

# PVS 2016 Short Course Senior Championships

March 3-6, 2016

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-16-64**

Time Trials: **PVS-16-64-TT**

Hosted for PVS by: Nation's Capital Swim Club

**Meet Entries due to Entry Chair: Tuesday February 23, 2016 (check on club deadline)**

Warm up: Thursday: 4:30-5:30 pm Events: 5:40 pm

Warm up: Prelims: 6:30 am Events: 8:30 am

Warm up: Finals: 4:00-5:20 pm Events: 5:30 pm

Meet Host/Director:	Nation's Capital Swim Club Brian Pawlowicz, <a href="mailto:bpawlowicz@nationscapitalswimming.com">bpawlowicz@nationscapitalswimming.com</a> , 703-319-4168
<b>Entry Chair:</b>	Karyn McCannon <a href="mailto:Karyn.mccannon@gmail.com">Karyn.mccannon@gmail.com</a>  <b>Please send all entry files to Karyn McCannon</b> <b>Mail checks payable to PVS to: 8120 Woodmont Ave. #101, Bethesda, MD 20814</b>
Meet Referee:	Steed Edwards <a href="mailto:sandsedwards@aol.com">sandsedwards@aol.com</a>
Admin Referee:	Barb Ship <a href="mailto:barb@ships3.com">barb@ships3.com</a>
Official's:	This meet will be an Officials Qualifying Meet, under the USA Swimming National Certification program. Please contact Steed Edwards if you are interested in being an Official for this meet.  You may also submit an <a href="#">Application to Officiate</a> . Any official interested in being evaluated must submit an Application to Officiate no later than Feb. 24 <sup>th</sup> noting the request for evaluation. You can review information about the National Certification Program on the <a href="#">USA Swimming Website</a> .
Facility:	<b>George Mason University</b> 4400 University Drive, Fairfax VA 22030 703-993-3939 <ul style="list-style-type: none"> <li>The Jim McKay Natatorium competition pool is 25Y by 50M, with two moveable bulkheads, water depth ranging from 7 feet to 13 ½ feet and surrounded by an all tile deck. The pool has a state of the art automated pool filtration system to include an Ultraviolet system.</li> <li>The competition course has a movable bulkhead at one end and therefore is not certified under Article 104.2.2(C).</li> </ul>
Timing System:	<ul style="list-style-type: none"> <li>Automatic Timing (touch pads primary) will be used for this meet.</li> </ul>
Eligibility:	<ul style="list-style-type: none"> <li>Open to all Potomac Valley Swimming registered athletes and invited USA Swimming Athletes.</li> <li>Non-PVS Clubs interested in participating should request an invitation from the PVS Senior Chair, Mark Faherty, <a href="mailto:fahertyswim@yahoo.com">fahertyswim@yahoo.com</a></li> <li>Swimmers must have equaled or bettered the applicable Qualifying Time listed. Qualifying times must have been achieved between March 1, 2014 and the entry deadline for this meet. Qualifying times must have been achieved in a USA-Swimming sanctioned, observed or approved meet.</li> <li>Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event, will result in the swimmer being scratched from that event.</li> </ul>

	<ul style="list-style-type: none"> <li>Distance Entries: Any swimmer who qualifies for the 1000yd and/or 1650 yd freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle.</li> </ul>
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.
Inclement Weather	<ul style="list-style-type: none"> <li>In the event of inclement weather, the Meet Director, Meet Referee and Senior Chair will work with the facility manager to make any necessary changes. Information will be posted on the PVS web site and/or a Flash Mail will be sent out.</li> </ul>
Rules:	<ul style="list-style-type: none"> <li>Current USA Swimming rules shall govern the meet.</li> <li>All individual events are trials and finals, except for the 1000yd and 1650 yd Freestyle which are timed finals. Evening finals heats will be swum in the following order for Junior Champs "B" then "A" and for Senior Champs, "C", "B" then "A"</li> <li><b>A swimmer may enter as many events as they qualify for, but may compete in a maximum of 7 individual events and no more than 3 individual events per day.</b></li> <li>All relay events are timed finals.</li> <li>The 200 yd relays will be swum during the preliminary session. The 400 yd relays will be swum during the finals session.</li> <li>The fastest heat of the 800 yd Freestyle Relay will be swim in the finals session and the slower heats in the preliminary session. When checking in for the 800 yd Freestyle Relay, a club may indicate they want to swim in the AM session.</li> <li>A club may enter up to 3 relay teams per relay event, but only two relay teams per club per event may score.</li> <li>The 200 yd Freestyle Relay and 200 yd Medley Relay will not be scored.</li> <li>Seed times are short course yards. LCM entry times are non-conforming and will be seeded after SCY times.</li> <li>No late entries are permitted for this meet.</li> <li>Late entries will be accepted for a fee; \$150 per club plus two times the entry fee.</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, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>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.</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> </ul>

