

**7/14- Preliminaries has been broken into 3 sessions:**  
**13-14 (Thurs., Fri., Sun.)-Warm up: 6:00-7:00 am, Events 7:10 am**  
**11-12 Session (Thurs., Fri., Sun.) Warm up – 11:00-11:50 am, Events 12:00 pm**  
**10 & Under (Thurs., Fri., Sun.) Warm up – 2:30-3:10 pm, Events 3:20 pm**  
**FINALS: Warm up 6:00-7:00 pm, Events 7:10 pm**

## PVS 2011 Long Course 14 & Under Championships

July 21-24, 2011

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-11-77**

Hosted for PVS by: Fort Belvoir Swim Team

**Entries due to Meet Manger by: Tuesday July 5, 2011 (check on club deadline)**

Warm up: 11 & O (Thurs, Fri, Sun): 6:30-7:35 am — Events: 7:45am

**13-14 Session (Thurs., Fri., Sun)-Warm up: 6:00-7:00 am, Events 7:10 am**

Warm up: 10 & U (Thurs, Fri, Sun): 12:30-1:20 pm — Events: 1:30 pm

**11-12 Session(Thurs., Fri., Sat.) Warm up – 11:00-11:50 am, Events 12:00 pm**

**10 & Under (Thurs., Fri., Sat) Warm up – 2:30-3:10 pm, Events 3:20 pm**

Warm Up: FINALS (Thurs, Fri, Sun): 4:50-5:50 pm — Events: 6:00 pm

**FINALS: Warm up 6:00-7:00 pm, Events 7:10 pm**

Warm up: Saturday: 2:00-2:50 pm

Events: 3:00pm

Meet Host//Director:	Fort Belvoir Swim Team Sam Burgi, <a href="mailto:sburgi@fbswim.org">sburgi@fbswim.org</a> , 619-212-9853 Mail checks to: 3736 Mary Evelyn Way, Alexandria, VA 22309
Meet Referee:	Art Davis <a href="mailto:emerand@comcast.net">emerand@comcast.net</a> If you are interested in being an Official for this meet please contact the Meet Referee prior to July 5, 2011
Facility:	<b>Fairland Aquatic Center:</b> 13820 Old Gunpowder Rd, Laurel, MD 20707, 301-362-6060 <ul style="list-style-type: none"> <li>• 8 lane, 50 meter with minimal separate warm up/cool down facility</li> <li>• The depth at both the starting and turn ends range from 5' to 6' in the shallow end course and 7' to 13' in the deep end course.</li> <li>• The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</li> </ul>
Eligibility:	<ul style="list-style-type: none"> <li>• Open to all Potomac Valley Swimming registered athletes.</li> <li>• Swimmers may only participate in his or her own age group, based upon their age on the first day of the meet.</li> <li>• Swimmers must have equaled or bettered the applicable NST LCM times listed or the 2009-2012 National Age Group Motivational AAA Times or better short course yard times.</li> <li>• Times achieved prior to July 1, 2009 will not be permitted.</li> <li>• Distance Entries: Any swimmer who qualifies for the 800 and/or 1500 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> <li>• Short course entry times are non-conforming times and will be seeded after long course entry times.</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>• <b>A swimmer may enter and compete in a maximum of 6 individual events</b></li> </ul>

