

**10/8/14 – Lee District (only):**  
**Friday WU: 4:30-5:10, Event: 5:20**  
**Saturday and Sunday 12 & U: WU 11:30-12:20, Events 12:30**

## PVS October Open

October 17-19, 2014

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-15-09**

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

**Entries due to Meet Manger by: Thursday, October 2 (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  
 12 & U Warm-up: 12:00-12:50 pm      Events: 1:00 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.

**Note: This year, the County will be strictly enforcing the final session end times each day. According to pool contracts and County policies, the meet must end within the contracted time, therefore, Meet Management and PVS Administration may have to limit heats in some events or change start times in order to fit within the contracted times.**

Meet Host/Director:	Potomac Marlins Bill Marlin 571-334-0871 3212 Allness Ln Herndon, VA 20171 <a href="mailto:Coach_bill@verizon.net">Coach_bill@verizon.net</a>	Nation's Capital Swim Club Brian Pawlowicz 703-319-4168 2704 Willow Dr Vienna, VA 22181 <a href="mailto:bpawlowicz@nationscapitalswimming.com">bpawlowicz@nationscapitalswimming.com</a>	Fort Belvoir Swim Team Sam Burgi 619-212-985 1541 Colonial Dr. Apt. 101 Woodbridge, VA 22192 <a href="mailto:sburgi@fbswim.org">sburgi@fbswim.org</a>
Meet Referee:	John Kost <a href="mailto:MarlinsOfficials@gmail.com">MarlinsOfficials@gmail.com</a>	Dave Merkin <a href="mailto:David@merkinlawgroup.com">David@merkinlawgroup.com</a>	Mike Rubin <a href="mailto:Mrubin1@cox.net">Mrubin1@cox.net</a>
Club Official's Chair:	John Kost <a href="mailto:MarlinsOfficials@gmail.com">MarlinsOfficials@gmail.com</a>	Dave Merkin <a href="mailto:David@merkinlawgroup.com">David@merkinlawgroup.com</a>	Mark Harris <a href="mailto:Mharris131@aol.com">Mharris131@aol.com</a>
Facility	<b>Lee District Rec Center</b>	<b>Fairland Aquatics Center</b> 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"> <li>• 10 lane, 25 yards</li> <li>• Water Depth ranges from 4'-9'</li> </ul>	Fairland Aquatic Center 13820 Old Gunpowder Rd. Laurel, MD 20707 301-362-6060 <ul style="list-style-type: none"> <li>• Dual Course, 8 lane each, 25 yards</li> </ul>	Fairland Aquatic Center 13820 Old Gunpowder Rd. Laurel, MD 20707 301-362-6060

	<p>at both the starting and turning ends.</p> <ul style="list-style-type: none"> <li>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</li> </ul>	<ul style="list-style-type: none"> <li>Course #1 has a water depth range of 7'-13' at both the starting and turning ends.</li> <li>Course #2 has a water depth range of 5'-7' at both the starting and turning ends.</li> </ul> <p>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</p>	<ul style="list-style-type: none"> <li>Dual Course, 8 lane each, 25 yards</li> <li>Course #1 has a water depth range of 7'-13' at both the starting and turning ends.</li> <li>Course #2 has a water depth range of 5'-7" at both the starting and turning ends.</li> </ul> <p>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</p>
Timing System:	Automatic timing (touch pads primary) will be used for this meet.		
Team Assignments :	<p><b>Lee District: AAC, BWST, HACC, PM, JCCW, MAKO, YORK, RIPS, GMU, NCAP-Alex, NCAP-Burke, CSC, VLAC, MAC, FISH, RY, DSS, MARY, TRA, TANK, NCAP-West</b></p>	<p><b>Fairland #1: ANSC, JFD, BTSC, NCAP-Tysons, NCAP-CM, MACH, MSSC, PGKS, TIBU, PAC, UMAC, NCAP-AU, NCAP-Holton Arms, AU, LMAC, YSS, NCAP-Germantown</b></p>	<p><b>Fairland #2: ASA, , NCAP-PG, DCPR, ERSC, FBST, FAST, OCCS, RMSC, SSCT, SNOW, SDS, NCAP-G'Town Prep, LCL, NCAP-West, DRAG, LPSC, PGPR, TOLL, YASD, NCAP-Germantown, NCAP-Claude Moore</b></p>
	<p><b>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.</b></p>		
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"> <li>Current USA Swimming rules shall govern the meet.</li> <li>All events are timed finals.</li> <li><b>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.</b></li> </ul>		

