

HARVEST MOON INVITATIONAL
OCTOBER 10,11, 2015
9, 10, 11, 12 YEAR OLD GIRLS AND BOYS

**SANCTIONED BY UNITED STATES SWIMMING THROUGH POTOMAC
VALLEY SWIMMING**

**SPONSORED BY THE TOWN OF HERNDON AND HERNDON AQUATIC
CLUB**

SANCTION # PVI-16-08

MEET DIRECTOR:	KERSTIN SEVERIN 703-435-6800 x 2128.										
MEET REFEREE:	JIM THOMPSON 703-435-3124 (jimthompson5802@aol.com)										
MEET LOCATION:	<p><u>HERNDON COMMUNITY CENTER</u> 814 FERNDALE AVENUE HERNDON, VA. 20170 703-787-7300</p> <p>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). The pool is 8 lanes, 25 yards with a depth of 3 ½-5 feet</p>										
TIMING SYSTEM:	Semi-Automatic timing (buttons primary) will be used for this meet.										
DIRECTIONS:	FROM I-495 NORTH OR SOUTH, TAKE DULLES ACCESS ROAD TO HERNDON/CHANTILLY EXIT. TURN RIGHT ONTO CENTREVILLE ROAD. CONTINUE THROUGH SIX LIGHTS; AT FERNDALE AVENUE, TURN LEFT. CONTINUE TO HERNDON COMMUNITY CENTER ON THE RIGHT.										
SCHEDULE:	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">SATURDAY AND SUNDAY</td> <td style="width: 50%;">OCTOBER 10 & 11</td> </tr> <tr> <td>9, 10 GIRLS & 11, 12 BOYS</td> <td>WARM-UP: 6:30 - 7:50</td> </tr> <tr> <td>AM EVENTS: 8:00 AM</td> <td></td> </tr> <tr> <td>9, 10 BOYS & 11, 12 GIRLS</td> <td>WARM-UP: 1:00 -2:20</td> </tr> <tr> <td>PM EVENTS: 2:30 PM</td> <td></td> </tr> </table>	SATURDAY AND SUNDAY	OCTOBER 10 & 11	9, 10 GIRLS & 11, 12 BOYS	WARM-UP: 6:30 - 7:50	AM EVENTS: 8:00 AM		9, 10 BOYS & 11, 12 GIRLS	WARM-UP: 1:00 -2:20	PM EVENTS: 2:30 PM	
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ELIGIBILITY:	OPEN TO ALL POTOMAC VALLEY REGISTERED ATHLETES AND INVITED USA SWIMMING ATHLETES. SWIMMERS SHALL COMPETE AT THE AGE ATTAINED ON THE FIRST DAY OF THE MEET. AN ATHLETE MAY ONLY COMPETE IN HIS OR HER OWN AGE DIVISION. ENTRIES WILL BE LIMITED TO 2400. ENTRIES WILL BE ACCEPTED ON A FIRST COME FIRST SERVED BASIS WITH PREFERENCE GIVEN TO CLUBS ENTERED LAST YEAR.										

<p>INCLUSION POLICY FOR SWIMMERS WITH A DISABILITY</p>	<p>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.</p>
<p>RULES:</p>	<p>CURRENT UNITED STATES SWIMMING RULES SHALL GOVERN THE MEET.</p> <p>ALL EVENTS ARE TIMED FINALS. A CONTESTANT MAY ENTER NO MORE THAN THREE EVENTS PER DAY, OR SIX EVENTS FOR THE MEET. TIME CONSTRAINTS MAY ALSO REQUIRE LIMITING THE NUMBER OF EVENTS THAT ARE SWUM.</p> <p>Dive-over starts will be used at this meet. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.</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 (ie. 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 & U events per Rule 205.3.1F.</p>

