



## SNOW Pumpkin Invitational

October 9-11, 2015

Sanctioned by USA Swimming through Potomac Valley Swimming and Virginia Swimming

Sanction Numbers: PVI-16-06 and

### Meet Director

Christine Vu

[cvu.snowswimming@gmail.com](mailto:cvu.snowswimming@gmail.com)

703-945-6189

### Meet Referee

Lynn Oliver

[lynn.r.oliver@verizon.net](mailto:lynn.r.oliver@verizon.net)

703-220-8664

### SNOW Officials' Chair

Lynn Oliver

[lynn.r.oliver@verizon.net](mailto:lynn.r.oliver@verizon.net)

703-220-8664

### Facility

Claude Moore Recreation Center  
46105 Loudoun Park Lane  
Sterling, VA 20164  
571-258-3600

One 25-yard course will be used during each. Warm-up/warm-down lane will be available throughout the meet.

Water depth ranges from 6'8" to 12'6" at both the starting end and turning end.

The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C).

Automatic timing (touch pads – primary) will be used for this meet.

### Schedule

**The meet director reserves the right to adjust times after entries are received**

All events will be timed finals.

#### **Friday, October 9**

Warm ups - 4:00-4:40 PM

Events - 4:50 PM

#### **Saturday, October 10**

#### **Sunday, October 11**

11 and Over Warm ups – 7:10-7:50 AM, Events – 8:00 AM

10 and Under Warm ups – 12:00-12:30 PM, Events – 12:40 PM

**All events 200 yards and above will be positive check-in. Check-in closing times will be posted at the meet.**

### Eligibility

Open to invited USA Swimming team. Swimmers shall compete with the age attained on Friday, October 9, 2015.

### Rules

Current USA Swimming Rules shall govern the meet.

Swimmers may only participate in their own age group or open events.

Swimmers may enter a maximum of eight individual events during the entire meet, not exceeding three events per day.

Only short course times will be applicable.

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.

**Rules (cont.)** 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.

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 12&U sessions in Rule 205.3.1F.

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](#).

All events will be Timed Finals.

### **Disability swimmers**

PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the Board of Directors. Athletes with disabilities are welcome to participate, 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.

**Warm ups** 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, as well as maintaining clean team areas. Coaches & deck officials are required to display their valid 2015 USA Swimming credentials.

Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.

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.

**Meet Programs** Meet programs will be available for purchase at the meet for \$2.00 each.

### **Officials & Timers**

All certified officials wishing to volunteer to work this meet should contact:

Lynn Oliver

[lynn.r.oliver@verizon.net](mailto:lynn.r.oliver@verizon.net)

703-220-8664

Please include your club affiliation, certifications held, and sessions you wish to work.

Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-up.

Each participating club is requested to provide at least one official and 3 timers per session if entering 25 or more swimmers.

**Seating** Due to the limited pool deck space, no chairs are allowed on deck. There will be bleachers available to spectators and athletes.

**Fees** \$5.00 facility surcharge per swimmer  
\$5.50 per individual event

**Entry Procedure** Teams should provide entries as follows:

Send an email to

Christine Vu at [cvu.snowswimming@gmail.com](mailto:cvu.snowswimming@gmail.com)

Include with your commlink file one report by name and one by event. Create these reports in HyTek Team Manager and save as Word or PDF.

In the email of your body, provide entry numbers (girls, boys, total) as well as contact information (email, phone, officials contact).

***Entry deadline Tuesday, September 29<sup>th</sup> by 5:00 PM***

***Important***

The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.

The above date is the deadline for teams to submit their entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers. Check with your team for this information.

***Other Registration Details***

Entries directly from individual team members will not be accepted. Entries by phone or fax entries will not be accepted. Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.

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.

Each participating team is requested to remit one check to cover the entry fee for the entire team.

Please make checks payable to "SNOW Swimming". Please do not send cash.

Entry fees are due with each team's entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.

***Send Entries To:***

Christine Vu  
43950 Harbor Hills Terr #409  
Lansdowne, VA 20176

***NOTE***

In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Claude Moore Recreation Center and Snow Swimming Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event



*Meet director reserves the right to adjust times after entries are received*

**Friday, October 9<sup>th</sup> 2015**

Warm up 4:00-4:40 PM, Events 4:50 PM

Girls' Event #		Boys' Event #
1	12 & Under 200 Back	2
3	13 & Over 200 Back	4
5	12 & Under 500 Free	6
7	13 & Over 1000 Free	8

\*\*\*1000 Free will be swum fastest to slowest, alternating men and women Swimmers in the 500 and 1000 will need to provide their own timer and counter

**Saturday, October 10<sup>th</sup> 2015**

11 & Over timed finals

Warm up 7:10-7:50 AM, Events 8:00 AM

*Athletes will not be allowed in the building until 7:00 AM.*

*Participants and spectators are to enter/exit the building through the main entrance only.*

Girls' Event #		Boys' Event #
9	11-12 200 Free	10
11	13 & Over 200 Free	12
13	11-12 100 Back	14
15	13 & Over 100 Back	16
17	11-12 50 Breast	18
19	13 & Over 400 IM	20
21	11-12 100 IM	22
23	11-12 200 Breast	24
25	13 & Over 200 Breast	26
27	13 & Over 100 Fly	28
29	11-12 100 Fly	30
31	13 & Over 50 Free	32
33	11-12 50 Free	34

**Saturday, October 10<sup>th</sup> 2015**

10 & Under timed finals

Warm up 12:00-12:30 PM, Events 12:40 PM

Girls' Event #		Boys Event #
35	10 & Under 200 IM	36
37	8 & Under 25 Back	38
39	9-10 50 Back	40
41	8 & Under 50 Breast	42
43	9-10 50 Breast	44
45	8 & Under 25 Free	46
47	9-10 100 Free	48
49	8 & Under 50 Fly	50
51	9-10 100 Fly	52
53	8 & Under 100 Free	54

**Sunday, October 11<sup>th</sup> 2015**

11 & Over timed finals

Warm up 7:10-7:50 AM, Events 8:00 AM

*Athletes will not be allowed in the building until 7:00 AM.*

*Participants and spectators are to enter/exit the building through the main entrance only.*

Girls' Event #		Boys' Event #
55	11-12 50 Back	56
57	13 & Over 200 IM	58
59	11-12 200 IM	60
61	13 & Over 200 Fly	62
63	11-12 200Fly	64
65	13 & Over 500 Free	66
67	11-12 50 Fly	68
69	13 & Over 100 Breast	70
71	11-12 100 Breast	72
73	13 & Over 100 Free	74
75	11-12 100 Free	76

**Sunday, October 11<sup>th</sup> 2015**

10 & Under timed finals

Warm up 12:00-12:30 PM, Events 12:40 PM

Girls' Event #		Boys' Event #
77	10 & Under 200 Free	78
79	8 & Under 25 Fly	80
81	9-10 50 Fly	82
83	8 & Under 50 Back	84
85	9-10 100 Back	86
87	8 & Under 100 IM	88
89	9-10 100 IM	90
91	8 & Under 25 Breast	92
93	9-10 100 Breast	94
95	8 & Under 50 Free	96
97	9-10 50 Free	98