

HARVEST MOON INVITATIONAL
OCTOBER 9-10, 2010
9, 10, 11, 12 YEAR OLD GIRLS AND BOYS

**SANCTIONED BY UNITED STATES SWIMMING THROUGH POTOMAC
VALLEY SWIMMING**

**SPONSORED BY THE TOWN OF HERNDON AND HERNDON AQUATIC
CLUB**

SANCTION # PVI-11-06

MEET DIRECTOR:	KERSTIN SEVERIN 703-901-9606	703-435-6800 x 2128.
MEET REFEREE:	JIM THOMPSON 703-435-3124	
MEET LOCATION:	<u>HERNDON COMMUNITY CENTER</u> 814 FERNDALE AVENUE HERNDON, VA. 20170 703-787-7300 The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). The pool is 8 lanes, 25 yards with a depth of 3 ½-5 feet	
DIRECTIONS:	FROM I-495 NORTH OR SOUTH, TAKE DULLES ACCESS ROAD TO HERNDON/CHANTILLY EXIT. TURN RIGHT ONTO CENTREVILLE ROAD. CONTINUE THROUGH SIX LIGHTS; AT FERNDALE AVENUE, TURN LEFT. CONTINUE TO HERNDON COMMUNITY CENTER ON THE RIGHT.	
SCHEDULE:	SATURDAY AND SUNDAY OCTOBER 9 & 10 9, 10 GIRLS & 11, 12 BOYS WARM-UP: 6:30 - 7:50 AM EVENTS: 8:00 AM 9, 10 BOYS & 11, 12 GIRLS WARM-UP: 12:00 - 1:20 PM EVENTS: 1:30 PM Special Note: There are ONLY the special exhibition event relay events (Events 101-108) in this year's meet.	
ELIGIBILITY:	OPEN TO ALL POTOMAC VALLEY REGISTERED ATHLETES AND INVITED USA SWIMMING ATHLETES. SWIMMERS SHALL COMPETE AT THE AGE ATTAINED ON THE FIRST DAY OF THE MEET. AN ATHLETE MAY ONLY COMPETE IN HIS OR HER OWN AGE DIVISION. ENTRIES WILL BE LIMITED TO 2400. ENTRIES WILL BE ACCEPTED ON A FIRST COME FIRST SERVED BASIS WITH PREFERENCE GIVEN TO CLUBS ENTERED LAST YEAR.	
INCLUSION POLICY	PVS and host clubs along with their Meet Directors are	

<p>FOR SWIMMERS WITH A DISABILITY</p>	<p>committed to the Inclusion Policy as adopted by the BOD. Athletes with a disability are welcomed 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.</p>
<p>RULES:</p>	<p>CURRENT UNITED STATES SWIMMING RULES SHALL GOVERN THE MEET.</p> <p>ALL EVENTS ARE TIMED TRIALS. A CONTESTANT MAY ENTER NO MORE THAN THREE EVENTS PER DAY, OR SIX EVENTS FOR THE MEET. TIME CONSTRAINTS MAY ALSO REQUIRE LIMITING THE NUMBER OF EVENTS THAT ARE SWUM.</p> <p>Dive-over starts will be used at this meet. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.</p> <p>The use of equipment capable of taking pictures (ie. cell phones, cameras, PDA's etc.) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</p> <p>Effective October 1, 2009: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. For men, the swimsuit shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. All swimsuits shall be made from textile materials and may not contain zippers or other fastening devices. For additional information including the use of modesty wear under swimsuits, see the USA Swimming website.</p>
<p>EXHIBITION EVENTS</p>	<p>Events 101-108 200 yd "Mystery" Medley Relay and "Random" Medley Relay</p> <p>Each club is allowed two relay team entries. Relay teams will be seeded randomly.</p> <p>All US Swimming rules apply except as noted below: Four swimmers on each team, each to swim one-fourth of the prescribed distance using backstroke, breaststroke, butterfly and freestyle. For the "Mystery" Medley events, the order of the strokes will be a random selection determined at a coaches</p>

