

# PVS 2011 Short Course Junior Championships

March 10-13, 2011

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-11-54**

Hosted for PVS by: Curl Burke Swim Club

**Entries due to Meet Manager by: Tuesday March 1, 2011 (check on club deadline)**

Warm up: Thursday: 4:20-5:20 pm      Events: 5:30 pm

Warm up: Friday-Sunday Prelims: 6:30-7:50 am      Events: 8:00 am

Warm up: Friday-Sunday Finals: 4:30-5:50 pm      Events: 6:00 pm

Meet Host/Director:	Curl Burke Swim Club Brian Pawlowicz, <a href="mailto:brianpawlowicz@cubu.org">brianpawlowicz@cubu.org</a> , 703-319-4168 Mail checks to: 2704 Willow Dr., Vienna, VA 22181
Meet Referee:	Art Davis <a href="mailto:emerand@comcast.net">emerand@comcast.net</a>
Admin Referee:	Amy Hsu <a href="mailto:twins@niaid.nih.gov">twins@niaid.nih.gov</a>
Club Official's Chair:	Art Davis, <a href="mailto:emerand@comcast.net">emerand@comcast.net</a> , 703-625-9288 Please contact the Club Official's Chair if you are interested in working as an Official by March 3. You may also submit an <a href="#">Application to Officiate</a>
Facility:	<b>George Mason University</b> 4400 University Blvd., Fairfax VA 703-993-3939 <ul style="list-style-type: none"> <li>The Jim McKay Natatorium competition pool is 25Y by 50M, with two moveable bulkheads, water depth ranging from 7 feet to 13 ½ feet and surrounded by an all tile deck. The pool has a state of the art automated pool filtration system to include an Ultraviolet system. The fixed wall to fixed wall course has been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C). The other course has a movable bulkhead at one end and therefore is not certified under Article 104.2.2(C).</li> </ul>
Eligibility:	<ul style="list-style-type: none"> <li>Open to all Potomac Valley Swimming registered athletes 13 &amp; Over as of the first day of the meet.</li> <li>Swimmers shall compete at the age attained on the first day of the meet.</li> <li><b>A swimmer may not enter an event they participate in at the PVS 2011 14 &amp; Under Junior Olympic Champs.</b></li> <li>Do not enter with a time achieved prior to March 10, 2009</li> </ul>
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 individual events are prelims/finals, except for the 1000yd and 1650yd Freestyle events which will be timed finals.</li> <li><b>A swimmer may enter and compete in a maximum of 7 individual events and no more than 3 individual events per day.</b></li> <li><b>All relays</b> will be swum slowest to fastest during the PRELIMS sessions as scheduled.</li> <li>The 200 yd Freestyle and Medley relays will not be scored.</li> <li>All entry times must be provable times, through SWIMS, achieved on or after March 10, 2009, and must be within the time standards contained in this Meet Announcement. No "NO TIME" entries are permitted nor are converted times.</li> <li>SCY entry times are conforming for this meet and will be seeded before</li> </ul>

