

10/10: The following CUBU sites will now be swimming at Fairland #2:  
**CUBU-West, CUBU-Alexandria & CUBU-PG**  
 10/10: Lee District – All events will be positive check-in

10/11: **FAIRLAND #1 & #2 Saturday pm (ONLY)** – Warm up for 12 &  
 Under 12:50, Events 2:00

## PVS October Open

October 15-17, 2010

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-11-08**

Hosted for PVS by: Potomac Marlins, Curl Burke Swim Club, Occoquan Swimming

**Entries due to Meet Manger by: Tuesday October 5, 2010 (check on club deadline)**

Warm up: Friday: Distance: 5:00-5:40 pm Events: 5:50 pm  
 Warm up: Sat. & Sun. 13 & O: 7:00-8:00 am Event: 13 & O: 8:10 am  
 Warm up: Sat. & Sun. 12 & U: 12:20-1:20 pm Event: 12 & U: 1:30 pm

Meet Host/Director:	Potomac Marlins Bill Marlin 571-334-0871 3212 Allness Ln Herndon, VA 20171 Coach_bill@verizon.net	Curl Burke Swim Club Brian Pawlowicz 703-319-4168 10416 Lake Ridge Dr Oakton, VA 22124 brianpawlowicz@cubu.org	Occoquan Swimming Aaron Dean 703-309-3857 6133 Early Autumn Dr Centreville, VA 22121 aaron@swimoccs.org
Meet Referee:	Jack Neill Jack.neill@fcps.edu	Kurt Thiel swimthiel@erols.com	
Club Official's Chair:	Brian Baker marlinofficialscoordinator@gmail.com	Art Davis emerand@comcast.net	Dan Young officialschair@swimoccs.org
Facility	<b>Lee District Rec Center</b>	<b>Fairland Aquatic Center</b> <b>CUBU: Course #1, OCCS: Course #2</b>	
Facility Information:	Lee District Rec Center 6601 Telegraph Rd Alexandria, VA 22313 703-922-9840 <ul style="list-style-type: none"> <li>• 10 lane, 25 yards</li> <li>• The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</li> </ul>	Fairland Aquatic Center 13820 Old Gunpowder Rd Laurel, MD 20707 301-362-6060 <ul style="list-style-type: none"> <li>• Dual Course, 8 lane each, 25 yards</li> <li>• The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</li> </ul>	
Team Assignments:	<b>Lee District: AAC, BWST, FBST, HACC, MACH, PM, JCCW, MAKO, YORK, RIPS, TANK, GMU</b>	<b>Fairland #1: ANSC, JFD, BTSC, CODS, CUBU, PGKS, TIBU</b>	<b>Fairland #2: ASA, DCPR, ERSC, FGAC, FAST, MSSC, FISH, OCCS, RMSC, PEAK, TESC, SNOW, SDS, UMD, CUBU-West, CUBU-Alex, CUBU-PG</b>
Note: Assignments of clubs to pool sites will be reviewed, by the PVS Admin Assistant, after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned.			

Eligibility:	Open to all Potomac Valley Swimming registered athletes. Also, open to registered athletes of invited USA Swimming clubs. Clubs interested in participation should request an invitation from the PVS Age Group Chair, Manga Dalizu, <a href="mailto:fairlandswim@comcast.net">fairlandswim@comcast.net</a> , PVS Senior Chair, Riley Eaton, <a href="mailto:reaton@verizon.net">reaton@verizon.net</a> . 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.
Disability Swimmers:	PVS and host clubs along with their Meet Directors are 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 athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
Rules:	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern the meet.</li> <li>• All events are timed finals.</li> <li>• Seed times are short course yards. In the event that short course yard times are not available, coaches' times are preferred over "no times" for all events except event 7 &amp; 8 (1000 yd freestyle).</li> <li>• Minimum provable times: <ul style="list-style-type: none"> <li>○ A no slower than time of 15:00:00 in the 1000yd/800m Freestyle for all athletes</li> <li>○ IF the athlete is 12 &amp; Under, they must have a time of 15:00:00 or faster OR a 500 yd/400 M time of 7:20 or better in order to compete. No petitions accepted.</li> <li>○ IF the athlete is 13 &amp; Over, then they must have a time of 15:00:00 or faster OR a coach may petition the Distance Coordinator, Bill Marlin at <a href="mailto:coach_bill@verizon.net">coach_bill@verizon.net</a></li> <li>○ See full description of the Distance Qualifying Policy</li> </ul> </li> <li>• All 12 &amp; Under swimmers are eligible for awards regardless of entry time used.</li> <li>• Events 5 &amp; 6 (9-12 year old 500 yd freestyle) will be swum fast to slow alternating women and men. Followed by events 7 &amp; 8 (13 &amp; over 1000 yd freestyle), which will also be swum fast to slow, alternating women and men.</li> <li>• <b>A swimmer may enter no more than 5 events per day or 11 events during the meet.</b></li> <li>• No on-deck USA-S registration is permitted</li> <li>• Deck entries will be accepted, and are \$10 per individual event. All deck entries must be submitted no later than 45 minutes prior to first event of each session. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. In the event of a significantly over subscribed session, the Meet Director reserves the right to not accept deck entries.</li> <li>• Evidence of current USA-S registration will be required for deck entries.</li> <li>• Dive-over starts may be used at this meet at the discretion of the Meet Referee and Meet Management.</li> <li>• The use of equipment capable of taking pictures (i.e. 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.</li> <li>• <b>The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.</b></li> </ul>
Positive Check In:	All events 200 yards or longer will be positive check-in. The Meet Directors will determine if positive check-in will be required for all events. Athletes who check into a deck-seeded event, have been seeded and fail to swim the event will be barred from their next schedule individual event, unless excused by the Meet Referee before the event takes place.
Warm Up:	The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of Warm-up; times/lane assignments.
Supervision:	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</li> </ul>

