

**11/15: Warm up changes. Open warm up 4:30 pm 7 lane course.
 Continuous warm up will be in lanes outside competition courses.
 1000 Free scheduled to start 5:00 pm 7 lane course
 1650 Free scheduled to start 5:15 pm 8 lane course**

SDS Go The Distance Meet November, 21, 2010

Sanctioned by USA Swimming Through Potomac Valley Swimming Sanction #PVC-11-20

Hosted By:
Sea Devil Swimming

Meet Director:	Peter Karl, Sea Devil Swimming 301-613-3822 peter.karl1@verizon.net		
Facility	<p>Oak Marr Recreation Center, 3134 Jermantown Road, Oakton VA 22124</p> <p>Oak Marr is a 50-meter pool with 21 lanes of short course pool. We will be running two (2) courses for the meet, one 8-lane course and one 7-lane course.</p> <p>The depth of the pool from the starting end is 13'6" to 7'3" lanes 1 through 8 (girls pool); The second section is from 7'3" to 5' lanes 1 through 7 (boys pool). The depths are the same on both sides of the pool, starting side to turn side.</p> <p>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C).</p> <p>Special Note:</p> <ul style="list-style-type: none"> • Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities. The limit is 600 swimmers. • ENTIRES WILL BE ACCEPTED ON A FIRST COME FIRST SERVE BASIS. The Meet Manager will endeavor to inform invited teams promptly when the meet has been fully subscribed. • Spectators are <u>not</u> allowed on the pool deck and seating is limited. • FREE PROGRAMS: Meet programs will be available to download @ www.seadevils.org on November 18, 2010. • PROGRAMS: A limited number meet programs will be sold during the meet. Meet Programs will be sold for \$1.00. 		
Schedule:	Session	Warm-up	Events
	# 1 1000 Free Sunday 10/21	4:00 – 4:30 pm Open WU: 4:30 in 7 lane course	4:40 pm. 5:00 pm
	#2 1650 Free Sunday 10/21	4:00 – 4:30 pm Open WU: 4:30 in 7 lane	4:40 pm. 5:15 pm

		course	
Eligibility:	Meet open to all Potomac Valley Swimming registered athletes age 10 years old and older.		
Inclusion Policy for Swimmers with a Disability:	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 the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.		
Bulkheads	<p>Pool management has requested that we limit the number of people standing on the bulkheads. As a result access to the bulkheads will be limited as follows:</p> <ul style="list-style-type: none"> • During Competition – Please limit to Coaches that are coaching swimmers in that event; • Swimmers shall not be allowed on the bulkheads at anytime. 		
Competition Rules	<p>Current USA Swimming rules shall govern the meet.</p> <p><u>New Rules:</u> Regarding Swimsuits – Will apply see Amended USA Swimming Rules & Regulations Regarding Swimwear Effective October 1, 2009 – See USA Swimming Regs: 102.9 – 205.10.</p> <p>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.</p> <p>Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S 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.</p> <p>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.</p> <p>Dive-Over Starts: The Meet Manager has determined that Dive-Over Starts may be used. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.</p>		
Qualifying Time:	<p>1000Y Freestyle -- Minimum provable time to enter the 1000Y Free is 15:00.00. Athletes wishing to enter the 1000 Freestyle who do not have a provable 1000Y/800M Free time under 15:00.00 must have a provable time in the 400M/500Y Free of 7:20.00 or faster. These athletes will be entered into the 1000Y Freestyle with their 400M/500Y time and will be seeded after all 1000Y/800M times have been seeded. After times are verified, all LCM times will be converted for seeding purposes.</p> <p>If entering an athlete into the 1000Y Free with a 500Y/400M Free time, enter your swimmer based on actual time showing course swum -- do not convert. Please mark swimmers entering with 500Y/400M times as exhibition. If the entry time into 1000Y is an intermediate split from a 1650Y/1500M, please indicate meet swum so intermediate time can be verified.</p> <p>1650Y Freestyle -- Minimum provable time to enter the 1650Y Free is 25:00.00. Athletes wishing to enter the 1650 Freestyle who do not have a provable 1650Y/1500M Free time under 25:00.00 must have a provable time in the 800M/1000Y of 15:00.00 or faster. These athletes will be entered into the 1650Y freestyle with their 800M/1000Y time and will be seeded after all 1650Y/1500M times</p>		

	<p>have been seeded. After times are verified, all LCM times will be converted for seeding purposes.</p> <p>If entering an athlete into the 1650Y Free with a 1000Y/800M Free time, enter your athletes based on actual time showing course swum -- do not convert. Please mark swimmers entering with 100Y/800M times as exhibition.</p> <p>All swimmers will be eligible for awards regardless of entry time used.</p>
Warnings:	<p>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 \$100.00 per occurrence and no further entries will be accepted from that club until the said fine has been paid.</p> <p>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</p>
Rules:	<p>The competition will be conducted in accordance with current USA Swimming rules. No On-Deck USA-S registrations will be permitted.</p>
Order of Swims:	<p>The meet will be seeded and swum according to submitted entry times regardless of age. Heats will be swum fastest to slowest, alternating Women and Men. Expected swim times, and check in requirements will be posted to the PVS Web Page at http://www.seadevils.org/, no later than Thursday, November 18, 2010.</p>
Warm-up:	<p>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. During the meet there will be continuous warm-up/warm-down water. Persons will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.</p>
Awards	<p>Ribbons will be awarded to sixth place separately in the following age groups: 10, 11, 12, 13, 14, and 15 and Over.</p>
Officials:	<p>All certified officials wishing to volunteer to work this meet please contact the SDS Officials Chairman, Nora Burke at patandnora@hotmail.com prior to November 17. 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>Each swimmer must provide their own timer (required) and if desired, a lap counter.</p>
Supervision:	<p>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</p>
Fees:	<p>All entries are \$6.00.</p>
Admissions/ Programs:	<p>There is no admission charge. A complimentary copy of the Psych sheet will be provided to coaches and working officials.</p>
Meet Entry Procedures:	<p>General Instructions:</p> <p>Email entries are preferred. See email address below. Include the entry file from Team Manager, as well as a report by Swimmer and a report by Event. Teams entering by mail, please send two computer disks (Hy-Tek). Include one meet entry report by swimmer and one report by event.</p> <p>Fees for individual events are \$6.00.</p> <p>Each club is requested to remit one check to cover the entry fees for the entire team. The Meet Director will provide a lane timing card when the athlete checks in to swim.</p> <p>Please review the instructions in the "Qualifying Time" section before submitting your entries.</p>
Entry Deadline:	<p>Entries must be received by the Meet Director no later than: 5:00 p.m., Friday, November 12, 2010</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>

Checks Payable To:	SDS
Mail Entries to:	Sea Devil Swimming P.O. Box 650070 Potomac Falls, VA 20165-0070 admin@seadevils.org
NOTE:	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Oak Marr Rec Center and Sea Devil Swimming shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Course 1 Sunday, November 21, 2010		
Warm-up: 4:00 - 4:30 pm First Heat: 4:40 pm.		
Women Event #	Event	Men Event #
1	1000 Yard Freestyle	2
Course 2 Sunday, November 21, 2010		
Warm-up: 4:00 - 4:30 pm First Heat: 4:40 pm		
Women Event #	Event	Men Event #
3	1650 Yard Freestyle	4
Location:	Oak Marr	
Each swimmer must provide his/her own timer (required) and if desired, a lap counter.		