

1/29/14 – Entries are due on THURSDAY January 30.
 1/21/14 – The meet will now be held at the University of Maryland.

PVS February Distance Meet

February 9, 2014

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-14-42**

Hosted for PVS by: Herndon Aquatic Club

Entries due to Meet Manger by: Thursday January 30, 2014 (check on club deadline)

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

Meet Host/Director:	Herndon Aquatic Club Kerstin Severin Herndon Community Center 814 Ferndale Ave Herndon, VA 20171 Kerstin.severin@herndon-va.gov 703-435-6800 x2128
Meet Referee:	Jim Thompson Jimthompson5802@aol.com
Club Official's Chair:	Kelly Rowell officials@swimhacc.org
Facility:	University of Maryland Eppley Recreation Center <ul style="list-style-type: none"> • Water Depth races from 8' to 10' at the starting and turning ends. • The competition course hasnot been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). Fairland Aquatic Center 13820 Old Gunpowder Rd, Laurel, MD 20707 <ul style="list-style-type: none"> • 8 lane, 25 yard course, with continuous warm up/cool down lanes • Water Depth ranges from 7' to 13' at the starting 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).
Timing System	Automatic Timing (touch pads) will be used for this meet.
Eligibility:	Open to all Potomac Valley Swimming registered athletes. PLEASE MAKE SURE ALL ATHLETES ARE REGISTERED FOR 2013 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: <ul style="list-style-type: none"> ○ For 13 & O athletes: The minimal provable time for 1000yd (800M) Freestyle is 13:30:00, or must have a provable time of NST 6:30.00 in the 500 yd (400 M)Freestyle ○ For 13 & O athletes: The minimal provable time for the 1650 yd Freestyle is 23:00.00 or a provable time of NST 13:30.00 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, Brad Bowser at brad@machineaquatics.com

	<ul style="list-style-type: none"> • If entering your swimmer with a time from an alternate distance or course please do not convert their time, enter them in the course swum. Please mark them as exhibition. The “exhibition” designation will be removed when swum. • Minimum provable times for 12 & U Swimmers: <ul style="list-style-type: none"> ○ Must follow stepping stone progression ○ A provable time of 7:20 must be swum in the 500 yd Free before entering the 1000yd Free. ○ A provable time of 15:00 must be swum in the 1000yd Free before entering the 1650 yd Free ○ There are no petitions for the 12 & U athletes. • All entry times are subject to verification and will be run thru the SWIMS database. Clubs that falsify an entry time will be fined the sum of \$100 per occurrence and no further entries will be accepted from that club until the fine has been paid.
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 • 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.
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 February 5, 2014</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 copy of the psych sheet will be posted on the PVS web site and posted at the meet.
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 February 4.

	<ul style="list-style-type: none"> • 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, "2014 PVS February 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: \$6.00 (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.
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatic Center and Herndon Aquatic Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>	

Order of Events: Athletes are able to swim both the 1000 yd and 1650 yd Freestyle. If a swimmer signs up for both events, they will be seeded in the first heat of the 1000 yd Freestyle. They will then be seeded with their entered time for the 1650. Depending on estimated timelines a coach may request to have their swimmer seeded in a later heat of the 1650 yd Freestyle. The 1000 yd Freestyle will be swum first, alternating Woman and Men and swum fastest to slowest according to submitted entry times regardless of age. The Meet Director and the Meet Referee will determine if a short break is needed once the 1000's are finished in order to accommodate those entering both events. Expected timelines and check in requirements will be posted to the PVS website at www.pvswim.org no later than Wednesday February 5, 2014.

Sunday February 9, 2014

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

Women's Events #	Event	Men's Event #
1	1000 yd Freestyle	2
3	1650 yd Freestyle	4
<p>Events will be swum fastest to slowest, alternating women and men. All athletes must provide their own timer and counter (if needed).</p>		