock Road Annandale, VA 22003 (703) 321-7080 <ul style="list-style-type: none">The pool at Audrey Moore Rec Center is a 50m x 25yd pool. Competition will be held in 8 lanes, 50 meters.Water depth is 4.5' at the starting and 15' at the turning ends.The meet host will ensure the required course dimensions.
TEAM ASSIGNMENTS	AU, DCPR, ENSA, ERSC, FAST, HEAL, NCAP (G'Town Prep, North), PGPR, PAC, QOSA, SA, TSAC, TIBU, TOLL, TRA, WEA, YBCC, YSS	AAC, APEX, ASTS, DRAG, FAA, GW, HACC LIFE, MAC, MAKO, NCAP (AU, Alex, Holton, Burke, Marymount), PAVA, PM, RY, SDS, SSCT, TANK, VLAC, WSH	ANSC, ASA, BWST, CSC, FISH, FXFX, MACH, NCAP (DS, CM, Tysons), OCCS, RIPS, RMSC, STJS, YORK

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

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SCHEDULE	<p style="text-align: center;">Sunday, June 22, 2025</p> <p style="text-align: center;">11-12: Warmup 6:30am – 7:20am; Events 7:30am 10 & Under: Warmup 10:00am – 10:40am; Events 10:50am 13 & Over: Warmup 1:00pm – 1:50pm; Events 2:00pm</p> <ul style="list-style-type: none"> PVS LSC Services Manager and the Age Group & 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. It may be necessary to limit entries due to time constraints.
SWIMMERS WITH DISABILITIES	<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 written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications 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 long course meters. If long course meter times are not available, coaches' times are preferred over "no times" for all events. Athletes may enter up to three (3) events.

	<ul style="list-style-type: none"> • All events will be swum fastest to slowest. • All 11-12 and 10 & Under events will be swum 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 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 used for events 200M and longer, the Meet Director will determine if it is necessary. The check in will be due 30 minutes before the start of events. The Meet Director will determine if additional events require positive check in. • 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 ASSITANCE	<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.
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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • There will be no spectator entry fee.
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 June 15th. <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 30%;"> FAIRLAND Cherlynn Venit dpws@aol.com Officials Sign Up </div> <div style="width: 30%;"> FRANCONIA Blair Cameron blairecameron@gmail.com Officials Sign Up </div> <div style="width: 30%;"> AUDREY MOORE Pat Donahue pdonahue@nvrinc.com Officials Sign Up </div> </div> • 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 should be submitted by email to the Meet Director. • Include in the subject of the email, "2025 PVS LC OPEN 1 - *****" 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.

	<ul style="list-style-type: none"> • 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 is paid. •
ENTRY FEES	<div> <div>Individual event fee: \$5.00</div> <div>Deck entries: \$10.00</div> <div>Per Swimmer Surcharge: \$5.00</div> </div> <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 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). • 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.

PVS LC OPEN 1

Sunday, June 22, 2025

11-12 Session

Warm up: 6:30 am-7:20 am, Events: 7:30am

Combined Events #	Events
1	11-12 400 M Freestyle
2	11-12 100 M Backstroke
3	11-12 200 M Breaststroke
4	11-12 100 M Butterfly
5	11-12 50 M Freestyle
6	11-12 200 M Individual Medley
7	11-12 50 M Breaststroke
*Positive Check-In deadline is 7:00 am (or 30 minutes after the start of warm up). Meet Director will determine if other events will require positive check-in.	

10 & Under Session

Warm up: 10:00am - 10:40am; Events 10:50pm

Women's Event #	Events
8	10 & Under 400 M Freestyle
9	10 & Under 100 M Backstroke
10	10 & Under 100 M Butterfly
11	10 & Under 50 M Freestyle
12	10 & Under 200 M Individual Medley
13	10 & Under 50 M Breaststroke
*Positive Check-In deadline is 10:30 am (or 30 minutes after the start of warm up). Meet Director will determine if other events will require positive check-in.	

13 & Over Senior Session

Warmup: 1:00pm – 1:50pm; Events 2:00pm

Women's Events #	Event	Men's Event #
14	13 & Over 400 M Freestyle	15
16	13 & Over 100 M Backstroke	17
18	13 & Over 200 M Breaststroke	19
20	13 & Over 100 M Butterfly	21
22	13 & Over 200 M Individual Medley	23
24	13 & Over 50 Freestyle	25
*Positive Check-In deadline is 1:30 pm (or 30 minutes after the start of warm up). Meet Director will determine if other events will require positive check-in. @12 & Under athletes may only enter one (1) session per day.		