	<p>THERE WILL BE POSITIVE CHECK IN FOR ALL 200 YARD EVENTS. Athletes who check into a positive check-in 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. Positive check in will be due 30 min after the start of warm up.</p> <p>NO DECK ENTRIES WILL BE ACCEPTED.</p>
WARM -UP:	<p>THE PRESCRIBED POTOMAC VALLEY SWIMMING WARM-UP PROCEDURES AND SAFETY POLICIES WILL BE FOLLOWED. THERE WILL BE TWO FORTY (40) MINUTE WARM-UP SESSIONS. TEAMS WILL BE NOTIFIED OF THEIR WARM-UP ASSIGNMENTS.</p>
OFFICIALS:	<p>All certified officials wishing to volunteer to work this meet please contact the HACC Officials Chairman, Kelly Rowell, officials@swimhacc.org prior to October 5th. Please include your club affiliation, certifications held, and sessions you wish to work. Officials volunteering should sign in at the recording table prior to the start of Warm-ups. Certified officials who have not previously advised of their availability may volunteer their services to the Referee at this time</p>
TIMERS:	<p>PARTICIPATING CLUBS ARE REQUIRED TO PROVIDE TIMERS IN PROPORTION TO THEIR ENTRIES. THE NUMBER OF TIMERS BEING COMMITTED MUST BE INCLUDED ON THE CLUB MASTER ENTRY. THE NUMBER OF TIMERS REQUIRED WILL BE ADJUSTED WHEN WITH CLUB PROVIDING OTHER OFFICIALS. ACCEPTANCE OF THE CLUB ENTRY IS BASED UPON COMPLIANCE WITH THE ABOVE. HOST CLUBS ARE REQUIRED TO PROVIDE ONE TIMER PER LANE.</p>
SUPERVISION:	<p>COACHES ARE RESPONSIBLE FOR THE CONDUCT OF THEIR SWIMMERS AND FOR CLEANSING UP THEIR TEAM AREA.</p>
TEAM AREA:	<p>TEAMS WILL BE HOUSED OUTSIDE THE POOL AREA BECAUSE OF LIMITED DECK SPACE. THE AREAS THEY WILL STAY ARE AIR-CONDITIONED; THEREFORE, APPROPRIATE CLOTHING SHOULD BE WORN TO MAINTAIN BODY WARMTH.</p>
WARNING:	<p>ANY CLUB THAT ENTERS AN UNREGISTERED ATHLETE, FALSIFIES IN ANY WAY, OR PERMITS AN UNREGISTERED COACH TO REPRESENT THEM, WILL BE FINED THE SUM OF \$100.00 AND NO FURTHER ENTRIES WILL BE</p>

	ACCEPTED FROM THAT CLUB UNTIL THE SAID FINE HAS BEEN PAID.
ADMISSION:	THERE IS NO ADMISSION CHARGE. PROGRAMS FOR EACH SESSION WILL BE AVAILABLE FOR \$2.00 EACH. WORKING OFFICIALS AND COACHES RECEIVE A FREE PROGRAM.
AWARDS:	<p>MEDALS FOR FIRST THROUGH EIGHTH PLACE FOR INDIVIDUAL EVENTS.</p> <p>AWARDS FOR FIRST, SECOND AND THIRD WILL BE AWARDED FOR EACH SEX AND EACH AGE GROUP FOR THE FOLLOWING TWO CATEGORIES:</p> <p>THE HARVEST MOON FULL MOON AWARD THE CHAMPIONSHIP SCORED WILL BE BASED ON THE ACCUMULATED TIMES FOR THE FOLLOWING SIX EVENTS: 200 INDIVIDUAL MEDLEY, 200 FREESTYLE, 100 FREE, 100 BACK, 100 BREAST, AND THE 100 BUTTERFLY. THE SWIMMER MUST LEGALLY SWIM ALL SIX OF THE ABOVE EVENTS TO BE ELIGIBLE.</p> <p>THE HARVEST MOON HALF MOON AWARD THE CHAMPIONSHIP SCORED WILL BE BASED ON THE ACCUMULATED TIMES FOR THE FOLLOWING SIX EVENTS: 100 INDIVIDUAL MEDLEY, 100 FREESTYLE, 50 FREE, 50 BACK, 50 BREAST, AND THE 50 BUTTERFLY. THE SWIMMER MUST LEGALLY SWIM ALL SIX OF THE ABOVE EVENTS TO BE ELIGIBLE.</p>
FEES:	FEES FOR INDIVIDUAL EVENTS ARE \$5.00. EACH CLUB IS REQUESTED TO REMIT ONE CHECK TO COVER THE ENTRY FEES FOR THE ENTIRE TEAM. PLEASE DO NOT SEND CASH. TELEPHONE ENTRIES WILL NOT BE ACCEPTED. LATE (DECK) ENTRIES ARE \$10.00 PER INDIVIDUAL EVENT AND MUST BE SUBMITTED NO LATER THAN 30 MINUTES PRIOR TO THE FIRST EVENT OF EACH SESSION; AND WILL ONLY BE ACCEPTED IF THE ENTRY LIMIT HAS NOT BEEN REACHED.
MEET ENTRY PROCEDURES:	<p>General Instructions:</p> <ul style="list-style-type: none"> • Entries may be submitted via e-mail. ○ Each club is requested to remit one check to cover the entry fees for the entire team. Please put the club name on the entry check (if not a club check) and note the number of entries. Please

do not send cash. Meet directors have been instructed not to accept telephone or fax entries.

