

PVS 2016 Short Course Junior Championships

March 3-6, 2016

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-16-65**

Hosted for PVS by: Nation's Capital Swim Club

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

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

Warm up: Friday-Sunday Prelims: 10:00-11:20 am Events: 11:30 am

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

***Warm up times for PVS Junior Champs will follow the conclusion of PVS SC Senior Champ preliminaries, if necessary due to changes at Sr. Champs the warm up schedule for Jr. Champs may be altered.

Meet Host/Director:	Nation's Capital Swim Club Brian Pawlowicz, bpawlowicz@nationscapitalswimming.com , 703-319-4168
Entry Chair:	Karyn McCannon Karyn.mccannon@gmail.com Please send all entry files to Karyn McCannon Mail checks payable to PVS to: 8120 Woodmont Ave. #101, Bethesda, MD 20814
Meet Referee:	Bob Vincent rdv@vwi.com
Admin Official:	Dave DiNardo Dave.dinardo@gmail.com
Official's:	Please contact the Meet Referee, Bob Vincent if you are interested in being an official for this meet. You may also submit an Application to Officiate . You should submit your application no later than February 26 for an assigned position. However, late applications and walk-ons are welcome.
Facility:	George Mason University 4400 University Drive, Fairfax VA 22030 703-993-3939 <ul style="list-style-type: none"> 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. The preliminaries will be held in the fixed wall to fixed wall course which has been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C). The finals will be held in a bulkhead course that has not been certified in accordance with 104.2.2(C).
Timing System:	<ul style="list-style-type: none"> Automatic Timing (touch pads primary) will be used for this meet.
Eligibility:	<ul style="list-style-type: none"> Open to all Potomac Valley Swimming registered athletes 13 & Over as of the first day of the meet. Swimmers shall compete at the age attained on the first day of the meet. A swimmer may not enter an event they are participating in that event at the PVS 2016 14 & Under Junior Olympic Champs. Swimmers must have equaled or bettered the applicable Qualifying Times listed and have not achieved a faster time than the 2016 SC Senior Champ QT or the 13-14 JO Qualifying Time. All Qualifying times must have been achieved between March 1, 2014 and the entry deadline for this meet. All qualifying times must have been achieved in a USA Swimming sanctioned, observed or approved meet.

	<ul style="list-style-type: none"> • 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. • Distance Entries: Any swimmer who qualifies for the 1000 yd 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.
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"> • 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.
Rules:	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern the meet. • All individual events are prelims/finals, except for the 1000yd and 1650yd Freestyle events which will be 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". • A swimmer may enter and compete in a maximum of 7 individual events and no more than 3 individual events per day. • All relay events are timed finals. The 200 yd Freestyle and Medley relays will not be scored. • All relay events will be swum slow-to-fast in the preliminaries session. • A club may enter up to 3 relay teams per relay event, but only two relay teams per club per event may score. • SCY entry times will be used for this meet. No LCM times will be accepted. NT entries will not be accepted. • No late entries will be accepted. • No on-deck USA-S registration is permitted • 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. • 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. • 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. • Dive-over starts may be used during the preliminary sessions at this meet at the discretion of the Meet Manager and/or Meet Referee.
Withdrawing from Finals:	PVS scratch rules apply for swimmers scratching from finals.

	<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” 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>
Positive Check In:	<ul style="list-style-type: none"> • Positive check in will be required for all individual and relay events 400 yd and longer. These events will be seeded on the deck. Swimmers and relay teams not checked-in will be scratched from that event. Athletes who have checked-in, been seeded and fail to swim the event will be barred from their next scheduled individual events. • If the size of PVS Junior Championships warrants, positive check in for individual events 200 yd or shorter may be announced.
Order of Swims:	<ul style="list-style-type: none"> • Preliminaries will be swum in a dual course format; men and women events in separate courses. The SC Junior Champ preliminary session will immediately follow the SC Senior Champ preliminary sessions. The session will be conducted in event order, with circle-seeded heats (see notes below regarding Distance events).. • Three heats of each individual event from Senior Champs and two heats from Junior Champs events will be swum at finals. Three heats from Senior Champs will alternate with two heats from Junior Champs. Heats for Senior Champs will be swum in the following order: “C”, “B”, “A”. Heats for Junior Champs will be swum in the following order: “B”, “A”. • Heats of distance events (1000 yd & 1650 yd) will be swum fastest to slowest. All heat of the women’s 1000 and men’s 1650 will be swum during the preliminary session on Sunday. (Swimmers in the 1000 and 1650 are responsible for providing their own timer and counter if needed.)
Time Trials:	<p>There will be no Time Trials as part of the Junior Championships Meet. Swimmers entered in an individual event in this meet may swim a time trial at the conclusion of the Finals session, time permitting. See the Senior Championships meet announcement for details.</p>
Warm Up:	<p>The prescribed PVS warm-up procedures and safety policies will be followed.</p> <p>The warm up schedule for preliminary sessions will be as follows:</p> <ul style="list-style-type: none"> • 10:00-10:50 am: All lanes are general warm-up • 10:50-11:20 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. <p>The warm up schedule for the finals sessions will be as follows:</p> <ul style="list-style-type: none"> • 4:30-5:20 pm: All lanes are general warm-up • 5:20-5:50 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. <p>During the meet there will be continuous warm-up/cool-down lanes. Marshals will be assigned to monitor these areas. Due to facility safety requirements if the warm up/cool down pool exceeds their maximum capacity, facility staff and/or</p>