	<p>LCM entry times.</p> <ul style="list-style-type: none"> <li>• No late entries are permitted for this meet.</li> <li>• No on-deck USA-S registration is permitted</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>• The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy.</li> <li>• 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.</li> <li>• Dive-over starts may be used during the preliminary sessions at this meet at the discretion of the Meet Manager and/or Meet Referee.</li> </ul>
<p>Withdrawing from Finals:</p>	<p>PVS scratch rules apply for swimmers scratching from finals.</p> <p>If you do not wish to swim in the Final, you may "scratch" from the event by following this procedure:</p> <p>You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" or "B" finals, if scheduled.</p> <p>You may declare intent to "scratch". You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent". If you declare an "intent to scratch" and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.</p> <p>If an athlete fails to properly scratch from an event and does not appear for the "Final" event, they "shall be barred from further competition of the remainder of the meet."</p>
<p>Positive Check In:</p>	<p>The Check-in schedule will be announced once entries have been received. Swimmers who do not check-in will be scratched from that event. Athletes who have checked in, have been seeded, and fail to swim the event will be barred from their net scheduled individual event.</p>
<p>Order of Swims:</p>	<ul style="list-style-type: none"> <li>• Preliminaries will be swum in a separate course at approximately the same time as preliminaries for the 2011 Senior Championships. The session will be conducted in event order, alternating women and men, with circle-seeded heats (see notes below regarding Distance events). Preliminaries will be followed Friday, Saturday and Sunday by Time Trials conducted as part of the Senior Champs Meet.</li> <li>• Two heats of each individual event except the 1000 and 1650 events will be swum at finals. Two heats from Senior Champs will alternate with two heats from Junior Champs. Heats will be swum in the following order: "B", "A".</li> <li>• Heats of distance events (1000 yd &amp; 1650 yd) will be swum fastest to slowest, alternating women and men. All heat of the women's 1000 and men's 1650 will be swum during the preliminary session on Sunday. (Swimmers in the 1000 and 1650 are responsible for providing their own timer.)</li> <li>• Distance Entries: Any swimmer who qualifies for the 1000 and/or 1650 freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle.</li> </ul>

Time Trials:	There will be no Time Trials for this meet. Swimmers entered in an individual event in this meet may swim a time trial at the SC Senior Championships Meet. See the Senior Championships meet announcement for details
Warm Up:	<p>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.</p> <p>During the meet there will be continuous warm-up/cool-down lanes. Marshals 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>
Supervision:	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
Scoring:	Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
Awards:	There are no awards for this meet.
Programs:	Programs for all sessions will be available for \$10.
Credentials:	Parents not working the meet as a deck official, volunteer timer or other position are not permitted on the deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have their current USA Swimming card with them at all times.
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 March 3.</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: <a href="#">11-54-events.zip</a></li> <li>• Include in the subject of the email, "2011 PVS SC Junior Champs - ***" 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>• <b>Individual event fee: \$5.50 (make checks payable to PVS)</b></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> <li>• <b>IMPORTANT: NFT QT's in the file are for both 15 &amp; Over and 13-14 year old swimmers. Please make sure any 13-14 year old swimmers entered into the meet do not participate in the same event at the PVS 2011 14 &amp; Under Junior Olympic Champs.</b></li> </ul>
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, George Mason University and Curl Burke Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>	

## Thursday March 10, 2011

Warm up: 4:20-5:20 pm, Events: 5:30 pm

Women's Events #	NFT	NST	Event	NST	NFT	Men's Event #
101	18:35.10Y 19:12.70L	20:09.09Y 20:17.69L	13 & Over 1650yd Freestyle			
			13 & Over 1000 yd Freestyle	11:08.99Y 9:49.29L	10:11.40Y 9:13.20L	102
Positive check-in deadline for these events is 4:45 pm. Events are timed finals. Heats will be swum fastest to slowest, alternating women and men.						

## Friday March 11, 2011

Warm up Prelims: 6:30-7:50 am, Events: 8:00 am

Warm up Finals: 4:30-5:50, Events 6:00 pm

Women's Events #	NFT	NST	Event	NST	NFT	Men's Event #
103	2:00.50Y 2:17.00L	2:10.49 Y 2:23.79L	13 & Over 200 yd Freestyle	1:57.99Y 2:10.69L	1:49.20Y 2:04.50L	104
105	1:13.70Y 1:23.90L	1:19.59Y 1:28.09L	13 & Over 100yd Breaststroke	1:12.29Y 1:19.99L	1:06.90Y 1:16.20L	106
107	1:03.60Y 1:11.90L	1:08.69Y 1:15.49L	13 & Over 100yd Butterfly	1:01.49Y 1:07.79L	57:00Y 1:04.60L	108
109	4:51.90Y 5:30.40L	5:15.29Y 5:46.89L	13 & Over 400yd Individual Medley	4:51.69Y 5:21.39L	4:30.10Y 5:06.10L	110
<b>10 minute Break</b>						
111	8:02.10Y	8:13.09Y	13 & Over 800 yd Freestyle Relay	7:29.79Y	7:17.80Y	112
Positive Check-in for the 400yd IM is 8:30 am Positive Check-in for the 800yd Freestyle Relay is 9:30 Break will be 10 minutes and the competition pool will not be open for Warm-ups. <u>800 yd Freestyle Relay</u> : Events are timed finals All heat will be swum slowest to fastest alternating women and men during the preliminary Sessions.						

