

9/20/13 – For the two sites in Maryland we will be at PGS&LC on Friday and Saturday and UMD on Sunday

PVS October Open

October 18-20, 2013

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-14-08**

Hosted for PVS by: Potomac Marlins, Nation's Capital Swim Club, Fort Belvoir Swim Team

Entries due to Meet Manger by: Thursday, October 3 (check on club deadline)

Warm up: Friday: Distance: 5:00-5:40 pm Events: 5:50 pm
 Sat. & Sun. 13 & O Warm-up: 6:30-7:20 am Events: 7:30 am
 11-12 Warm-up: 11:10-12:00 Events: 12:10 pm
 9-10 Warm-up: 2:40-3:20 Events: 3:30 pm

As a reminder: Assignments of clubs to pool sites will be reviewed by the PVS Admin Assistant, after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned and/or warm up and event times may be altered.

Meet Host/Director:	Potomac Marlins Bill Marlin 571-334-0871 3212 Allness Ln Herndon, VA 20171 Coach_bill@verizon.net	Nation's Capital Swim Club Brian Pawlowicz 703-319-4168 2704 Willow Dr Vienna, VA 22181 brianpawlowicz@cubu.org	Fort Belvoir Swim Team Sam Burgi 619-212-985 1541 Colonial Dr. Apt. 101 Woodbridge, VA 22192 sburgj@fbswim.org
Meet Referee:	John Kost MarlinsOfficials@gmail.com	Dave Merkin David@merkinlawgroup.com	Ed Dona edona@cox.net
Club Official's Chair:	John Kost MarlinsOfficials@gmail.com	Dave Merkin David@merkinlawgroup.com	Mark Harris Mharris131@aol.com
Facility	Lee District Rec Center	PG Sport & Learn Complex (Fri & Sat) and University of Maryland (Sun) NCAP: Course #1, FBST: Course #2	
Facility Information:	Lee District Rec Center 6601 Telegraph Rd Alexandria, VA 22313 703-922-9840 <ul style="list-style-type: none"> • 10 lane, 25 yards • Water Depth ranges from 4'-9' at both the starting and turning ends. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). 	PGS&LC 8001 Sheriff Rd. Landover, MD 20785 301-583-2400 <ul style="list-style-type: none"> • Dual Course, 8 lane each, 25 yards • Course #1 has a water depth range of 7'-12' at both the starting and turning ends. • Course #2 has a water depth range of 5'-7' at both the starting and turning ends. <p>The competition course has not been certified in</p>	University of Maryland 1115 Eppley Rec Center College Park, MD 20742 301-226-5383 <ul style="list-style-type: none"> • Dual Course, 8 lane each, 25 yards • Course #1 has a water depth range of 8-10' at both the starting and turning ends. • Course #2 has a water depth range of 10-14' at both the starting and turning ends.

		accordance with USA Swimming Rules and Regulations Article 104.2.2(C).	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.		
Team Assignments:	Lee District: AAC, BWST, HACC, PM, JCCW, MAKO, YORK, RIPS, GMU, NCAP-Alex, NCAP-Burke, NCAP-West, CSC, VLAC, MOON, FISH, RY	PGS&LC/UMD #1: ANSC, JFD, BTSC, CODS, NCAP-Loudoun, MACH, MSSC, NCAP-Tyson, PGKS, TANK, TIBU, PAC, UMAC, NCAP-Holton Arms	PGS&LC/UMD #2: ASA, , NCAP-PG, DCPR, ERSC, FGAC, FBST, FAST, OCCS, RMSC, PEAK, SSCT, TESC, SNOW, SDS, NCAP-G'Town Prep, NCAP-AU, LCL, NCAP-Germantown
	Note: Assignments of clubs to pool sites will be reviewed, by the PVS Admin Assistant, after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned.		
Eligibility:	Open to all Potomac Valley Swimming registered athlete only. No athletes from outside the PVS LCS will be permitted to enter the meet. Swimmers shall compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints.		
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.		
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. In the event that short course yard times are not available, coaches' times are preferred over "no times" for all events except event 7 & 8 (1000 yd freestyle). • Minimum provable times: <ul style="list-style-type: none"> ○ A no slower than time of 14:00:00 in the 1000yd/800m Freestyle for all athletes ○ IF the athlete is 13 & Over, they must have a time of 14:00:00 or faster OR a 500 yd/400 M time of 6:30 or better in order to compete. If the athlete has no time and the coach feels an athlete can complete the event(s) faster than the QT's, but who does not satisfy the entry rule, may petition the Distance Coordinator, Brad Bowser at brad@machineaquatics.com. ○ IF the athlete is 12 & Under, then they must have a provable 500yd/400M time of 7:20 or faster before entering the 1000yd. No petitions accepted. ○ See full description of the Distance Qualifying Policy • All 12 & Under swimmers are eligible for awards regardless of entry time used. • Events 5 & 6 (Open 1000 yd freestyle) will be swum fast to slow alternating women and men. Followed by events 7 & 8 (9-12 500yd freestyle) which will also be swum fast to slow, alternating women and men. • A swimmer may enter no more than 4 events per day or 8 events during the meet. 		