	<p>meeting prior to each session. For the "Random" Medley events, each relay team may select their own order of strokes. (Also review age and event changes in Schedule of Events below.)</p> <p>If the backstroke is not the first stroke, the backstroke swimmer shall use a forward start in compliance with the relay take-off rule. At or prior to taking the first arm pull, the swimmer shall rotate to a position on the back</p> <p>Awards for Events 101-108: Medals for 1st through 3rd place. -</p> <p>Note: Times achieved (including lead-off splits) in Events 101-108 cannot be used for US Swimming purposes.</p>
WARM -UP:	<p>THE PRESCRIBED POTOMAC VALLEY SWIMMING WARM-UP PROCEDURES AND SAFETY POLICIES WILL BE FOLLOWED. THERE WILL BE TWO FORTY (40) MINUTE WARM-UP SESSIONS. TEAMS WILL BE NOTIFIED OF THEIR WARM-UP ASSIGNMENTS.</p>
OFFICIALS:	<p>All certified officials wishing to volunteer to work this meet please contact the HACC Officials Chairman, Jim Thompson, 703-435-3124, jimthompson5802@aol.com prior to October 6th. Please include your club affiliation, certifications held, and sessions you wish to work. Officials volunteering should sign in at the recording table prior to the start of Warm-ups. Certified officials who have not previously advised of their availability may volunteer their services to the Referee at this time</p>
TIMERS:	<p>PARTICIPATING CLUBS ARE REQUIRED TO PROVIDE TIMERS IN PROPORTION TO THEIR ENTRIES. THE NUMBER OF TIMERS BEING COMMITTED MUST BE INCLUDED ON THE CLUB MASTER ENTRY. THE NUMBER OF TIMERS REQUIRED WILL BE ADJUSTED WHEN WITH CLUB PROVIDING OTHER OFFICIALS. ACCEPTANCE OF THE CLUB ENTRY IS BASED UPON COMPLIANCE WITH THE ABOVE. HOST CLUBS ARE REQUIRED TO PROVIDE ONE TIMER PER LANE.</p>
SUPERVISION:	<p>COACHES ARE RESPONSIBLE FOR THE CONDUCT OF THEIR SWIMMERS AND FOR CLEANSING UP THEIR TEAM AREA.</p>
TEAM AREA:	<p>TEAMS WILL BE HOUSED OUTSIDE THE POOL AREA BECAUSE OF LIMITED DECK SPACE. THE AREAS THEY</p>

	<p>WILL STAY ARE AIR-CONDITIONED; THEREFORE, APPROPRIATE CLOTHING SHOULD BE WORN TO MAINTAIN BODY WARMTH.</p>
WARNING:	<p>ANY CLUB THAT ENTERS AN UNREGISTERED ATHLETE, FALSIFIES IN ANY WAY, OR PERMITS AN UNREGISTERED COACH TO REPRESENT THEM, WILL BE FINED THE SUM OF \$100.00 AND NO FURTHER ENTRIES WILL BE ACCEPTED FROM THAT CLUB UNTIL THE SAID FINE HAS BEEN PAID.</p>
ADMISSION:	<p>THERE IS NO ADMISSION CHARGE. PROGRAMS FOR EACH SESSION WILL BE AVAILABLE FOR \$2.00 EACH. WORKING OFFICIALS AND COACHES RECEIVE A FREE PROGRAM.</p>
AWARDS:	<p>MEDALS FOR FIRST THROUGH EIGHTH PLACE WILL BE AWARDED IN INDIVIDUAL EVENTS. EXHIBITION RELAYS WILL RECEIVE MEDALS FOR FIRST THROUGH THIRD.</p> <p>AWARDS FOR FIRST, SECOND AND THIRD WILL BE AWARDED FOR EACH SEX AND EACH AGE GROUP FOR THE FOLLOWING TWO CATEGORIES:</p> <p>THE HARVEST MOON FULL MOON AWARD THE CHAMPIONSHIP SCORED WILL BE BASED ON THE ACCUMULATED TIMES FOR THE FOLLOWING SIX EVENTS: 200 INDIVIDUAL MEDLEY, 200 FREESTYLE, 100 FREE, 100 BACK, 100 BREAST, AND THE 100 BUTTERFLY. THE SWIMMER MUST LEGALLY SWIM ALL SIX OF THE ABOVE EVENTS TO BE ELIGIBLE.</p> <p>THE HARVEST MOON HALF MOON AWARD THE CHAMPIONSHIP SCORED WILL BE BASED ON THE ACCUMULATED TIMES FOR THE FOLLOWING SIX EVENTS: 100 INDIVIDUAL MEDLEY, 100 FREESTYLE, 50 FREE, 50 BACK, 50 BREAST, AND THE 50 BUTTERFLY. THE SWIMMER MUST LEGALLY SWIM ALL SIX OF THE ABOVE EVENTS TO BE ELIGIBLE.</p>
FEES:	<p>FEES FOR INDIVIDUAL EVENTS ARE \$5.00. EACH CLUB IS REQUESTED TO REMIT ONE CHECK TO COVER THE ENTRY FEES FOR THE ENTIRE TEAM. PLEASE DO NOT SEND CASH. TELEPHONE ENTRIES WILL NOT BE ACCEPTED. LATE (DECK) ENTRIES ARE \$10.00 PER INDIVIDUAL EVENT AND MUST BE SUBMITTED NO LATER THAN 30 MINUTES PRIOR TO THE FIRST EVENT OF EACH SESSION; AND WILL ONLY BE ACCEPTED IF THE ENTRY LIMIT HAS NOT BEEN REACHED.</p>