	<ul style="list-style-type: none"> <li>• Dive-over starts may be used during the preliminary sessions at this meet at the discretion of the Meet Referee.</li> </ul>
<p>Withdrawing from Finals:</p>	<p>National Championship scratch rules (207.11.6) apply for swimmers scratching from finals.</p> <p>If you do not wish to swim in the Final, you must “scratch” from the event by following this procedure:</p> <p>You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A” or “B” or “C” finals, if scheduled.</p> <p>You may declare “intent to scratch”. 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”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch 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 of the remainder of the meet.”</p>
<p>Seeding and Positive Check In:</p>	<ul style="list-style-type: none"> <li>• The 1000 and 1650 Freestyle events and the 400 and 800 yard relay events will be positive check-in events. Individuals/Relays must check in by the check-in deadline in order to be SEEDED INTO THE EVENT.</li> <li>• <b>All events will be seeded after the scratch/check-in deadlines listed below in accordance with USA Swimming 207.11.6</b> <ul style="list-style-type: none"> <li>○ Check-in deadline for Thursday distance events is 5:00 pm</li> <li>○ Scratch deadline for Friday events and positive check-in for 800 FR is Thursday at 6:10 pm</li> <li>○ Scratch deadline for Saturday events and positive check-in for 400 MR is Friday at 6:30 pm</li> <li>○ Scratch deadline for Sunday events and positive check-in for 400 FR and Sunday 1000/1650 is Saturday at 6:30 pm</li> </ul> </li> <li>• The preliminaries of the 500 Free and the 400 IM will be swum as follows. If there are seven or more heats, the four fastest heats of women (slow-to-fast) will be followed by the four fastest heats of men (slow-fast). The remaining heats will be swum fast-to-slow, alternating women and men after the relay events. If there are six or fewer heats, the events will be swum all women (slow-to-fast) then all men (slow-to-fast).</li> </ul>
<p>Order of Swims:</p>	<ul style="list-style-type: none"> <li>• Three finals heats of each individual event for except the 1000 and 1650 events will be swum at night. Three heats from Senior Champs will alternate with two heats from Junior Champs. Heats will be swum in the following order: “C”, “B”, “A”.</li> <li>• Heats of distance events (1000 yd &amp; 1650 yd) will be swum fastest to slowest, alternating women and men. The fastest seeded heat of the women’s 1000 and men’s 1650 will be the first event of the Sunday finals session. (Swimmers in the 1000 and 1650 are responsible for providing their own timer, except for those swimming in the Final session on Sunday.)</li> </ul>
<p>Bonus Events:</p>	<p>Any athlete, who is entered into at least one individual event, may also enter one bonus event for which they meet the Bonus Qualifying Time. If entered in 2 or more individual events, they may enter 2 bonus events for which they meet the Bonus Qualifying Times. Athletes entering bonus events may compete in no more than the maximum events per session or the meet.</p>

