



## SNOW Long Course Spring Classic May 8-9, 2010

Hosted by: SNOW Swimming

Sanctioned by: USA Swimming through PVS and VA Swimming  
Sanction #: PVI-10-57 / VS-10-09N

**Meet Director:** Eric Adams  
[coacheric@snowbirdaquatics.com](mailto:coacheric@snowbirdaquatics.com)

**Meet Referee:** Mike Ryan  
[LJKLM@comcast.net](mailto:LJKLM@comcast.net)  
540-687-0315

**Location:** Claude Moore Recreation Center  
46105 Loudoun Park Lane  
Sterling, VA 20164  
571-258-3600

### **Schedule:**

12 and under: Warm-up: 7:10-7:50am / Events: 8:00am

13 and over: **Saturday: 1:00-1:50pm / Events: 2:00pm**

Sunday: 12:00-12:50pm / Events: 1:00pm

\*\* The Meet Director reserves the right to adjust times after entries are received.

One 8 lane course will be used during the meet. One warm-up / warm-down lane will be available throughout the meet.

### **Rules and Eligibility:**

Open to invited USA Swimming teams. Swimmers shall compete at the age attained on Saturday, May 8<sup>th</sup>, 2010.

Swimmers may only participate in their own age groups events.

Swimmers may enter a maximum of 7 individual events during the entire meet and no more than 4 individual events per day.

Long Course times will be the conforming times for this meet.

Please use the 100 meter times for the 13-14 & 15 and over 50 Back, 50 Breast & 50 Fly.

**All events will be positive check-in, both Saturday and Sunday.**

PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the Board of Directors. Athletes with disabilities are welcome to participate, and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas. Coaches & deck officials are required to display their valid 2010 USA Swimming credentials.

Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.

**Deck Entries:**

Deck entries are \$10.00 per individual event

Swimmers will be entered into open lanes in the existing heats on a first come, first served basis. No extra heats will be created.

Evidence of current USA-S registration will be required for all deck entries. This can be done by presenting a copy of your USA-S athlete registration card.

**Warm-Up:**

The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

**PVS Check-in policy:**

For those events requiring positive check-in, athletes (or coaches for relay events) shall designate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked-in prior to the specified time will be scratched from the event. Athletes who have checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Referee.

**Admission:**

There is no admission charge. Meet programs will be made available at [www.snowswimming.org](http://www.snowswimming.org) by Thursday, May 6<sup>th</sup> by 12:00pm.

**Awards:**

All events will receive awards for 1<sup>st</sup> through 8<sup>th</sup> place.

**Officials:**

All certified officials wishing to volunteer to work this meet should contact Mike Ryan, Email: [LJKLM@comcast.net](mailto:LJKLM@comcast.net). Phone: 540-687-0315, Please include your club affiliation, certifications held, and sessions you wish to work.

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-up.

Each participating club is requested to provide at least one official and 3 timers per session.

**Seating:**

Due to the limited pool deck space, no chairs are allowed on deck.

**Penalties:**

Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

**Entries:**

Teams should provide entries as follows:

Email:

Send e-mail to Eric Adams at: [coacheric@snowbirdaquatics.com](mailto:coacheric@snowbirdaquatics.com)  
Include with your commlink file one report by name and one by event.  
Create these reports in HyTek Team Manager and save as Word for Windows files. In the body of your email, provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).

**Entry Deadline: Tuesday, April 27<sup>th</sup> by 5pm**

**Teams are asked to send a preliminary file by Tuesday, April 20<sup>th</sup>. Final entries due on April 27<sup>th</sup>.**

**Important:**

The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.

The above date is the deadline for teams to submit their entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers. Check with your team for this information.

**Other Registration Details:**

Entries directly from individual team members will not be accepted.  
Entries by phone or fax will not be accepted.  
Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.

**Fees:**

\$6.00 per individual event  
\$3.00 per athlete Facility surcharge

**Checks:**

Each participating team is requested to remit one check to cover the entry fee for the entire team.

Please make checks payable to “SNOW Swimming”. Please do not send cash.

Entry fees are due with each team’s entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.

**Send Entries To:**

Eric Adams  
342 Hedgestone Terrace NE  
Leesburg, VA 20176

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Saturday, May 8th, 2010

Timed Finals

Warm-up: 7:10-7:50am / Events: 8:00am

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Girls Event #		Boys Event #
1	12 and under 200 Butterfly	2
3	10 and under 100 Freestyle	4
5	11-12 100 Freestyle	6
7	10 and under 50 Backstroke	8
9	11-12 50 Backstroke	10
11	10 and under 100 Breaststroke	12
13	11-12 100 Breaststroke	14
15	10 and under 200 IM	16
17	11-12 200 IM	18
19	10 and under 50 Butterfly	20
21	11-12 50 Butterfly	22
23	12 and under 200 Backstroke	24
25	10 and under 400 Freestyle	26
27	11-12 400 Freestyle	28

Saturday, May 8th, 2010

Timed Finals

Warm-up: 1:00-1:50pm / Events: 2:00pm

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Girls Event #		Boys Event #
29	13-14 200 Butterfly	30
31	15 & over 200 Butterfly	32
33	13-14 100 Freestyle	34
35	15 & over 100 Freestyle	36
37	13-14 50 Backstroke	38
39	15 and over 50 Backstroke	40
41	13-14 100 Breaststroke	42
43	15 & over 100 Breaststroke	44
45	13-14 200 IM	46
47	15 and over 200 IM	48
49	13-14 50 Butterfly	50
51	15 and over 50 Butterfly	52
53	13-14 200 Backstroke	54
55	15 and over 200 Backstroke	56
57	13-14 400 Freestyle	58
59	15 and over 400 Freestyle	60

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Sunday May 9th, 2010

Timed Finals

Warm-up: 7:10-7:50am / Events: 8:00am

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Girls Event #		Boys Event #
61	12 and under 200 Breaststroke	62
63	10 and under 100 Backstroke	64
65	11-12 100 Backstroke	66
67	10 and under 50 Freestyle	68
69	11-12 50 Freestyle	70
71	10 and under 100 Butterfly	72
73	11-12 100 Butterfly	74
75	10 and under 200 Freestyle	76
77	11-12 200 Freestyle	78
79	10 and under 50 Breaststroke	80
81	11-12 50 Breaststroke	82
83	12 and under 400 IM	84

Sunday May 9th, 2010

Timed Finals

Warm-up: 12:00-12:50pm / Events: 1:00pm

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Girls Event #		Boys Event #
85	13-14 200 Breaststroke	86
87	15 & over 200 Breaststroke	88
89	13-14 50 Freestyle	90
91	15 and over 50 Freestyle	92
93	13-14 100 Backstroke	94
95	15 & over 100 Backstroke	96
97	13-14 100 Butterfly	98
99	15 & Over 100 Butterfly	100
101	13-14 200 Freestyle	102
103	15 & over 200 Freestyle	104
105	13-14 50 Breaststroke	106
107	15 and over 50 Breaststroke	108
109	13-14 400 IM	110
111	15 & over 400 IM	112