MEET ENTRY PROCEDURES:

General Instructions:

- Entries may be submitted **(1) manually**, (2) by sending a **disk** to the meet director or (3) via **e-mail**. Follow the instructions under the appropriate heading below. The immediately following rules apply regardless of method chosen.
 - Each club is requested to remit one check to cover the entry fees for the entire team. **Please put the club name on the entry check (if not a club check) and note the number of entries.** Please do not send cash. Meet directors have been instructed not to accept telephone or fax entries.
 - Entries not submitted on the required forms, not complete, not legible or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry.
 - Individual or unattached entries will only be accepted by manual entry sent to the address listed below.
 - **Optional:** Before preparing your entries, events for this meet can be downloaded and then imported into team manager. (download -- **Events 101-108 Mystery Medley Relay Events -- not included** unzip it and then go to team manager/file/import/meet events). To download **as a file**, you may need in Netscape to right click on the mouse and select "Save Link as" and with Microsoft Explorer right click on the mouse and select "Save Target As"

The file may also be requested directly from the [Meet Director, Kerstin Severin](#).

Manual Entries:

- Manual entries must be submitted on the PVS [master entry sheet](#). Also submit a completed ["entry cover sheet"](#). Signature and phone number of a club official must be included with entry for validation of entries. .
- There will be a \$1.00 surcharge per athlete for manual entries of 10 or more.

	<p>Disk Entries:</p> <ul style="list-style-type: none"> • Submit the Hy-Tek commlink II file along with an "entry cover sheet." The team manager meet entry report files must also be sent one by swimmer and one by event. The name and phone number of the club representative submitting the email must also be included. <p>E-mail Entries:</p> <ul style="list-style-type: none"> • Club E-mail entries will be accepted provided the transmission time is prior to entry deadline. • Attach one report by event, one by name (save as Word for Windows in Team Manager) • Attach commlink file • In body of e-mail give total number of splashes (men, women, total entry) and contact information (name, phone, e-mail address) • Remember to also send entry fee check via USPS • Clubs submitting by email should submit entries to Kerstin Severin kerstin.severin@herndon-va.gov, in the subject heading type, "2010 Harvest Moon - *****" with the club's initials substituted in place of the asterisks. • Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.
DEADLINE:	<p>THE MEET MANAGER MUST RECEIVE ALL ENTRIES FOR THIS MEET NO LATER THAN 5:00 P.M., TUESDAY SEPTEMBER 28, 2010. 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>
CHECKS:	<p>CHECKS SHOULD BE MADE PAYABLE TO: TOWN OF HERNDON</p>
SEND ENTRIES TO:	<p>KERSTIN SEVERIN (Fed Ex,UPS, etc) HERNDON COMMUNITY CENTER (Fed Ex,UPS, etc) 814 FERNDALE AVENUE HERNDON, VA 20170</p>

