

Virginia State  
 LC Championships  
 May 22-24, 2015  
 Sponsored by Potomac Marlins Swim Team  
 Sanctioned by USA Swimming through Potomac Valley Swimming  
**Sanction # PVI-15-75**

Meet Director	<b>Bill Marlin</b> <b>3212 Allness</b> <b>Herndon, VA 20171</b> <b>571-334-0987</b>
Meet Referee	<b>John Kost</b> <a href="mailto:John.Kost@cgi.com">John.Kost@cgi.com</a>
Potomac Marlins Officials Chair	<b>John Kost</b> <a href="mailto:John.Kost@cgi.com">John.Kost@cgi.com</a>
Location / Facility	<p>Oak Marr Recreation Center</p> <p>3134 Jermantown Rd.</p> <p>Oakton, VA 22124</p> <p>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).          The competition course is 8 lanes by 50 meters.          The depth at the starting end of the pool is 14.5 feet.          The depth at the bulkhead turning end of the pool is 4.5 feet.</p>
Timing System	Automatic timing (touch pads primary) will be used for this meet.
Meet Hotels	<a href="http://www.hotels.com">www.hotels.com</a> Type in the address for Oak Marr Rec. Center: 3134 Jermantown Road Oakton, VA 22124
Schedule	<b>Friday Warm-ups:</b> 4:30 - 5:30 PM Events at 5:40 PM <b>13 &amp; Over warm-ups for Saturday &amp; Sunday:</b> 6:30-7:30 a.m. Events 7:40 a.m. <b>12 &amp; Under warm-ups for Saturday &amp; Sunday</b> 12:30 p.m. - 1:20 p.m. Events at 1:30 p.m. <b>Finals Saturday &amp; Sunday:</b> Warm-up 4:30-5:30pm Events at 5:40 pm
Awards	All 14 & under events will receive medals for 1st through 8th place for individual events.
Eligibility	<p>Open to all invited registered PVS athletes and invited USA athletes who meet the established NST Qualifying Times.          The Qualifying Time Period is April 1, 2013 thru the entry deadline.</p> <p>Current USA Swimming rules shall govern the meet.</p> <p>A contestant may participate in only his or her own age group events or in open events which are open to all ages.</p>

	<p><b>Contestants may enter a maximum of seven (7) individual events with no more than three (3) Individual events per day. Swimmers shall compete at the age attained on the first day of the meet.</b></p> <p><b>It is anticipated that CHASE STARTS will be used during prelims.</b></p> <p><b>Host team may bring in additional swimmers who do not meet the qualifying times to help with meet volunteer work force.</b></p>
Rules	<p><b>Meet Manager reserves the right to adjust warm-up times for the 12 &amp; Under sessions and Friday's Distance session after entries have come in.</b></p> <p><b>Individual Events</b></p> <p>All 10&amp;U and 11-12 events are timed finals. The <b>200 meter and longer events</b> will be positive check in. The Meet Manager reserves the right to Positive Check-in for <b>the 100 meter events</b> in the interest of manageable timelines.</p> <p>The <b>13-14 and Open 400 Free and 400 IM</b> are Timed Finals and will swim fastest to slowest.</p> <p>All 13-14 and Open individual events will have a "B" final and an "A" final heat. The "B" final for all events will be swum first.</p> <p>All 13-14 events require positive check-in.</p> <p>The <b>11-12 400 freestyle and 400 IM</b> and <b>10 &amp; U 400 freestyle</b> will be swum fastest to slowest.</p> <p>Yard times will be the conforming times for this meet. LCM times will be seeded after SCY times.</p> <p>No on-deck USA-S registration will be permitted.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>
Relay Events	There are no relays at this meet.
Warm-up / Cool-Down	There is no warm-up / cool-down water available however, two 10 minute breaks will be scheduled in the middle of each session for warm-up / cool-down.

Inclusion Policy for Swimmers with a Disability	PVS and host clubs along with their Meet Directors are committed to the <a href="#">Inclusion Policy as adopted by the BOD</a> . Athletes with a disability are welcomed and are asked to provide Advanced 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.
PVS Check-in Policy	For those events requiring positive check-in, athletes shall designate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked-in prior to the specified time will be scratched from the event. Athletes who have checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Referee.
PVS Scratch Policy	<p>If you do not wish to swim in the Final, you may "Scratch" from the event by following the proper procedure: You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" finals or "B" finals, if scheduled.</p> <p>You may declare an <b>"Intent to Scratch"</b>. You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent." You must rescind or "pull" this intent on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.</p> <p>If an athlete fails to properly scratch from an event and does not appear for the Final event, they "shall be barred from further competition for the remainder of the meet".</p>
Scoring	Individual: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1
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.
Supervision	Coaches are responsible for the conduct of their Swimmers and Families and for cleaning up their team areas. Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Working Coaches & deck officials are required to display their 2015 USA Swimming card. Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck.
Concessions	There will be no concessions for swimmers and spectators.
Programs	This meet requires positive check in for most of the events. All efforts will be made to have programs available as quickly as possible after the start of the meet. Once available they will be on sale for \$3.00 per session. Finals programs will be free of charge while supplies last.
Officials	<p>All certified officials wishing to volunteer for this meet should fill out the <a href="#">Application to Officiate</a> prior to May 8<sup>th</sup>, 2015. If there are any questions, issues accessing the application or officials wishing to volunteer after May 8<sup>th</sup> should contact the Potomac Marlins Officials Chairman, John Kost, at: <a href="mailto:marlinsofficials@gmail.com">marlinsofficials@gmail.com</a></p> <p>Include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the computer table at the start of warm-up. Certified officials who have not been contacted should volunteer their services to the Referee.</p>
Seating	Due to the limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck. No Deck chairs allowed for Athletes.
Warning	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.

