

## PVS June LC Distance Meet

Hosted by Potomac Marlins

June 16-17, 2012

At [Wilson Aquatic Center](#)

[Meet Announcement](#)

[Psych Sheet](#)

### Seeding Procedures:

- Swimmers will be seeded based on the order shown on the attached psych sheet for each event.

### ESTIMATED TIMELINES

- It is expected that there will be a maximum of 11 total heats of Women's and Men's 1500 Freestyle, and no more than 7 heats of Women's 400 Free and 6 heats of Men's 400 Freestyle on Saturday.
- It is expected that there will be a maximum of 14 total heats of Women's and Men's 800 Freestyle and no more than 3 heats of Women's 400 IM and 2 heats of Men's 400 IM.
- Based upon historical scratch rates for this meet, we anticipate losing at least one heat of each of the 1500 and 800, so plan accordingly.
- The first heat of the 1500 and 800 should be ready to swim at 2:00 each day.
- **There will not be a continuous warm up/cool down pool available; however attempts will be made to offer a warm up break between 1500fr/400fr and 800fr/400IM.**

### GENERAL INSTRUCTIONS

- All events will be positive check in. Warm up will begin at 1:00 pm each day.
- Both the 1500 and 800 Freestyles will be swum fastest to slowest alternating Women and Men.
- Both the 400 Freestyle and 400 IM will be swum fastest to slowest alternating Women and Men
- NOTE: That all heat start times are estimates, the start time for the 400 Free and 400 IM will be dependent on the number of scratches in the 1500 and 800 Freestyle. These swimmers should be prepared to swim earlier if the time line dictates.

### ESTIMATED TIMELINES

Saturday June 16, 2012 (1500 Freestyle)		
	Women's 1500	Men's 1500
Heats 1 & 2	2:00 pm	2:20 pm
Heats 3 & 4	2:38 pm	2:58 pm
Heats 5 & 6	3:17 pm	3:37 pm
Heats 7 & 8	3:56 pm	4:18 pm
Heats 9 & 10 (if needed)	4:39 pm	5:00 pm
<b>Note: Meet manager and Meet Referee reserve the right to combine the final heats of women and men.</b>		

<b>Saturday June 16, 2012 (400 Freestyle)</b>		
<b>There will be at least a 20 minute break between the 1500 &amp; 400 Freestyles</b>		
	<b>Women's 400 Free</b>	<b>Men's 400 Free</b>
Heats 1 & 2	Will not start earlier than 5:30 pm	5:36 pm
Heats 3 & 4	5:41 pm	5:47 pm
Heats 5 & 6	5:53 pm	5:59 pm
Heats 7 & 8	6:06 pm	6:13 pm
Heats 9 & 10	6:20 pm	6:27 pm
Heats 11 & 12	6:34 pm	6:41 pm
Heat 13 (if needed)	6:49 pm	
<b>Note: Meet manager and Meet Referee reserve the right to combine the final heats of women and men.</b>		

<b>Sunday June 17, 2012 (800 M Freestyle)</b>		
	<b>Women's 800</b>	<b>Men's 800</b>
Heats 1 & 2	2:00 pm	2:10 pm
Heats 3 & 4	2:19 pm	2:30 pm
Heats 5 & 6	2:40 pm	2:51 pm
Heats 7 & 8	3:01 pm	3:12 pm
Heats 9 & 10	3:23 pm	3:34 pm
Heats 11(if needed) & 12	3:45 pm	3: 57 pm
If needed		4:08 pm
<b>Note: Meet manager and Meet Referee reserve the right to combine the final heats of women and men.</b>		

<b>Sunday June 17, 2012 (400 IM)</b>		
<b>There will be at least a 20 minute break between the 800 Free and the 400 IM</b>		
	<b>Women's 400 IM</b>	<b>Men's 400 IM</b>
Heats 1 & 2	will not start earlier than 4:30 pm	4:36 pm
Heats 3 & 4	4:42 pm	4: 49 pm
Heats 4 (if needed)	4:55 pm	
<b>Note: Meet manager and Meet Referee reserve the right to combine the final heats of women and men.</b>		