	<ul style="list-style-type: none"> <li>and no more than 3 individual events per day.</li> <li>• A club may enter up to 3 relay teams per relay events, but only two relays teams per club per event may score.</li> <li>• Seed times are long course meters</li> <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 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>
Event Rules:	<ul style="list-style-type: none"> <li>• All events 200 M and less will be trials and finals.</li> <li>• All events 400 M and longer are timed finals. The fastest two heats of the 13-14 400 M Freestyle will swim in Finals on Friday.</li> <li>• The 400 Freestyle for all age groups will be swum slowest to fastest.</li> <li>• <b>The 800 and 1500 Freestyle events will be swum fastest to slowest, alternating women and men.</b></li> <li>• <b>The fastest heat of the 14 &amp; U 800 M Freestyle will be swum as the first event at Finals on Thursday.</b></li> <li>• <b>Swimmers of the 800 M and 1500 M events are responsible for providing their own timer and counter; except for those swimming in Finals on Thursday.</b></li> <li>• All 200 M and 400 M relays are timed finals and will be swum in the preliminary sessions.</li> <li>• The 200 M relays will swim slowest to fastest and the 400 M relays will be swum fastest to slowest. The 13-14 800 M Freestyle relay will be swum as the last event on Sunday evening and will be swum fastest to slowest.</li> </ul>
Withdrawing from Finals:	<p>PVS scratch rules apply for swimmers scratching 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” and “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>
Positive Check In:	<p><b>Positive check-in is required for all individual events 400 M and over, and all Relays. 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 next scheduled individual event.</b></p>

	If the size of the PVS 14 & Under Championships warrant, positive check-in for individual events 200M or shorter may be announced.
Order of Swims:	<ul style="list-style-type: none"> <li>For 10 &amp; Under events there will be only 1 heat for Finals</li> <li>For 11 &amp; Over events there will be 2 heats for Finals; “B” than “A” heats.</li> <li>Short Course times are non-conforming and will be seeded after long course entry times.</li> <li>Heats of distance events (800 &amp; 1500) will be swum fastest to slowest, alternating women and men. The fastest seeded heat of the women’s 800 and men’s 1500 will be the first event of the Sunday finals session. (Swimmers in the 800 and 1500 are responsible for providing their own timer, except for those swimming in the Final session on Sunday.)</li> </ul>
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 if there is 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:	<p>Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</p> <p>Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</p>
Awards:	<ul style="list-style-type: none"> <li>Medals will be awarded 1<sup>st</sup> through 8<sup>th</sup> place for individual events and 1<sup>st</sup> through 3<sup>rd</sup> place for relay events.</li> <li>High point awards will be presented to the male and female athlete with the highest point total in individual events in the following age groups: 10 &amp; Under, 11-12, 13-14.</li> <li>Swimmers “swimming up” will receive points actually awarded in the events they swim.</li> <li>Relay events will not be used to determine high point awards.</li> </ul>
Programs:	Programs for all sessions will be available for \$10. Programs will include coupons for finals programs for each evening free of charge.
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>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, “2011 PVS LC 14 &amp; U 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, Relays \$10 (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,</li> </ul>

	<p>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.</p> <ul style="list-style-type: none"> <li>All Relay-only swimmers must be listed on the meet entry in order to participate in the meet</li> </ul>
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatic Center and Fort Belvoir Swim Team 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, July 21, 2011 11 & Over Prelim Events

Warm up: 6:30-7:35 am, Events: 7:45 am

Women's Events #	SCY AAA	LCM NST	Event	SCY AAA	LCM NST	Men's Event #
1		2:53.09	11-12 200m Medley Relay		2:59.09	2
3		2:33.19	13-14 200 M Medley Relay		2:33.89	4
5	2:22.99	3:04.99	12 & Under 200 M Backstroke	2:20.19	3:04.99	6
9	1:11.19	1:29.79	13-14 100 M Breaststroke	1:06.09	1:26.99	10
11	34.59	46.89	11-12 50 M Breaststroke	33.79	49.29	12
15	2:02.69	2:27.39	13-14 200 M Freestyle	1:54.79	2:20.49	16
17	57.79	1:13.09	11-12 100 Freestyle	57.39	1:13.79	18
21	1:02.19	1:18.99	13-14 100 M Butterfly	57.59	1:16.29	22
23	29.69	38.59	11-12 50 M Butterfly	29.09	38.99	24
27		4:48.89	13-14 400 M Freestyle Relay		4:39.69	28
29		5:22.09	11-12 400 M Freestyle Relay		5:26.89	30
31	11:06.99	10:52.79	14 & Under 800 M Freestyle	10:38.39	11:39.79	32

Positive check-in for all individual and relay events 400 M and longer.

