

**Arlington Aquatic Club
Spring Gator Mini Meet
April 9-10, 2011
Sponsored by the Arlington Aquatic Club**

**Sanctioned by USA Swimming
Through Potomac Valley Swimming**

Sanction # PVC-11-48

Meet Director:	Evan Stiles 3700 South Four Mile Run Arlington, VA 22206 703-228-1814 aacswims@yahoo.com
Meet Location:	<u>Washington-Lee High School</u> 1300 N. Quincy St Arlington, Virginia 22201 703-228-6262 8 lane 25 yard pool. Lanes 1-6 is 6'6" for the starting and turning end. Lanes 7 & 8 are 9'8" at the starting end and 4' at the turning end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C). **** Pool entrance is in school near Planetarium ****
Meet Referee	Alan Hewitt- ahewitt99@gmail.com
Eligibility:	Open to all Potomac Valley Swimmers Registered as USA Swimming Athletes and invited teams who are Registered USA Swimming Athletes. All athletes shall compete at the age attained on the first day of the meet.
Inclusion Policy for Swimmers with a Disability:	PVS and host clubs along with their Meet Directors are committed to the <u>Inclusion Policy as adopted by the BOD.</u> 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.
Warm-up and Meet Schedule:	Session 1 (Girls) Warm-up 8:00 - 8:40 am, 1st Event 8:45 am Session 2 (Boys) Warm-up 11:00 - 11:40 am, 1st Event 11:45 am

	We will be running 8 lanes and there will be warm up/warm down available during the meet. Swimmers must be monitored while in the warm up/warm down area.
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.
Rules:	<p>Current USA Swimming rules shall govern the meet. All events are timed finals. All events will be swum slowest to fastest. A contestant can enter no more than three (3) individual events per day.</p> <p>The use of equipment capable of taking pictures (i.e. cell phones, camera, PDS's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</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>
Public Admission and Program Fee:	There is no public admission charge. Programs for each session will be available for \$1.00
Awards:	Individual events will be awarded first through tenth place. Relay events will be awarded for first place through fourth place. A heat award will be given to the winner of each individual heat.
Officials:	All certified officials wishing to volunteer to work this meet please contact the AAC Officials Chairman, Chris Palmer, 703-921-0896 cpalmer2000@yahoo.com , prior to April 5. 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
Entry Fees:	<p>Fees for individual events are \$ 4.50 Fees for relay events are \$ 9.00 Individual swimmer surcharge- \$3.00</p> <p>Each club is requested to remit one check, payable to AAC BOOSTERS, to cover the entry fees for the entire team. Please do not send cash. Meet Directors have been instructed not to accept telephone entries. No late entries for both individual and relays events will be accepted.</p>
Entries:	<p>General Instructions:</p> <ul style="list-style-type: none"> • Entries must be submitted (1) 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 [09-11-events](#) 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, Evan Stiles](#).

NEW: All Relay-only swimmers must be listed on the meet entry in order to participate in the meet.

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 all manual entries.

E-mail Entries:

- 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)

	<ul style="list-style-type: none"> • 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 Evan Stiles aacswims@yahoo.com, in the subject heading type, "2011 Winter Gator Mini Meet - *****" with the club's initials substituted in place of the asterisks. <p>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.</p>
Supervision & Seating:	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and families. Please clean your team area after each session, thank you. We ask all parents to sit in the bleachers above the pool and all coaches and swimmers around the perimeter of the pool. Only swimmers, coaches, timers and officials will be permitted on the pool deck. • 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.
Timers:	<p>The Meet sponsor asks each participating club to provide one timer for each session. The sponsoring club will provide timers for the meet.</p>
Deadline:	<p>The Meet Director must receive all entries and check for this meet no later than 5:00 PM., Tuesday, March 29, 2011.</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> <p>The meet director will be limiting entries to the first 170 swimmers per session.</p>
Send Entries To:	<p>Evan Stiles Arlington Aquatic Club 3700 South Four Mile Run Arlington, Virginia. 22206 703-228-1810 aacswims@yahoo.com</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> <p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Arlington County, and AAC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>
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Session 1 (Girls) Warm-up 8:00 - 8:40 am, 1st Event 8:45 am
Session 2 (Boys) Warm-up 11:00 - 11:40 am, 1st Event 11:45 am

Saturday, February 13, 2010

Girls Event #	Events	Boys Event #
1	7 & Under 100 yard Freestyle	2
3	8 Year Old 100 yard Freestyle	4
5	6 & Under 25 yard Backstroke	6
7	7 & Under 25 yard Backstroke	8
9	8 Year Old 25 yard Backstroke	10
11	7 & Under 50 yard Breaststroke	12
13	8 Year Old 50 yard Breaststroke	14
15	7 & Under 50 yard Butterfly	16
17	8 Year Old 50 yard Butterfly	18
19	6 & Under 25 yard Freestyle	20
21	7 & Under 25 yard Freestyle	22
23	8 Year Old 25 yard Freestyle	24
25	7 & Under 200 yard Freestyle Relay	26
27	8 & Under 200 yard Freestyle Relay	28

Session 1 (Girls) Warm-up 8:00 - 8:40 am, 1st Event 8:45 am
Session 2 (Boys) Warm-up 11:00 - 11:40 am, 1st Event 11:45 am

Sunday, February 14, 2010

Girls Event #	Events	Boys Event #
29	7 & Under 50 yard Backstroke	30
31	8 Year Old 50 yard Backstroke	32
33	7 & Under 25 yard Butterfly	34
35	8 Year Old 25 yard Butterfly	36
37	6 & Under 25 yard Breaststroke	38
39	7 & Under 25 yard Breaststroke	40
41	8 Year Old 25 yard Breaststroke	42
43	6 & Under 50 yard Freestyle	44
45	7 & Under 50 yard Freestyle	46
47	8 Year Old 50 yard Freestyle	48
49	7 & Under 100 yard Individual Medley	50
51	8 Year Old 100 yard Individual Medley	52