Time Trials:	<ul style="list-style-type: none"> <li>• Time trials will be held following the completion of the timed finals session on Thursday and after the completion of the FINALS sessions on Friday, Saturday and Sunday, time permitting</li> <li>• An athlete must compete in an individual event in either Senior Champs or Junior Champs in order to participate in time trials.</li> <li>• Athletes are permitted one time trial per time trial session provided that this participation does not cause them to exceed the three events per day limitation.</li> <li>• <b>The time trial fee is \$12/attempt.</b></li> <li>• The order of time trial events will be those events contested that day followed by those events remaining to be contested, followed by those events already contested, except that time trials for the 1000y and 1650y freestyle will only be offered on Thursday.</li> </ul>
Warm Up:	<p>The prescribed PVS warm-up procedures and safety policies will be followed.</p> <p>The warm-up schedule for preliminaries sessions will be as follows:</p> <ul style="list-style-type: none"> <li>• 6:30-7:20 am: All lanes are general warm-up</li> <li>• 7:20-8:20 am: Lanes 1 and 8 are designated for pace; Lanes 2 and 7 are designated for sprint; Lanes 3 through 6 will remain general warm-up</li> </ul> <p>The warm-up for the finals sessions will be as follows:</p> <ul style="list-style-type: none"> <li>• 4:00-4:50 pm: All lanes are general warm-up</li> <li>• 4:50-5:20 pm: Lanes 1 and 8 are designated for pace; Lanes 2 and 7 are designated for sprint; Lanes 3 through 6 will remain general warm-up</li> </ul> <p>During the meet there will be continuous warm-up/cool-down lanes. Due to facility restriction there is limited space in the warm-up/cool-down pool, if needed and timelines warrant a break may be taken in the competition pool as per instructions of the meet referees. Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.</p>
Supervision:	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
Scoring:	Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
Awards:	There are no awards for this meet.
Programs:	All preliminary and Finals programs will be available for \$2 each. The meet will also be available on Meet Mobile.
Credentials:	Parents not working the meet as a deck official, volunteer timer or other position are not permitted on the deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have their current USA Swimming card with them at all times.
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 Meet Referee, Steed Edwards by Feb. 24. See above regarding application to Officiate.</li> <li>• Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries.</li> <li>• The Meet Director may send out a request for timers based upon entries.</li> <li>• The host club will strive to provide one timer per lane.</li> </ul>
Entry Procedures:	<ul style="list-style-type: none"> <li>• <b>All entries will be sent to the Entry Chair: Karyn McCannon; <a href="mailto:karyn.mccannon@gmail.com">karyn.mccannon@gmail.com</a></b></li> <li>• <b>Mail checks to 8120 Woodmont Ave #101, Bethesda, MD 20814</b></li> </ul>

- Conforming (SCY) and Non-Conforming (LCM) times will be used for entry. Conforming times will be seeded first.
- Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry.
  - Override times that are not proven during the entry process will be annotated with an asterisk (\*) in the meet psych sheet.
- **Proof for times annotated as unproven (\*) must be provided to the Administrative Referee prior to the event, or the swimmer will be scratched from that event.**
- Relay Entries: Ensure “relay only” athletes are included in the team entry roster.
  - If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (\*\*).
  - The \*\* signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay.
  - There are no qualifying times for the 200 yd relays.
- Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status.
- Individual Unattached Athletes: Unattached athletes may enter individually.
  - Payment will be required prior to the start of the meet.
- **Individual event fee: \$8.00, Relays \$12 (make checks payable to PVS)**
- Entry fees are due with meet entry and must be paid prior to the start of the meet. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.
- 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.
- All Relay-only swimmers must be listed on the team’s OME meet roster in order to participate in the meet
- Please designate Bonus events as such in OME.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, George Mason University and Nation’s Capital Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

## Thursday, March 3, 2016

Warm up: 4:30-5:30 pm, Events: 5:40 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
1	18:35.09	18:47.99	1650 yd Freestyle			
			1000 yd Freestyle	10:06.99	9:04.39	2
Positive check-in deadline for these events is 5:00 pm Events are timed finals. Heats will be swum fastest to slowest, alternating women and men.						

