

PVS January Distance Meet

January 5-6, 2013

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-13-30**

Hosted for PVS by: Blue Wave Swim Team

Entries due to Meet Manger by: Thursday December 20, 2012 (check on club deadline)

Saturday & Sunday Warm up: 7:00-8:00 am, Events 8:10 am

Meet Host/Director:	Blue Wave Swim Team Mike Kraeuter Ashburn Village Sports Pavilion 20585 Ashburn Village Blvd Ashburn, VA 20147 coachmike@pvbluewave.com 703-729-0581 xtn 108
Meet Referee:	John Fraser Fraser1964@verizon.net 703-946-0004
Club Official's Chair:	Suzanne Marron 703-966-8394 suzannemarron@msn.com Contact the Club Officials Chair if you are available to officiate at the meet.
Facility:	Lee District Rec Center 6601 Telegraph Rd, Alexandria, VA 22313, <ul style="list-style-type: none">• 10 lane, 25 yard course, with continuous warm up/cool down lanes• Water Depth ranges from 4' to 9' at the start and turning ends of the pool.• The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).
Eligibility:	Open to all Potomac Valley Swimming registered athletes. PLEASE MAKE SURE ALL ATHLETES ARE REGISTERED FOR 2012 BEFORE ENTERING THEM IN THE MEET.
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.
Qualifying Times:	<ul style="list-style-type: none">• Minimum provable times for 13 & O Swimmers:<ul style="list-style-type: none">○ The minimal provable time for 1000yd Freestyle is 14:00:00, or must have a provable time of 6:30.00 in the 500 yd Freestyle○ The minimal provable time for the 1650 yd Freestyle is 23:00.00 or a provable time of 14:00.00 in the 1000 yd Freestyle○ See full description of the PVS Distance Qualifying Policy• Coaches of 13 & O athletes that can complete the event(s) faster than the QT's, but do not satisfy the entry rule, should petition the PVS Distance Coordinator, Bill Marlin at coach_bill@verizon.net• Minimum provable times for 12 & U Swimmers:<ul style="list-style-type: none">○ Must following stepping stone progression○ A provable time of 7:20 must be swum in the 500yd Free before entering the 1000yd Free○ A provable time of 15:00 must be swum in the 1000yd Free before entering the 1650yd Free○ There are NO petitions for 12 & U athletes.
Rules:	<ul style="list-style-type: none">• Current USA Swimming rules shall govern the meet.• All events are timed finals.• Seed times are short course yards• No on-deck USA-S registration is permitted

	<ul style="list-style-type: none"> • Deck entries will be accepted, and are \$10 per individual event. All deck entries must be submitted no later than 45 minutes prior to first event of each session. In the event of a significantly over subscribed session, the Meet Director reserves the right to not accept deck entries. • Evidence of current USA-S registration will be required for deck entries. • In compliance with USA Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; 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. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. • Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When accompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.
Positive Check In & Order of Swims:	<p>All events will be positive check in and deck seeded. 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 website www.pvswim.org no later than Wednesday January 2, 2013.</p>
Warm Up:	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.
Supervision:	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
Programs:	Programs will NOT be available for each session. A complimentary copy of the psych sheet will be provided to coaches and working officials.
Officials & Timers:	<ul style="list-style-type: none"> • Each participating club is requested to provide at least one table worker or official (referee, starter or stroke & turn judge) per session if entering 25 or more splashes • All certified officials wishing to volunteer please contact the appropriate club official's chair prior to January 2. • Walk-on officials are also welcome and should report to the meet referee during warm-ups. • Each swimmer must provide their own timer and counter (if needed).
Entry Procedures:	<ul style="list-style-type: none"> • Entries should be submitted using Hy-Tek Team Manager. • Include in the subject of the email, "2013 PVS January Distance - ***" with the clubs initials in place of the asterisks. Also include training site if your club submits multiple entry files. • 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. • Individual event fee: \$5.50 (make checks payable to PVS) • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. • 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.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Lee District Rec Center and Blue Wave 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.

Saturday January 5, 2013

Warm up: 7:00-8:00 am, Events 8:10 am

Women's Events #	Event	Men's Event #
1	1650 yd Freestyle	2
Events will be swum fastest to slowest, alternating women and men. <i>All athletes must provide their own timer and counter (if needed).</i>		

Sunday January 6, 2013

Warm up: 7:00-8:00 am, Events 8:10 am

Women's Event #	Events	Men's Event #
3	1000 yd Freestyle	4
Events will be swum fastest to slowest, alternating women and men. <i>All athletes must provide their own timer and counter (if needed).</i>		