	marshals will monitor the entrance of the pool. If at any time conditions become unsafe, the area will be closed for the remainder of the session.
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 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"> • Each participating club is requested to provide at least one table worker or official (referee, starter or stroke & turn judge) per session if entering 25 or more splashes • All certified officials wishing to volunteer please contact the appropriate Meet Referee chair prior to March 1. • Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries. • The host club will strive to provide one timer per lane.
Entry Procedures:	<ul style="list-style-type: none"> • All entry files must be sent to the Entry Chair, Karyn McCannon, karyn.mccannon@gmail.com • Mail checks to 8120 Woodmont Ave #101, Bethesda, MD 20814 • SCY entries only, No LCM times will be accepted. • Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry. • 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. <ul style="list-style-type: none"> ○ 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. <ul style="list-style-type: none"> ○ 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.
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 #	NFT	NST	Event	NST	NFT	Men's Event #
101	18:35.10Y	20:09.09Y	13 & Over 1650yd Freestyle			
			13 & Over 1000 yd Freestyle	10:42.69Y	10:07.00Y	102
<p>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. All swimmers must provide their own timer and counter.</p>						

Friday March 4, 2016

Warm up Prelims: 10:00-11:20 am, Events: 11:30 am

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

Women's Events #	NFT	NST	Event	NST	NFT	Men's Event #
103	1:58.40Y	2:04.69 Y	13 & Over 200 yd Freestyle	1:53.99Y	1:48.00Y	104
105	1:12.30Y	1:17.59Y	13 & Over 100yd Breaststroke	1:09.59Y	1:04.50Y	106
107	1:01.90Y	1:06.19Y	13 & Over 100yd Butterfly	58.99Y	55.60Y	108
109	4:48.50Y	5:08.89Y	13 & Over 400yd Individual Medley	4:41.89Y	4:24.00Y	110
10 minute Break						
111	8:28.80Y	9:02.69Y	13 & Over 800 yd Freestyle Relay	8:16.09Y	7:41.00Y	112
<p>Positive Check-in for the 400yd IM is 8:30 am Positive Check-in for the 800yd Freestyle Relay is 9:30 am Break will be 10 minutes and the competition pool will be open for Warm-ups. <u>800 yd Freestyle Relay</u>: Events are timed finals All heat will be swum slowest to fastest alternating women and men during the preliminary session.</p>						

Saturday March 5, 2016

Warm up Prelims: 10:00-11:20 am, Events: 11:30 am

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

Women's Events #	NFT	NST	Event	NST	NFT	Men's Event #
113	2:34.90Y	2:43.59Y	13 & Over 200 yd Breaststroke	2:30.69Y	2:20.00Y	114
115	25.50Y	26.89Y	13 & Over 50 yd Freestyle	24.19Y	22.80Y	116
117	1:02.50Y	1:06.59Y	13 & Over 100 yd Backstroke	1:00.39Y	56.60Y	118
119	5:16.00Y	5:32.99Y	13 & Over 500 yd Freestyle	5:07.99Y	4:53.00Y	120
121			13 & Over 200 yd Freestyle Relay			122
10 minute Break						
123	4:30.20	4:48.49Y	13 & Over 400 yd Medley Relay	4:23.89Y	4:02.60Y	124
<p style="text-align: center;">400 Medley Relays are Positive Check-in Positive Check-in deadline for 500yd Freestyle is 8:30 am Positive Check-in deadline for 400 Medley Relay is 9:30 am Break will be 10 minutes and the competition pool will be open for Warm-ups. <u>200 Freestyle Relay & 400 Medley Relay:</u> All relays are timed finals and will be swum slowest to fastest during PRELIMS</p>						

Sunday, March 6, 2016

Warm up Prelims: 10:00-11:20 am, Events: 11:30 am

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

Women's Events #	NFT	NST	Event	NST	NFT	Men's Event #
125	2:14.50Y	2:22.99Y	13 & Over 200 yd Backstroke	2:12.59Y	2:03.90Y	126
127	55.20Y	57.59Y	13 & Over 100 yd Freestyle	51.99Y	49.70Y	128
129	2:20.90Y	2:32.99Y	13 & Over 200 yd Butterfly	2:19.99Y	2:06.60Y	130

131	2:15.80Y	2:22.29Y	13 & Over 200 yd Individual Medley	2:09.19Y	2:03.30Y	132
133			13 & Over 200 yd Medley Relay			134
10 minute Break						
135	3:56.50Y	4:08.49Y	13 & Over 400 yd Freestyle Relay	3:48.09Y	3:32.00Y	
137	10:55.10Y	11:45.09Y	13 & Over 1000 yd Freestyle			
			13 & Over 1650 yd Freestyle	18:56.79Y	17:23.50Y	138

400 Freestyle Relay is Positive Check-in
Positive Check-in deadline for 400y Free Relay is 9:30 am
Positive check in deadline for 1000/1650 is 9:30 am
Break will be 10 minutes and the competition pool will be open for Warm-ups.
200 yd Medley Relay and 400 yd Freestyle Relay: Events are timed finals and will be swum slowest to fastest during PRELIMS.
1000yd & 1650 yd Freestyle: Events are timed finals. All heats will be swum fastest to slowest alternating women and men in the preliminary sessions.