## Friday March 4, 2016

Warm up Prelims: 6:30-8:20 am, Events: 8:30 am

Warm up Finals: 4:00-5:20 pm, Events: 5:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
3	1:58.39	2:14.39	200 yd Freestyle	1:47.99	2:03.19	4
5	1:12.29	1:22.19	100 yd Breaststroke	1:04.49	1:14.19	6
7	1:01.89	1:08.29	100 yd Butterfly	55.99	1:01.79	8
9	4:47.99	5:25.99	400 yd Individual Medley	4:23.99	4:57.89	10
<b>10 Minute Break</b>						
11	8:28.79		800 yd Freestyle Relay	7:40.99		12
All Relays are Positive Check-in <span style="color: red;">Positive check-in deadline for 800y Free Relay is 6:10 pm Thursday</span> Break will be 10 minutes and the competition pool will be open for Warm up. <u>800 yd Freestyle Relay</u> : Events are timed finals. Heats will be swum slowest to fastest alternating women and men in the preliminary session. Fastest heat for women and men will be swum as the last event in the finals session. Team may designate that they want to swim in the AM session when they check in.						

## Saturday March 5, 2016

Warm up Prelims: 6:30-8:20 am, Events: 8:30 am

Warm up Finals: 4:00-5:20 pm, Events: 5:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
13	2:34.89	2:54.79	200 yd Breaststroke	2:19.99	2:39.99	14
15	25.49	28.99	50 yd Freestyle	22.79	26.19	16
17	1:02.49	1:10.69	100 yd Backstroke	56.59	1:04.19	18
19	5:15.99	4:42.99	500 yd Freestyle	4:52.99	4:22.79	20
21			200 yd Freestyle Relay			22
<b>10 Minute Break – Finals Only</b>						
23	4:30.19		400 yd Medley Relay	4:02.59		24

The 400y Medley Relay is Positive Check-in

**Positive check-in deadline for 400y Medley Relay is 30 min after the start of Finals on Friday**

Break will be 10 minutes and the competition pool will be open for Warm-ups.

200 Freestyle Relay: Events are timed finals and will be swum only during preliminaries

400 Medley Relay: Events are timed finals and will be swum slowest to fastest during finals

## Sunday, March 6, 2016

Warm up Prelims: 6:30-8:20 am, Events: 8:30 am

Warm up Finals: 4:00-5:20 pm, Events: 5:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
25	2:14.49	2:31.69	200 yd Backstroke	2:03.89	2:21.09	26
27	55.19	1:02.19	100 yd Freestyle	49.69	56.99	28
29	2:20.89	2:35.29	200 yd Butterfly	2:06.59	2:23.39	30
31	2:15.79	2:32.09	200 yd Individual Medley	2:03.29	2:20.09	32
33			200 yd Medley Relay			34
<b>10 Minute Break – Finals Only</b>						
35	3:56.49		400 yd Freestyle Relay	3:31.99		36
<b>15 Minute Break – competition pool will be open for warm up/cool down</b>						
37	10:55.09	9:39.79	1000 yd Freestyle			
			1650 yd Freestyle	17:23.49	17:50.29	38

The 400y Freestyle Relays is positive Check-in

**Positive check-in deadline 400y Free Relay is 30 min after the start of Finals on Saturday**

**Positive check-in deadline for 1000/1650 is 30 min after the start of Finals on Saturday**

Break will be 10 minutes and the competition pool will be open for Warm-ups.

200 yd Medley Relay: Events are timed finals and will be swum only during preliminaries.

1000 yd & 1650 yd Freestyle: Events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Fastest heat of each event will be swum as the first event in the finals session.

400 yd Freestyle Relay: Events are timed finals and will be swum slowest to fastest during finals.

## 2015 PVS SC Senior Champ Bonus Cuts

<b>Women</b>	<b>Event</b>	<b>Men</b>
<b>NST</b>		<b>NST</b>
25.78	50 yd Freestyle	23.49
56.19	100 yd Freestyle	50.69
2:00.39	200 yd Freestyle	1:49.99
5:20.99	500 yd Freestyle	4:57.99
11:05.09	1000 yd Freestyle	10:16.99
18:50.09	1650 yd Freestyle	17:38.49
1:03.99	100 yd Backstroke	58.09
2:17.49	200 yd Backstroke	2:06.89
1:13.79	100 yd Breaststroke	1:05.99
2:37.89	200 yd Breaststroke	2:22.99
1:03.39	100 yd Butterfly	57.09
2:23.89	200yd Butterfly	2:09.59
2:18.79	200 yd IM	2:09.59
4:54.49	400 yd IM	4:29.99