



SNOW Long Course Invitational

May 31-June 1-2, 2013

Sanctioned by USA Swimming through PVS and VA Swimming

Sanction numbers: PVI-13-72 and VS-13-12N

Meet Director	Eric Adams eric.adams@snowswimming.org 703-727-1617
Meet Referee	Mike Ryan LJCLMRYAN@verizon.net 540-687-0315
Club Officials Chair	Mike Ryan LJCLMRYAN@verizon.net 540-687-0315
Facility	Claude Moore Recreation Center 46105 Loudoun Park Lane Sterling, VA 20164 571-258-3600 One 8 lane course will be used during each. One warm-up / warm-down lane will be available throughout the meet. Water depth ranges from 12'6" at the starting end and 4' at the turning end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)
Timing System	Automatic timing (touch pads primary) will be used for this meet.
Schedule	Friday: Warm-up: 4:00-4:40pm / Events: 4:45pm Saturday: 13 and Over: Warm-up: 7:10-8:00am / Events: 8:05am 11-12: Warm-up: 12:30-1:00pm / Events: 1:05pm 10 and Under: Warm-up: 4:15-4:45pm / Events: 4:50pm Sunday: 13 and Over: Warm-up: 7:10-8:00am / Events: 8:05am 11-12: Warm-up: 1:15-1:45pm / Events: 1:50pm 10 and Under: Warm-up: 4:30-5:00pm / Events: 5:05pm ** Meet Director reserves the right to adjust times after entries are received
Eligibility	Open to invited USA Swimming teams. Swimmers shall compete at the age attained on Friday, May 31, 2013



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<p>Rules</p>	<p>Current USA Swimming rules shall govern the meet.</p> <p>Swimmers may only participate in their own age group events or open events.</p> <p>Swimmers may enter a maximum of 3 individual events per day, 7 total during the entire meet.</p> <p>Only long course times are applicable.</p> <p>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>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>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 &U sessions in Rule 205.3.1F.</p> <p>No VSI non-athlete member in good standing may be barred from participating in the meet as an official as certified.</p>
<p>Disability Swimmers</p>	<p>PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the Board of Directors. Athletes with disabilities are welcome to participate, and are asked to provide advance notice of desired 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.</p>
<p>Warm Up</p>	<p>The prescribed Potomac Valley Swimming and Virginia 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.</p>
<p>Supervision</p>	<p>Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas. Coaches & deck officials are required to display their valid 2013 USA Swimming</p>



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	<p>credentials.</p> <p>Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.</p> <p>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>
Meet Programs	<p>Meet programs will be made available at www.snowswimming.org by Thursday, May 30th by 12pm.</p>
Officials & Timers	<p>All certified officials wishing to volunteer to work this meet should contact Mike Ryan, Email: LJKLMRYAN@verizon.net. Phone: 540-687-0315. Please include your club affiliation, certifications held, and sessions you wish to work.</p> <p>Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-up.</p> <p>Each participating club is requested to provide at least one official and 3 timers per session if entering 25 or more swimmers.</p>
Seating	<p>Due to the limited pool deck space, no chairs are allowed on deck.</p>
Fees	<p>\$6.00 per individual event \$3.00 Facility surcharge per swimmer</p>
Deck Entries	<p>Deck Entries are \$10 per individual event</p> <p>Swimmers will be entered into open lanes in the existing heats on a first come, first serve basis. No extra heats will be created.</p> <p>Evidence of current USA-S registration will be required for all deck entries. This can be done by presenting a copy of your USA-S athlete registration card.</p>
Entry Procedure	<p>Teams should provide entries as follows:</p> <p>Send e-mail to Eric Adams at: eric.adams@snowswimming.org Include with your commlink file one report by name and one by event. Create these reports in HyTek Team Manager and save as Word for</p>



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Windows files.

In the body of your email, provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).

Entry Deadline: Tuesday, May 14th by 5pm

Important:

The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.

The above date is the deadline for teams to submit their entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers. Check with your team for this information.

Other Registration Details:

Entries directly from individual team members will not be accepted.

Entries by phone or fax entries will not be accepted.

Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.

Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

Each participating team is requested to remit one check to cover the entry fee for the entire team.

Please make checks payable to "SNOW Swimming". Please do not send cash.

Entry fees are due with each team's entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.

Send Entries To:

Eric Adams

342 Hedgestone Terrace NE

Leesburg, VA 20176



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Friday May 31st, 2013

Timed Finals

Warm-up: 4:00-4:40pm / Events 4:45pm

Girls Event #		Boys Event #
1	Open 800 Free	2
3	Open 1500 Free	4

*** 800 and 1500 will be swum fastest to slowest, alternating women and men
Swimmers in both will need to provide their own timer and counter
Both events will be positive check-in

Saturday June 1st, 2013

13 and Over Session: Warm-up: 7:10-8:00am / Events: 8:05am

Girls Event #		Boys Event #
5	13 and Over 50 Freestyle	6
7	13 and Over 200 Breaststroke	8
9	13 and Over 100 Backstroke	10
11	13 and Over 200 IM	12
13	13 and Over 100 Butterfly	14
15	13 and Over 400 Freestyle	16

11- 12 Session: Warm-up: 12:30-1:00pm / Events: 1:05pm

Girls Event #		Boys Event #
17	11-12 50 Breaststroke	18
19	11-12 100 Backstroke	20
21	11-12 100 Butterfly	22
23	12 and Under 200 Breaststroke	24
25	11-12 50 Freestyle	26
27	11-12 200 IM	28
29	11-12 400 Freestyle	30

10 and Under Session: Warm-up: 4:15-4:45pm / Event 4:50pm

Girls Event #		Boys Event #
31	10 and Under 50 Breaststroke	32
33	10 and Under 100 Backstroke	34
35	10 and Under 100 Butterfly	36
37	10 and Under 50 Freestyle	38
39	10 and Under 200 IM	40
41	10 and Under 400 Freestyle	42



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Sunday June 2nd, 2013

13 and Over Session: Warm-up: 7:10-8:00am / Events: 8:05am

Girls Event #		Boys Event #
43	13 and Over 200 Backstroke	44
45	13 and Over 100 Freestyle	46
47	13 and Over 200 Butterfly	48
49	13 and Over 100 Breaststroke	50
51	13 and Over 200 Freestyle	52
53	Open 400 IM	54

11-12 Session: Warm-up: 1:15-1:45pm / Events: 1:50pm

Girls Event #		Boys Event #
55	12 and Under 200 Butterfly	56
57	11-12 50 Backstroke	58
59	11-12 100 Breaststroke	60
61	11-12 200 Freestyle	62
63	11-12 50 Butterfly	64
65	12 and Under 200 Backstroke	66
67	11-12 100 Freestyle	68

10 and Under Session: Warm-up: 4:30-5:00pm / Event 5:05pm

Girls Event #		Boys Event #
69	10 and Under 50 Backstroke	70
71	10 and Under 100 Breaststroke	72
73	10 and Under 200 Freestyle	74
75	10 and Under 50 Butterfly	76
77	10 and Under 100 Freestyle	78