- Entries not submitted on the required forms, not complete, not legible or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry.
- Individual or unattached entries will only be accepted by manual entry sent to the address listed below.
- **Optional:** Before preparing your entries, events for this meet can be downloaded and then imported into team manager. manager/file/import/meet events). To download **as a file**, you may need in Netscape to right click on the mouse and select "Save Link as" and with Microsoft Explorer right click on the mouse and select "Save Target As"

The file may also be requested directly from the [Meet Director, Kerstin Severin.](#)

E-mail Entries:

- Club E-mail entries will be accepted provided the transmission time is prior to entry deadline.
- Attach one report by event, one by name (save as Word for Windows in Team Manager)
- Attach commlink file
- In body of e-mail give total number of splashes (men, women, total entry) and contact information (name, phone, e-mail address)
- **Remember to also send entry fee check via USPS**
- Clubs submitting by email should submit entries to Kerstin Severin kerstin.severin@herndon-va.gov, in the subject heading type, "2015Harvest Moon - *****" with the club's initials substituted in place of the asterisks.
- 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.
DEADLINE:	THE MEET MANAGER MUST RECEIVE ALL ENTRIES FOR THIS MEET NO LATER THAN 5:00 P.M., TUESDAY September 29, 2015. 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.
CHECKS:	CHECKS SHOULD BE MADE PAYABLE TO: TOWN OF HERNDON
SEND ENTRIES TO:	KERSTIN SEVERIN (Fed Ex, UPS, etc) HERNDON COMMUNITY CENTER 814 FERNDALE AVENUE HERNDON, VA 20170 (USPS only) Herndon Community Center P.O.Box 427 Herndon, VA 20172-0427 kerstin.severin@herndon-va.gov
REMINDER:	Entry fees are due with each club's meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. No further entries will be accepted from clubs for future meets until all entry fees are paid in full by the club to the meet director.
LIABILITY STATEMENT:	NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The Town of Herndon and the Herndon Commanders shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

SATURDAY PROGRAM OCTOBER 10, 2015
9,10 GIRLS & 11,12 BOYS WARM-UP: 6:30 - 7:50 AM EVENTS:
8:00AM

9,10 BOYS & 11,12 GIRLS WARM-UP:1:00 - 2:20 PM EVENTS: 2:30 PM

Positive check in will be due 30 min after the start of warm up.

GIRLS EVENT #	EVENT	BOYS EVENT #
1	9 YR. 200 YD. FREESTYLE	2
3	10 YR. 200 YD. FREESTYLE	4
5	11 YR. 200 YD. FREESTYLE	6
7	12 YR. 200 YD. FREESTYLE	8
9	9 YR. 100 YD. INDIVIDUAL MEDLEY	10
11	10 YR. 100 YD. INDIVIDUAL MEDLEY	12
13	11 YR. 100 YD. INDIVIDUAL MEDLEY	14
15	12 YR. 100 YD. INDIVIDUAL MEDLEY	16
17	9 YR. 100 YD. BACKSTROKE	18
19	10 YR. 100 YD. BACKSTROKE	20
21	11 YR. 100 YD. BACKSTROKE	22
23	12 YR. 100 YD. BACKSTROKE	24
25	9 YR. 50 YD. BUTTERFLY	26
27	10 YR. 50 YD. BUTTERFLY	28
29	11 YR. 50 YD. BUTTERFLY	30
31	12 YR. 50 YD. BUTTERFLY	32
33	9 YR. 100 YD. BREASTSTROKE	34
35	10 YR. 100 YD. BREASTSTROKE	36
37	11 YR. 100 YD. BREASTSTROKE	38
39	12 YR. 100 YD. BREASTSTROKE	40
41	9 YR. 50 YD. FREESTYLE	42
43	10 YR. 50 YD. FREESTYLE	44
45	11 YR. 50 YD. FREESTYLE	46
47	12 YR. 50 YD. FREESTYLE	48

SUNDAY PROGRAM OCTOBER 11, 2015

9,10 GIRLS & 11,12 BOYS WARM-UP: 6:30 - 7:50 AM EVENTS: 8:00 AM
9,10 BOYS & 11,12 GIRLS WARM-UP: 1:00 - 2:20 PM EVENTS: 2:30 PM

Positive check in will be due 30 min after the start of warm up.

GIRLS EVENT #	EVENT	BOYS EVENT #
49	9 YR. 200 YD. INDIVIDUAL MEDLEY	50
51	10 YR. 200 YD. INDIVIDUAL MEDLEY	53
53	11 YR. 200 YD. INDIVIDUAL MEDLEY	54
55	12 YR. 200 YD. INDIVIDUAL MEDLEY	56
57	9 YR. 100 YD. FREESTYLE	58
59	10 YR. 100 YD. FREESTYLE	60
61	11 YR. 100 YD. FREESTYLE	62
63	12 YR. 100 YD. FREESTYLE	64
65	9 YR. 50 YD. BREASTSTROKE	66
67	10 YR. 50 YD. BREASTSTROKE	68
69	11 YR. 50 YD. BREASTSTROKE	70
71	12 YR. 50 YD. BREASTSTROKE	72
73	9 YR. 100 YD. BUTTERFLY	74
75	10 YR. 100 YD. BUTTERFLY	76
77	11 YR. 100 YD. BUTTERFLY	78
79	12 YR. 100 YD. BUTTERFLY	80
81	9 YR. 50 YD. BACKSTROKE	82
83	10 YR. 50 YD. BACKSTROKE	84
85	11 YR. 50 YD. BACKSTROKE	86
87	12 YR. 50 YD. BACKSTROKE	88