	<ul style="list-style-type: none"> <li>• Events 3 &amp; 4 will be a combined 500 yard freestyle on Friday will be swum fastest to slowest alternating women and men.</li> <li>• <b>A swimmer may enter no more than 3 events per day or 6 events during the meet.</b></li> <li>• <b>Swimmers must provide their own timer for all events at the Friday night session.</b></li> <li>• No on-deck USA-S registration is permitted</li> <li>• 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.</li> <li>• Evidence of current USA-S registration will be required for deck entries.</li> <li>• Dive-over starts may be used at this meet at the discretion of the Meet Referee and Meet Management.</li> <li>• 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.</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 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.</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 the 12 &amp;U sessions in Rule 205.3.1F.</li> </ul>
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"> <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 October 9.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries.</b></li> <li>• The Meet Director may send out a request for timers based upon entries.</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, "2014 PVS OCT OPEN - ***" 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: \$4.50 (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>

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 17, 2014

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	9 & Over 500 yd Freestyle	4

Positive Check-In for 200 yd Backstroke & 500 yd Freestyle by 5:30 pm (or 30 min after warm up begins)  
The 500 yd Freestyles will be a combined event swam fastest to slowest alternating women and men.

Saturday, October 18, 2014

13 & Over Session

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

Women's Event #	Events	Men's Event #
5	13 & Over 200 yd Individual Medley	6
7	13 & O 50 yd Freestyle	8
9	13 & Over 200 yd Butterfly	10
11	13 & Over 100 yd Breaststroke	12
13	13 & Over 200 yd Backstroke	14

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 19, 2014 13 & Over Session

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

Women's Event #	Events	Men's Event #
37	13 & Over 200 yd Freestyle	38
39	13 & Over 100 yd Backstroke	40
41	13 & Over 100 yd Butterfly	42
43	13 & Over 200 yd Breaststroke	44
45	13 & Over 100 yd Freestyle	46

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 18, 2014 12 & Under Session

Warm up: 12:00-12:50 pm, Events: 1:00 pm

Women's Event #	Events	Men's Event #
15	9-12 200 yd Breaststroke	16
17	9-10 50 yd Butterfly	18
19	11-12 100 yd Butterfly	20
21	9-10 100 yd Backstroke	22
23	11-12 100 Backstroke	24
25	9-10 200 yd Individually Medley	26
27	11-12 200 yd Individual Medley	28
29	9-10 100 yd Breaststroke	30
31	11-12 50 yd Breaststroke	32
33	9-10 100 yd Freestyle	34
35	11-12 100 yd Freestyle	36

Positive Check-In for all events 200 yd or more by 12:30 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 19, 2014 12 & Under Session

Warm up: 12:00-12:50 pm, Events: 1:00 pm

Women's Event #	Events	Men's Event #
47	9-12 200 yd Butterfly	48
49	9-10 50 yd Backstroke	50
51	11-12 50 yd Backstroke	52
53	9-10 200 yd Freestyle	54
55	11-12 200 yd Freestyle	56
57	9-10 100 yd Butterfly	58

59	11-12 50 yd Butterfly	60
61	9-10 50 Breaststroke	62
63	11-12 100 yd Breaststroke	64
65	9-10 50 yd Freestyle	66
67	11-12 50 yd Freestyle	68
69	9-10 100 yd Individual Medley	70
71	11-12 100 yd Individual Medley	72

Positive Check-In for all events 200 yd or more by 12:30 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.