Entries	<p>Entries may be sent via e-mail. <b>Short Course entry times are considered conforming times for this meet and will be seeded ahead of LC entry times. Entry Times must be achieved no earlier than April 1, 2013.</b></p> <ol style="list-style-type: none"> <li><b>1. Entries must arrive by the due date and time.</b></li> <li><b>2. Include with your entry file one (1) report by name. You must also check the box for "Proof of time"</b></li> <li>3. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).</li> <li>4. Send e-mail to: <a href="mailto:coach_bill@verizon.net">coach_bill@verizon.net</a></li> <li>5. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).</li> <li>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.</li> <li>7. Entries shall be sent via e-mail</li> <li>8. Events file for use in Team Manager is available at:</li> <li><b>9. No late/deck entries are permitted for this meet.</b></li> <li>10. The Meet Director will not accept phone or fax entries.</li> </ol>
Fees	<p>Fees for individual events are <b>\$8.00</b>. Athlete surcharge is <b>\$2.00</b> per athlete</p> <p>Each participating Club is requested to remit one check to cover the entry fee for the entire team. Do not send cash. Make checks payable to <b>POTOMAC MARLINS</b>. Entry fees are due with entries.</p>
Entry Deadline	<p><b>The entry dead line is 5:00 p.m., Monday, May 11<sup>th</sup>, 2015.</b> <b>Important:</b> 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.</p>
Send Entries To	<p>Bill Marlin 3212 Allness Lane Herndon, VA 20171 E-Mail entries will be accepted. Send electronic entries including meet entry reports to: <a href="mailto:Coach_bill@verizon.net">Coach_bill@verizon.net</a></p>
<p>NOTE: In granting this sanction it is <b>understood and agreed that</b> USA Swimming, Potomac Valley Swimming, Oak Marr Rec. Center and Potomac Marlins shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>	
<p><b>The Virginia State Long Course Championship is an official PROUD SPONSOR of the Wounded Warrior Project.</b> We invite you to help our courageous, wounded veterans and their families through a donation in the name of Potomac Valley Swimming and/or your individual swim clubs. <b>Donation checks will be accepted at the officials table throughout the three day meet.</b> Checks should be made out to <b>WOUNDED WARRIORS PROJECT</b>. Include PVS and name of your club on the memo line. All checks will be gathered and mailed as a group donation from the "Families of Potomac Valley Swimming".</p>	

**Friday, May 22<sup>nd</sup>, 2015 @ Oak Marr**  
**Warm-up 4:30-5:30 p.m. Events at 5:40 p.m.**

**All Events Timed Finals**

**Positive Check in closes 30 minutes after the start of warm-ups**

<b>GIRLS EVENT #</b>	<b>NST SCY</b>	<b>NST LCM</b>	<b>EVENT</b>	<b>NST SCY</b>	<b>NST LCM</b>	<b>BOYS EVENT #</b>
1	5:33.99	5:03.99	13-14 400 Free	5:24.99	4:55.99	2
3	5:19.99	4:46.99	Open 400 Free	5:00.99	4:30.99	4
5	5:59.99	5:24.99	11-12 400 Free	5:59.99	5:24.99	6
7	4:59.99	5:39.99	13-14 400 IM	4:56.99	5:33.99	8
9	4:49.99	5:31.99	Open 400 IM	4:26.99	5:09.99	10

**Saturday, May 23<sup>rd</sup>, 2015 @ Oak Marr**

**Warm-up 6:30-7:30 a.m. Events at 7:40 a.m.**

**Positive Check in closes 30 minutes after the start of warm-ups**

<b>GIRLS EVENT #</b>	<b>NST SCY</b>	<b>NST LCM</b>	<b>EVENT</b>	<b>NST SCY</b>	<b>NST LCM</b>	<b>BOYS EVENT #</b>
11	2:35.99	2:59.99	13-14 200 Fly	2:24.99	2:52.99	12
13	2:22.99	2:43.99	Open 200 Fly	2:09.99	2:35.99	14
15	1:07.99	1:21.99	13-14 100 Back	1:06.99	1:20.99	16
17	1:02.49	1:15.99	Open 100 Back	59.49	1:10.99	18
19	27.99	32.39	13-14 50 Free	25.99	31.79	20
21	26.49	30.99	Open 50 Free	23.99	27.99	22
23	2:44.99	3:12.99	13-14 200 Breast	2:39.99	3:05.99	24
25	2:39.99	3:06.99	Open 200 Breast	2:24.99	2:55.99	26
27	2:06.99	2:24.99	13-14 200 Free	2:01.99	2:20.99	28
29	1:59.99	2:16.99	Open 200 Free	1:50.99	2:07.99	30