## Saturday March 12, 2011

Warm up Prelims: 6:30-7:50 am, Events: 8:00 am

Warm up Finals: 4:30-5:50, Events 6:00 pm

Women's Events #	NFT	NST	Event	NST	NFT	Men's Event #
113	2:38.50Y 2:59.90L	2:51.19Y 3:08.89L	13 & Over 200 yd Breaststroke	2:38.19Y 2:55.09L	2:26.50Y 2:46.70L	114
115	26.20Y 29.90L	27.79Y 31.39L	13 & Over 50 yd Freestyle	25.29Y 28.19L	23.40Y 26.80L	116
117	1:04.50Y 1:12.80L	1:09.69Y 1:16.39L	13 & Over 100 yd Backstroke	1:03.39Y 1:09.59L	58.70Y 1:06.30L	118
119	5:19.20Y 4:46.50L	5:35.19Y 5:00.79L	13 & Over 500 yd Freestyle	5:17.99Y 4:38.09L	4:54.40Y 4:24.80L	120
121			13 & Over 200 yd Freestyle Relay			122
<b>10 minute Break</b>						
123		4:26.29Y	13 & Over 400 yd Medley Relay	4:03.29Y		124
400 Medley Relays are Positive Check-in Positive Check-in deadline for 500yd Freestyle is 8:30 am Positive Check-in deadline for 400 Medley Relay is 9:30 am Break will be 10 minutes and the competition pool will not be open for Warm-ups. <u>200 Freestyle Relay &amp; 400 Medley Relay:</u> All relays are timed finals and will be swum slowest to fastest during PRELIMS						

## Sunday, March 13, 2011

Warm up Prelims: 6:30-7:50 am, Events: 8:00 am

Warm up Finals: 4:30-5:50, Events 6:00 pm

Women's Events #	NFT	NST	Event	NST	NFT	Men's Event #
125	2:18.90Y 2:36.50L	2:29.99Y 2:44.29L	13 & Over 200 yd Backstroke	2:18.09Y 2:31.39L	2:07.80Y 2:24.20L	126
127	56.30Y 1:04.10L	58.99Y 1:07.29L	13 & Over 100 yd Freestyle	54.69Y 1:00.69L	50.70Y 57.80L	128
129	2:22.70Y 2:41.20L	2:34.19Y 2:49.19L	13 & Over 200 yd Butterfly	2:23.89Y 2:35.29L	2:10.80Y 2:27.90L	130
131	2:17.80Y 2:36.20L	2:28.79Y 2:43.99L	13 & Over 200 yd Individual Medley	2:16.59Y 2:30.79L	2:06.50Y 2:23.60L	132
133			13 & Over 200 yd Medley Relay			134
<b>10 minute Break</b>						

135	3:54.30Y	3:50.29Y	13 & Over 400 yd Freestyle Relay	3:27.89Y	3:22.60	
137	10:55.10Y 9:51.00L	11:55.59Y 10:28.99L	13 & Over 1000 yd Freestyle			
			13 & Over 1650 yd Freestyle	18:56.79Y 19:02.69L	17:23.50Y 17:58.70L	138

400 Freestyle Relay is Positive Check-in  
Positive Check-in deadline for 400y Free Relay is 9:30 am  
**Positive check in deadline for 1000/1650 is 6:30 pm Saturday**  
200 yd Medley Relay and 400 yd Freestyle Relay: Events are timed finals and will be swum  
slowest to fastest during PRELIMS.  
1000yd & 1650 yd Freestyle: Events are timed finals. All heats will be swum fastest to slowest  
alternating women and men in the preliminary sessions.