	<ul style="list-style-type: none"> <li>Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> </ul>
Awards:	First through eighth place ribbons will be awards for all 12 & under events.
Programs:	Programs will be available for each session for a price not to exceed \$2. In the event of the entire session being positive check –in, programs may not be available until after the start of the meet. In the event that programs are not able to be sold, programs will be posted throughout the spectator areas.
Officials & Timers:	<ul style="list-style-type: none"> <li>Each participating club is requested to provide at least one table worker or official (referee, starter or stroke &amp; turn judge) per session if entering 25 or more splashes</li> <li>All certified officials wishing to volunteer please contact the appropriate club official's chair prior to October 5.</li> <li>Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries.</li> <li>The Meet Director may send out a request for timers based upon entries.</li> </ul>
Entry Procedures:	<ul style="list-style-type: none"> <li>Entries should be submitted using Hy-Tek Team Manager.</li> <li>Entry file:</li> <li>Include in the subject of the email, "2010 PVS OCT OPEN - ***" with the clubs initials in place of the asterisks. Also include training site if your club submits multiple entry files.</li> <li>Meet Directors are requested to acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the meet director.</li> <li>Individual event fee: \$4.00 (make checks payable to PVS)</li> <li>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> <li>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 and no further entries will be accepted from that club until the said fine is paid.</li> </ul>
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Lee District Rec Center, Fairland Aquatic Center, Potomac Marlins, Curl Burke Swim Club and Occoquan Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>	

## EVENTS

**Friday, October 15, 2010**

Warm up: 5:00-5:40 pm, Events: 5:50 pm

Swimmers must provide their own timer for Friday night session for 500 and 1000 Free.

Women's Events #	Event	Men's Event #
1	13 & Over 200 yd Backstroke	2
3	9-12 200 yd Backstroke	4
5	9-12 500 yd Freestyle	6
7	Open 1,000 yd Freestyle	8
Positive Check-In for 200 yd backstrokes by 5:30 pm (or 30 min after warm up begins)		
Positive Check-in for the 500 & 1000 Freestyle by 6:00 pm		

Lee District Site: All events will be positive check-in

## Saturday, October 16, 2010 13 & Over Session

Warm up: 7:00-8:00 am, Events: 8:10 am

Women's Event #	Events	Men's Event #
9	13 & Over 200 yd Individual Medley	10
11	13 & Over 50 yd Freestyle	12
13	13 & Over 200 yd Butterfly	14
15	13 & Over 100 yd Breaststroke	16
17	13 & Over 500 yd Freestyle	18
19	13 & Over 50 yd Butterfly	20
21	13 & Over 100 yd Backstroke	22

Positive Check-In for all events 200 yd or more by 7:30 am (or 30 minutes after warm up begins).  
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

Lee District Site: All events will be positive check-in

## Sunday, October 17, 2010 13 & Over Session

Warm up: 7:00-8:00 am, Events: 8:10 am

Women's Event #	Events	Men's Event #
45	13 & Over 50 yd Breaststroke	46
47	13 & Over 200 yd Freestyle	48
49	13 & Over 50 yd Backstroke	50
51	Open 400 yd Individual Medley	52
53	13 & Over 100 yd Butterfly	54
55	13 & Over 200 yd Breaststroke	56
57	13 & Over 100 yd Freestyle	58

Positive Check-In for all events 200 yd or more by 7:30 am (or 30 minutes after warm up begins).  
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

Lee District Site: All events will be positive check-in

## Saturday, October 16, 2010 12 & Under Session

Warm up: 12:20-1:20 pm, Events: 1:30 pm

Women's Event #	Events	Men's Event #
23	9-12 200 yd Butterfly	24
25	9-10 100 yd Breaststroke	26
27	11-12 100 yd Breaststroke	28
29	9-10 50 yd Backstroke	30
31	11-12 50 Backstroke	32

33	9-10 200 yd Individual Medley	34
35	11-12 200 yd Individual Medley	36
37	9-10 50 yd Butterfly	38
39	11-12 50 yd Butterfly	40
41	9-10 100 yd Freestyle	42
43	11-12 100 yd Freestyle	44

Positive Check-In for all events 200 yd or more by 12:50 pm (or 30 minutes after warm up begins).  
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

**Lee District Site: All events will be positive check-in**

## Sunday, October 16, 2010 12 & Under Session

Warm up: 12:20-1:20 pm, Events: 1:30 pm

**At Fairland site #1 and site #2 only: Warm up 12:50-1:50 pm, Events at 2:00**

Women's Event #	Events	Men's Event #
59	9-12 200 yd Breaststroke	60
61	9-10 100 yd Backstroke	62
63	11-12 100 yd Backstroke	64
65	9-10 200 yd Freestyle	66
67	11-12 200 yd Freestyle	68
69	9-10 50 yd Breaststroke	70
71	11-12 50 yd Breaststroke	72
73	9-10 100 yd Butterfly	74
75	11-12 100 yd Butterfly	76
77	9-10 50 yd Freestyle	78
79	11-12 50 yd Freestyle	80
81	9-10 100 yd Individual Medley	82
83	11-12 100 yd Individual Medley	84

Positive Check-In for all events 200 yd or more by 12:50 pm (or 30 minutes after warm up begins).  
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

**Lee District Site: All events will be positive check-in**