

**Arlington Aquatic Club  
Winter Gator Mini Meet  
February 23-24, 2013  
Sponsored by the Arlington Aquatic Club**

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

**Sanction # PVC-13-51**

<b>Meet Director:</b>	Evan Stiles 3700 South Four Mile Run Arlington, VA 22206 703-228-1814 <a href="mailto:aacswims@yahoo.com">aacswims@yahoo.com</a>
<b>Meet Location:</b>	<a href="#"><u>Washington-Lee High School</u></a>  1300 N. Quincy St Arlington, Virginia 22201 703-228-6262  8 Lanes 25 Yard Course  The pool is 6ft 6in at the Diving and turning end of the pool  Automatic Timing (touch pads primary) will be used for all 50 and 100 yard events.  Manual Timing (stopwatches only) will be used for all 25 yard events.  <b>**** Pool entrance is in school near Planetarium ****</b>  The competition course has been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).
<b>Meet Referee</b>	<b>Alan Hewitt-</b> <a href="mailto:ahewitt99@gmail.com">ahewitt99@gmail.com</a>
<b>Eligibility:</b>	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.
<b>Inclusion Policy for Swimmers with</b>	PVS and host clubs along with their Meet Directors are committed to the <a href="#"><u>Inclusion Policy as adopted by the BOD</u></a> . Athletes with a disability are welcomed and are asked to provide advance notice of desired

<b>a Disability:</b>	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.
<b>Warm-up and Meet Schedule:</b>	<p><b>Saturday- please note PM times</b>  <b>Session 1 (Girls) Warm-up 2:00 - 2:40 pm, 1st Event 2:45 pm</b>  <b>Session 2 (Boys) Warm-up 5:15 – 5:55 pm, 1st Event 6:00 pm</b></p> <p><b>Sunday- please note AM times</b>  Session 1 (Girls) Warm-up 8:00 - 8:40 am, 1st Event 8:45 am  Session 2 (Boys) Warm-up 11:15 – 11:55 am, 1st Event 12:00 pm</p> <p><b>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.</b></p>
<b>Warm-up:</b>	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.
<b>Rules:</b>	<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 style="padding-left: 40px;">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.</p> <p style="padding-left: 40px;">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.</p> <p style="padding-left: 40px;">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 unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <p style="padding-left: 40px;">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 12 &amp;U</p>

	sessions in Rule 205.3.1F.
<b>Public Admission and Program Fee:</b>	There is no public admission charge. <b>Programs for each session will be available for \$1.00</b>
<b>Awards:</b>	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.
<b>Officials:</b>	All certified officials wishing to volunteer to work this meet please contact the <b>AAC Officials Chairman, Chris Palmer, 703-921-0896 <a href="mailto:cpalmer2000@yahoo.com">cpalmer2000@yahoo.com</a></b> , prior to February 10. 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
<b>Entry Fees:</b>	<p><b>Fees for individual events are \$ 4.50</b>  <b>Fees for relay events are \$10.00</b>  <b>Individual swimmer surcharge- \$3.00</b></p> <p>Each club is requested to remit one check, payable to <b>AAC BOOSTERS</b>, to cover the entry fees for the entire team. Please do not send cash. Meet Directors have been instructed not to accept telephone entries. <b>No late entries for both individual and relays events will be accepted.</b></p>
<b>Entries:</b>	<p><b>General Instructions:</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted <b>(1) via e-mail.</b></li> <li>• Follow the instructions under the appropriate heading below. The immediately following rules apply regardless of method chosen. <ul style="list-style-type: none"> <li>○ Each club is requested to remit one check to cover the entry fees for the entire team. <b>Please put the club name on the entry check (if not a club check) and note the number of entries.</b> Please do not send cash. Meet directors have been instructed not to accept telephone or fax entries.</li> <li>○ 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.</li> <li>○ Individual or unattached entries will only be accepted by manual entry sent to the address listed below.○</li> </ul> </li> </ul>

	<p><b>Optional:</b> Before preparing your entries, events for this meet can be downloaded and then imported into team manager. (download <a href="#">09-11-events</a> unzip it and then go to team manager/file/import/meet events). To download <b>as a file</b>, 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"</p> <p>The file may also be requested directly from the <a href="#">Meet Director, Evan Stiles</a>.</p> <p><b>NEW:</b> All Relay-only swimmers must be listed on the meet entry in order to participate in the meet.</p> <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>
<p><b>Supervision &amp; Seating:</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<p><b>Timers:</b></p>	<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>
<p><b>Deadline:</b></p>	<p>The Meet Director must receive all entries and check for this meet no later than  <b>5:00 PM., Tuesday, February 12, 2013.</b></p> <p><b>Important:</b> 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><b>The meet director will be limiting entries to the first 180 swimmers per session.</b></p>
<p><b>Send Entries To:</b></p>	<p>Evan Stiles  Arlington Aquatic Club  3700 South Four Mile Run</p>

	Arlington, Virginia. 22206 703-228-1810 <a href="mailto:aacswims@yahoo.com">aacswims@yahoo.com</a>
<b>Reminder:</b>	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.  <b>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.</b>

**Saturday, February 23, 2012**

**\*\*\*Session 1 (Girls) Warm-up 2:00 - 2:40 p.m., 1st Event 2:45 p.m.**

**\*\*\*Session 2 (Boys) Warm-up 5:15 - 5:55 p.m., 1st Event 6:00 p.m.**

<b>Girls Event #</b>	<b>Events</b>	<b>Boys Event #</b>
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

**Sunday, February 24, 2013**

**Session 1 (Girls) Warm-up 8:00 - 8:40 a.m., 1st Event 8:45 a.m.  
Session 2 (Boys) Warm-up 11:00 - 11:40 a.m., 1st Event 11:45 a.m.**

<b>Girls Event #</b>	<b>Events</b>	<b>Boys Event #</b>
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