400 M Freestyle Relays: timed finals, swum fastest to slowest.

800 M Freestyle: swum fastest to slowest in prelims, fastest women's and men's heat swim at finals.

## Thursday, July 21, 2011 10 & Under Prelim Events

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

Order of Events for Thursday prelims only will be:

8,7,14,13,20,19,26,25,34

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
7	38.19	56.29	10 & U 50 M Breaststroke	38.39	58.59	8
13	1:05.39	1:28.99	10 & U 100 M Freestyle	1:04.59	1:27.99	14
19	33.39	50.19	10 & U 50 M Butterfly	33.09	50.19	20
25	2:40.39	3:44.89	10 & Under 200 M Individual Medley	2:40.09	3:43.79	26
			10 & U 400 Freestyle	6:10.89	7:03.99	34

Positive check-in for all individual and relay events 400 M and longer.

400 M Freestyle: timed finals, swum slowest to fastest

Note: Event #33 is not being used.

Thursday, July 21, 2011

# FINALS

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

Women's Events #	Event	Men's Event #
31	14 & Under 800 M Freestyle	32
5	12 & Under 200 M Backstroke	6
7	10 & Under 50 M Breaststroke	8
9	13-14 100 M Breaststroke	10
11	11-12 50 M Breaststroke	12
13	10 & Under 100 M Freestyle	14
15	13-14 200 M Freestyle	16
17	11-12 100 Freestyle	18
19	10 & Under 50 M Butterfly	20
21	13-14 100 M Butterfly	22
23	11-12 50 M Butterfly	24
25	10 U under 200 M Individual Medley	26
800 M Freestyle: Fastest women's and men's heats only		

Friday, July 22, 2011

## 11 & Over Prelim Events

Warm up: 6:30-7:35 am, Events: 7:45 am

Women's Events #	SCY AAA	LCM NST	Event	SCY AAA	LCM NST	Men's Event #
35	2:25.39	3:18.09	12 & Under 200 M Butterfly	2:22.39	3:23.09	36
37	2:17.89	2:46.99	13-14 200 M Individual Medley	2:08.59	2:38.59	38
39	2:24.39	3:02.09	11-12 200 M Individual Medley	2:21.79	3:04.19	40
43	2:32.89	3:12.89	13-14 200 M Breaststroke	2:23.29	3:05.99	44
45	1:15.09	1:40.89	11-12 100 M Breaststroke	1:13.29	1:41.99	46
49	1:02.79	1:19.79	13-14 100 M Backstroke	58.89	1:16.89	50
51	31.09	41.39	11-12 50 M Backstroke	30.49	42.09	52
53	26.29	31.59	13-14 50 M Freestyle	24.09	29.99	54
57	2:08.19	2:39.29	11-12 200 M Freestyle	2:04.89	2:40.09	58
59	5:23.49	5:09.89	13-14 400 M Freestyle	5:07.29	5:07.89	60
Positive check-in for all individual and relay events 400 M and longer. 400 M Freestyle: Time finals; fastest 2 heats will be swum at finals.						

Friday, July 22, 2011

## 10 & Under Prelim Events

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

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
41	1:24.49	1:57.89	10 & Under 100 M Breaststroke	1:23.79	2:02.09	42
47	34.59	48.99	10 & Under 50 M Backstroke	34.59	51.49	48
55	2:21.79	3:11.99	10 & Under 200 M Freestyle	2:19.29	3:09.99	56
61		3:34.79	10 & Under 200 Medley Relay		3:32.09	62

Friday, July 22, 2011

# FINALS

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

Women's Events #	Event	Men's Event #
35	12 & Under 200 M Butterfly	36
37	13-14 200 M Individual Medley	38
39	11-12 200 M Individual Medley	40
41	10 & Under 100 M Breaststroke	42
43	13-14 200 M Breaststroke	44
45	11-12 100 M Breaststroke	46
47	10 & Under 50 M Backstroke	48
49	13-14 100 M Backstroke	50
51	11-12 50 M Backstroke	52
53	13-14 50 M Freestyle	54
55	10 & Under 200 M Freestyle	56
57	11-12 200 M Freestyle	58
59	13-14 400 M Freestyle	60
400 M Freestyle: fastest two heats swum at finals.		