**Sunday, May 24<sup>th</sup>, 2015 @ Oak Marr**  
**Warm-up 6:30-7:30 a.m. Events at 7:40 a.m.**

**Positive Check in closes 30 minutes after the start of warm-ups**

<b>GIRLS EVENT #</b>	<b>NST SCY</b>	<b>NST LCM</b>	<b>EVENT</b>	<b>NST SCY</b>	<b>NST LCM</b>	<b>BOYS EVENT #</b>
31	1:07.99	1:18.99	13-14 100 Fly	1:04.99	1:15.99	32
33	1:02.99	1:12.99	Open 100 Fly	57.99	1:07.99	34
35	2:24.99	2:54.99	13-14 200 Back	2:22.99	2:49.99	36
37	2:15.99	2:36.99	Open 200 Back	2:07.99	2:28.99	38
39	2:26.99	2:50.99	13-14 200 IM	2:22.99	2:40.99	40
41	2:16.99	2:37.99	Open 200 IM	2:04.99	2:25.99	42
43	1:18.99	1:31.99	13-14 100 Breast	1:12.99	1:25.99	44
45	1:13.99	1:26.99	Open 100 Breast	1:06.99	1:19.99	46
47	59.99	1:08.99	13-14 100 Free	57.99	1:06.99	48
49	56.49	1:04.99	Open 100 Free	50.99	58.99	50

**Saturday, May 2L1<sup>rd</sup>, 2015 @ Oak Marr**  
**Warm-up 12:30-1:20 p.m. Events at 1:30 p.m.**  
**All events are timed finals**

**Positive Check in closes 30 minutes after the start of warm-ups**

<b>GIRLS EVENT #</b>	<b>NST SCY</b>	<b>NST LCM</b>	<b>EVENT</b>	<b>NST SCY</b>	<b>NST LCM</b>	<b>BOYS EVENT #</b>
51	1:15.99	1:26.99	11-12 100 Fly	1:15.99	1:26.99	52
53	1:35.99	1:48.99	9-10 100 Fly	1:35.99	1:48.99	54
55	29.99	33.99	11-12 50 free	29.99	33.99	56
57	33.99	38.99	9-10 50 Free	33.99	38.99	58
59	2:59.99	3:24.99	11-12 200 Breast	2:59.99	3:24.99	60
61	45.99	50.99	9-10 50 Breast	45.99	50.99	62
63	38.99	43.99	11-12 50 Breast	38.99	43.99	64
65	1:25.99	1:40.99	9-10 100 Back	1:25.99	1:40.99	66
67	1:13.99	1:25.99	11-12 100 Back	1:13.99	1:25.99	68
69	2:49.99	3:14.99	9-10 200 Free	2:49.99	3:14.99	70
71	2:19.99	2:39.99	11-12 200 Free	2:19.99	2:39.99	72

**Sunday, May 24<sup>th</sup>, 2015 @ Oak Marr**  
**Warm-up 12:30-1:20 p.m. Events at 1:30 p.m.**

**All events are timed finals**  
**Positive Check in closes 30 minutes after the start of warm-ups**

<b>GIRLS EVENT #</b>	<b>NST SCY</b>	<b>NST LCM</b>	<b>EVENT</b>	<b>NST SCY</b>	<b>NST LCM</b>	<b>BOYS EVENT #</b>
73	2:39.99	3:03.99	11-12 200 IM	2:39.99	3:03.99	74
75	3:06.99	3:35.99	9-10 200 IM	3:06.99	3:35.99	76
77	1:04.99	1:13.99	11-12 100 Free	1:04.99	1:13.99	78
79	1:14.99	1:25.99	9-10 100 Free	1:14.99	1:25.99	80
81	33.99	38.99	11-12 50 Fly	33.99	38.99	82
83	39.99	44.99	9-10 50 Fly	39.99	44.99	84
85	2:54.99	3:18.99	11-12 200 Fly	2:54.99	3:18.99	86
87	1:39.99	1:54.99	9-10 100 Breast	1:39.99	1:54.99	88
89	1:25.99	1:38.99	11-12 100 Breast	1:25.99	1:38.99	90
91	39.99	44.99	9-10 50 Back	39.99	44.99	92
93	34.99	39.99	11-12 50 Back	34.99	39.99	94
95	2:39.99	3:06.99	11-12 200 Back	2:39.99	3:06.99	96
97	6:49.99	6:05.99	9-10 400 Free	6:49.99	6:05.99	98