	<p>(USPS only) P.O.Box 427 Herndon, VA 20172-0427</p> <p>kerstin.severin@herndon-va.gov</p>
REMINDER:	<p>Entry fees are due with each club's meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. No further entries will be accepted from clubs for future meets until all entry fees are paid in full by the club to the meet director.</p>

SATURDAY PROGRAM OCTOBER 9, 2010

9,10 GIRLS & 11,12 BOYS WARM-UP: 6:30 - 7:50 AM EVENTS:
8:00AM

9,10 BOYS & 11,12 GIRLS WARM-UP:12:00 - 1:20 PM EVENTS:
1:30 PM

GIRLS EVENT #	EVENT	BOYS EVENT #
1	9 YR. 200 YD. FREESTYLE	2
3	10 YR. 200 YD. FREESTYLE	4
5	11 YR. 200 YD. FREESTYLE	6
7	12 YR. 200 YD. FREESTYLE	8
9	9 YR. 100 YD. INDIVIDUAL MEDLEY	10
11	10 YR. 100 YD. INDIVIDUAL MEDLEY	12
13	11 YR. 100 YD. INDIVIDUAL MEDLEY	14
15	12 YR. 100 YD. INDIVIDUAL MEDLEY	16
17	9 YR. 100 YD. BACKSTROKE	18
19	10 YR. 100 YD. BACKSTROKE	20
21	11 YR. 100 YD. BACKSTROKE	22
23	12 YR. 100 YD. BACKSTROKE	24
25	9 YR. 50 YD. BUTTERFLY	26
27	10 YR. 50 YD. BUTTERFLY	28
29	11 YR. 50 YD. BUTTERFLY	30
31	12 YR. 50 YD. BUTTERFLY	32
33	9 YR. 100 YD. BREASTSTROKE	34
35	10 YR. 100 YD. BREASTSTROKE	36
37	11 YR. 100 YD. BREASTSTROKE	38
39	12 YR. 100 YD. BREASTSTROKE	40
41	9 YR. 50 YD. FREESTYLE	42
43	10 YR. 50 YD. FREESTYLE	44
45	11 YR. 50 YD. FREESTYLE	46
47	12 YR. 50 YD. FREESTYLE	48
101	9-10 yr 200 YD MYSTERY MEDLEY RELAY	102
103	11-12 yr 200 YD MYSTERY MEDLEY RELAY	104

SUNDAY PROGRAM OCTOBER 10, 2010

9,10 GIRLS & 11,12 BOYS WARM-UP: 6:30 - 7:50 AM EVENTS: 8:00

AM
9,10 BOYS & 11,12 GIRLS WARM-UP:12:00 - 1:20 PM EVENTS:
1:30 PM

GIRLS EVENT #	EVENT	BOYS EVENT #
49	9 YR. 200 YD. INDIVIDUAL MEDLEY	50
51	10 YR. 200 YD. INDIVIDUAL MEDLEY	53
53	11 YR. 200 YD. INDIVIDUAL MEDLEY	54
55	12 YR. 200 YD. INDIVIDUAL MEDLEY	56
57	9 YR. 100 YD. FREESTYLE	58
59	10 YR. 100 YD. FREESTYLE	60
61	11 YR. 100 YD. FREESTYLE	62
63	12 YR. 100 YD. FREESTYLE	64
65	9 YR. 50 YD. BREASTSTROKE	66
67	10 YR. 50 YD. BREASTSTROKE	68
69	11 YR. 50 YD. BREASTSTROKE	70
71	12 YR. 50 YD. BREASTSTROKE	72
73	9 YR. 100 YD. BUTTERFLY	74
75	10 YR. 100 YD. BUTTERFLY	76
77	11 YR. 100 YD. BUTTERFLY	78
79	12 YR. 100 YD. BUTTERFLY	80
81	9 YR. 50 YD. BACKSTROKE	82
83	10 YR. 50 YD. BACKSTROKE	84
85	11 YR. 50 YD. BACKSTROKE	86
87	12 YR. 50 YD. BACKSTROKE	88
105	9-10 yr 200 YD RANDOM MEDLEY RELAY	106
107	11-12 yr 200 YD RANDOM MEDLEY RELAY	108