

**5/3/13 – Due to the time constraints for the 2013 meet, strict qualifying times will be in place for the LC Distance meet.**

**5/8/13 – No deck entries will be accept for this year's Distance meet.**

## PVS Long Course Distance Meet

June 23, 2013

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-13-76**

Hosted for PVS by: Fort Belvoir Swim Team

**Entries due to Meet Manger by: Tuesday June 4, 2013 (check on club deadline)**

Sunday: Warm up: 2:00 pm, Events 3:10 am

There will be a 30 minute break between the 800 and 1500 Freestyles

Meet Host/Director:	Fort Belvoir Swim Team Sam Burgi 1541 Colonial Dr. Apt. 101 Woodbridge, VA 22192 <a href="mailto:sburgj@fbswim.org">sburgj@fbswim.org</a>
Meet Referee:	Art Davis <a href="mailto:emerand@comcast.net">emerand@comcast.net</a>
Club Official's Chair:	Mark Harris <a href="mailto:Mharris131@aol.com">Mharris131@aol.com</a>
Facility:	<b>Fairland Aquatic Center</b> 13820 Old Gunpowder Rd. Laurel, MD 20707 703-922-4841 <ul style="list-style-type: none"><li>• 8 lane, 50 meter, with a water depth of 13' at the starting end and 4' at the turning end.</li><li>• The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</li></ul>
Timing Equipment:	Automatic Timing (touch pads) will be used for this meet.
Eligibility:	<b>Open to all Potomac Valley Swimming registered athletes 9 years old and older who make the qualifying times.</b>
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"><li>• <b>Qualifying Times for the 800M Free (1000 yd)</b><ul style="list-style-type: none"><li>◦ Woman: NST 10:42.99 (11:40.09) and for the Men: NST 9:54.99 (10:51.99)</li></ul></li><li>• <b>Qualifying Times for the 1500 M Free (1650 yd)</b><ul style="list-style-type: none"><li>◦ Woman: NST 19:47.99 (19:35.09) and Men: NST 19:15.99 (18:23.49)</li></ul></li><li>• <b>All entry times will be verified by SWIMS.</b></li></ul>
Rules:	<ul style="list-style-type: none"><li>• Current USA Swimming rules shall govern the meet.</li><li>• All events are timed finals.</li><li>• Seed times are long course meters. <b>All short course entry times will be converted to long course times.</b></li><li>• No on-deck USA-S registration is permitted</li><li>• Deck entries will not be accepted at this meet.</li><li>• Evidence of current USA-S registration will be required for deck entries.</li></ul>

	<ul style="list-style-type: none"> <li>• In compliance with USA Swimming Rules and Regulation, 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> </ul>
Positive Check In & Order of Swims:	<p><b>All events will be positive check in and deck seeded.</b> 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 <a href="http://www.pvswim.org">www.pvswim.org</a> no later than Wednesday June 19, 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"> <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>• All certified officials wishing to volunteer please contact the appropriate club official's chair prior to June 18.</li> <li>• <b>Each swimmer must provide their own timer and counter (if needed).</b></li> </ul>
Entry Procedures:	<ul style="list-style-type: none"> <li>• Entries should be submitted using Hy-Tek Team Manager.</li> <li>• Include in the subject of the email, "2013 PVS June Distance - ****" 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: \$6.00 (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, 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.</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>	

# Sunday June 23, 2013

Warm up: 2:00-3:00 pm, Events: 3:10 pm

Women's Events #	Event	Men's Event #
1	800 Meter Freestyle	2
<b>30 minute warm up break</b>		
3	1500 Meter Freestyle	4
<b>All athletes must provide their own timer and counter (if needed).</b>		