	<ul style="list-style-type: none"> ● Swimmers must provide their own timer for all events at the Friday night session. ● No on-deck USA-S registration is permitted ● 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. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. 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. ● Dive-over starts may be used at this meet at the discretion of the Meet Referee and Meet Management. ● 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, PDS's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. ● 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. ● The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet. ● 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 the 12 &U sessions in Rule 205.3.1F.
Positive Check In:	All events 200 yards or longer will be positive check-in. The Meet Directors will determine if positive check-in will be required for all events. Athletes who check into a deck-seeded event, have been seeded and fail to swim the event will be barred from their next schedule individual event, unless excused by the Meet Referee before the event takes place.
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.
Awards:	There will be no awards for this meet.
Programs:	All attempts will be made to have programs available for each session for a price not to exceed \$2. In the event of the entire session being positive check –in, programs may not be available until after the start of the meet. In the event that programs are not able to be sold, programs will be posted throughout the spectator areas.
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 October 10. ● Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries. ● The Meet Director may send out a request for timers based upon entries.

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 OCT OPEN - ****" 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: \$4.50 (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.
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NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Lee District Rec Center, Fairland Aquatic Center, Potomac Marlins, Nation's Capital Swim Club and Fort Belvoir Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

EVENTS

Friday, October 18, 2013

Warm up: 5:00-5:40 pm, Events: 5:50 pm

Swimmers must provide their own timer for all events at the Friday night session.

Women's Events #	Event	Men's Event #
1	9-12 200 yd Backstroke	2
3	13 & Over 200 yd Backstroke	4
5	Open 1000 yd Freestyle	6
7	9-12 500 yd Freestyle	8
Positive Check-In for 200 yd backstrokes by 5:30 pm (or 30 min after warm up begins)		
Positive Check-in for the 500 & 1000 Freestyle by 6:00 pm		

Saturday, October 19, 2013

13 & Over Session

Warm up: 6:30-7:20 am, Events: 7:30 am

Women's Event #	Events	Men's Event #
9	13 & Over 200 yd Freestyle	10
11	Open 400 yd Individual Medley	12
13	13 & Over 100 yd Butterfly	14
15	13 & Over 200 yd Breaststroke	16
17	13 & Over 100 yd Freestyle	18
Positive Check-In for all events 200 yd or more by 7:00 am (or 30 minutes after warm up begins). The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.		

Sunday, October 20, 2013 13 & Over Session

Warm up: 6:30-7:20 am, Events: 7:30 am

Women's Event #	Events	Men's Event #
45	13 & Over 200 yd Individual Medley	46
47	13 & O 50 yd Freestyle	48
49	13 & Over 200 yd Butterfly	50
51	13 & Over 100 yd Breaststroke	52
53	13 & Over 500 yd Freestyle	54
55	13 & Over 100 yd Backstroke	56

Positive Check-In for all events 200 yd or more by 7:00 am (or 30 minutes after warm up begins).
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

Saturday, October 19, 2013 11-12 Session

Warm up: 11:10-12:00, Events: 12:10 pm

Women's Event #	Events	Men's Event #
19	9-12 200 yd Breaststroke	20
21	11-12 100 yd Backstroke	22
23	11-12 200 Freestyle	24
25	11-12 50 yd Breaststroke	26
27	11-12 100 yd Butterfly	28
29	11-12 50 yd Freestyle	30
31	11-12 100 yd Individual Medley	32

Positive Check-In for all events 200 yd or more by 11:40 am (or 30 minutes after warm up begins).
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

Sunday, October 20, 2013 11-12 Session

Warm up: 11:10-12:00 pm, Events: 12:10 pm

Women's Event #	Events	Men's Event #
57	9-12 200 yd Butterfly	58
59	11-12 100 yd Breaststroke	60
61	11-12 50 Backstroke	62
63	11-12 200 yd Individual Medley	64
65	11-12 50 yd Butterfly	66
67	11-12 100 yd Freestyle	68

Positive Check-In for all events 200 yd or more by 11:40 am (or 30 minutes after warm up begins).
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

**Saturday, October 19, 2013
9-10 Session**

Warm up: 2:40-3:20 pm, Events: 3:30 pm

Women's Event #	Events	Men's Event #
33	9-10 100 yd Backstroke	34
35	9-10 200 yd Freestyle	36
37	9-10 50 yd Breaststroke	38
39	9-10 100 yd Butterfly	40
41	9-10 50 yd Freestyle	42
43	9-10 100 yd Individual Medley	44

Positive Check-In for all events 200 yd or more by 3:10 pm (or 30 minutes after warm up begins).
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

**Sunday, October 20, 2013
9-10 Session**

Warm up: 2:40-3:20 pm, Events: 3:30 pm

Women's Event #	Events	Men's Event #
69	9-10 100 yd Breaststroke	70
71	9-10 50 yd Backstroke	72
73	9-10 200 yd Individual Medley	74
75	9-10 50 yd Butterfly	76
77	9-10 100 yd Freestyle	78

Positive Check-In for all events 200 yd or more by 3:10 pm (or 30 minutes after warm up begins).
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.