Saturday, July 23, 2011

Events

Warm up: 2:00-2:50 pm, Events: 3:00 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
63	4:51.29	6:11.49	14 & Under 400 M Individual Medley	4:35.49	5:58.09	64
65	5:38.49	6:00.09	11-12 400 M Freestyle	5:34.29	6:00.79	66
67	18:31.19	22:23.09	14 & Under 1500 M Freestyle	17:39.39	22:19.99	68
Positive check-in for all individual and relay events 400 M and longer. 400 M IM: Timed Finals 400 M Freestyle: Time Finals 1500 M Freestyle: Timed Finals, heats swum fastest to slowest alternating women and men.						

Sunday, July 24, 2011

11 & Over Prelim Events

Warm up: 6:30-7:35 am, Events: 7:45 am

Women's Events #	SCY AAA	LCM NST	Event	SCY AAA	LCM NST	Men's Event #
69		2:27.99	11-12 200 M Freestyle Relay		2:32.59	70
71		2:17.29	13-14 200 M Freestyle Relay		2:08.89	72
75	2:42.19	3:30.99	12 & Under 200 Breaststroke	2:38.49	3:33.49	76
79	2:14.99	2:48.19	13-14 200 M Backstroke	2:06.69	2:45.49	80
81	1:07.29	1:26.09	11-12 100 M Backstroke	1:05.59	1:27.49	82
85	56.99	1:08.19	13-14 100 M Freestyle	52.69	1:05.49	86
87	27.09	33.99	11-12 50 M Freestyle	26.19	34.99	88
91	2:16.29	2:59.79	13-14 200 M Butterfly	2:08.59	2:50.99	92
93	1:06.29	1:33.49	11-12 100 M Butterfly	1:04.59	1:33.99	94
95		5:37.99	13-14 400 M Medley Relay		5:34.09	96
97		6:18.59	11-12 400 M Medley Relay		6:23.29	98
Positive check-in for all individual and relay events 400 M and longer. 400 M Medley Relay: Timed Finals, swum fastest to slowest						

**Sunday, July 24, 2011**  
**10 & Under Prelim Events**  
 Warm up: 12:30-1:20 pm, Events: 1:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
73		2:59.99	10 & Under 200 M Freestyle Relay		2:57.99	74
77	1:14.39	1:43.99	10 & Under 100 M Backstroke	1:14.09	1:45.49	78
83	29.59	41.49	10 & Under 50 M Freestyle	29.19	39.99	84
89	1:16.49	1:58.19	10 & Under 100 M Butterfly	1:15.69	1:56.99	90
99	6:14.39	7:03.99	10 & Under 400 M Freestyle	See Thursday		

Note: Event #100 is not being used  
 Positive check-in for all individual and relay events 400 M and longer.  
 400 M Freestyle: Timed Finals, swum slowest to fastest.

**Sunday, July 24, 2011**  
**FINALS**

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

Women's Events #	Event			Men's Event #
75	12 & Under 200 M Breaststroke			76
77	10 & Under 100 M Backstroke			78
79	13-14 200 M Backstroke			80
81	11-12 100 M Backstroke			82
83	10 & Under 50 M Freestyle			84
85	13-14 100 M Freestyle			86
87	11-12 50 M Freestyle			88
89	10 & Under 100 M Butterfly			90
91	13-14 200 M Butterfly			92
93	11-12 100 M Butterfly			94
101	10:29.99	14 & Under 800 M Freestyle Relay	10:23.69	102

Positive check-in for all individual and relay events 400 M and longer.  
 800 M Freestyle Relay: All heats swum in finals, swum fastest to slowest.