



PAC All Freestyle Meet

Sunday, September 28th, 2014

Sponsored by the Patuxent Aquatics Club (PAC)

Sanctioned by UNITED STATES SWIMMING through POTOMAC VALLEY
Sanction # PVC-15-02

Meet Director: John Venit 301-725-7711 dpws@aol.com

Club Officials Chair: Cherlynn Venit 301-725-7711 dpws@aol.com

Meet Referee: Sue Schwartz

Facility:

Prince George's Sports and Learning Complex
8001 Sheriff Road, Landover, MD 20785

50 meter x 25 yard indoor pool. Pool depth is 7 ft. to 15 ft. Eight (8) lanes will be used for competition. Kiefer Wave Eater racing lane lines. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)

Directions:

From the Capitol Beltway, take Exit 17B (202 West). Turn Left at first light, Brightseat Road. Take first right on to Sheriff Road. Complex is on the left at first traffic signal

Timing:

Colorado Timing System buttons and three timers per lane. Teams with swimmers in the 500 Freestyle will be responsible for providing two timers in the lane.

Meet Format:

Current USA Swimming rules shall govern the meet. All events will be **Timed Finals**. All events will be pre-seeded except for the 500 Freestyle.

The 500 Freestyle will be a positive check-in event. Swimmers for the 500 are responsible for their own timer and counter. If necessary we will run two courses for the 500 only. Check-in times for events 35-36-37-38 will be 1:00 pm

Swimmers may enter up to four (4) individual events. All entry times must have been achieved in USA Swimming sanctioned or approved competition.

Dive-over starts may be used at this meet at the discretion of the Meet Manager and/or Meet Referee. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches.](#) Officials are requested to review [Protocol for Dive-Over Starts.](#)

Schedule: Warm-up 10:00 AM – 11:00 AM Events 11:15 AM **NOTE:** Session Warm-Up and Start Times may be adjusted based on the number of entries received. The Meet Director reserves the right to make changes necessary to finish the session timely, including limiting entries. The Meet Director also has the option of running dual courses at the facility – One course for girls and one course for boys (If Needed)

Concessions: Concessions will NOT be available to purchase at the meet.

Seating: Officials, Timers, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck.

Awards: N/A

Eligibility: Open to all registered Potomac Valley Swimming Swimmers. Also open to Out of Town Teams. Swimmers shall compete at the age attained on the first day of the meet.

Inclusion Policy for Swimmers with Disability

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 the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

Rules: Current United States Swimming rules shall govern the meet. A contestant may enter a maximum of four (4) individual events and one (1) relay.

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 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 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 & U events per Rule 205.3.1F.

Warm-Up: 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.

Admission: There is no admission charge. Programs for each session will be available for \$2.00 each.

Officials: Certified Officials who have not been contacted should volunteer, please sign in with the Referee. An Officials meeting will be held no later than 10 minutes before the end of each warm-up session. If you wish to volunteer ahead of time, please contact Cherlynn Venit 301-725-7711 or email at dpws@aol.com.

Supervision: Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.

Timers: Participating Clubs are required to provide timers in proportion to their entry. A timer is required for each 25 entries, (not swimmers, entries). The number of timers will be adjusted when the Club is providing other officials. Acceptance of the Club entry is based on compliance with the above. The Host Club will provide one (1) timer per lane.

Entries: Entries may be sent via e-mail.

1. Entries must arrive by the due date and time
2. Entries with a no time, (NT) will be accepted.
3. Include with your entry file one (1) report by name and one (1) by event. Create these reports in Team Manager and save as Word for Windows files.
4. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).
5. Send e-mail to Cherlynn Venit dpws@aol.com
6. 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.

Entries may be sent via mail/express mail/ etc.

Computer entries (Hy-Tek) are encouraged. Electronic entries require one (1) meet entry report by **name** and one (1) by event from *Team Manager*. Entries may also be submitted on a PVS Master Entry Sheet. All entries must include a completed “**Entry Cover Sheet**”. Paper entries require an additional \$20.00 processing fee.

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.

Deck Entries: Deck entries are \$10.00 per individual event and must be submitted with cash payment no later than 15 minutes prior to the first event of each session. No new heats will be created. First come, first served.

Fees: Fees are \$5.00 for individual events and \$10.00 for relay events. Each participating Club is requested to remit one check to cover the entry fee for the entire team. **Please do not send cash.** Entry fees are due with entries.

Checks: Make checks payable to Patuxent Aquatics Club

Entry Deadline: All entries must be submitted for this meet no later than **5:00 PM, Wednesday Sept 17, 2014**

Note: NO fax or phone entries will be accepted.

Important: 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.

Send Entries and Checks To:

Patuxent Aquatics Club
414 Forest Bridge Ct Laurel MD 20724

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the Patuxent Aquatics Club, and the PG Sports and Learning Complex shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Warm-up 10:00 – 11:00 AM – Session 1 - Events: 11:15 AM

Session 1

Girls #	Event	Boys #
1	6 & Under 25 Freestyle	2
3	7-8 25 Freestyle	4
5	9-10 50 Freestyle	6
7	11-12 50 Freestyle	8
9	13 & over 50 Freestyle	10
11	6 & under 50 Freestyle	12
13	7-8 50 Freestyle	14
15	9-10 100 Freestyle	16
17	11-12 100 Freestyle	18
19	13 & over 100 Freestyle	20
21	8 & under 100 Freestyle	22
23	9-10 200 Freestyle	24
25	11-12 200 Freestyle	26
27	13 & over 200 Freestyle	28
29	10 & under 200 Free Relay	30
31	11-12 200 Free Relay	32
33	13 & Over 200 free Relay	34

Session 2

Warm-up: After completion of Session 1 Start 15 minutes after Session 1

Girls #	Event	Boys#
35	13 & Over 500 Freestyle	36
37	12 & Under 500 Freestyle	38

Positive Check In time for Events 35-38 is 1:00 PM