

PVS 2016 Short Course 14 & Under Junior Olympic Championships

March 10-13, 2016

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-16-67**

Hosted for PVS by: Machine Aquatics

Entries due to Meet Manger by: Thursday February 25, 2016 (check on club deadline)

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

Friday-Sunday 11-14 Prelim Warm up: 7:00-8:20 am Events: 8:30 am

Friday-Sunday 10 & U Prelim Warm up: 12:40-1:20 pm Events: 1:30 pm

FINALS: Warm up: 5:00-5:50 pm Events: 6:00 pm

****Coaches: Please be advised that if entries warrant, it may be necessary to make adjustments to session timelines and/or format. A final decision (if necessary) for any changes will be made by the Meet Referee, Meet Director and Age Group Chair.****

Meet Host/Director:	Machine Aquatics Paris Jacobs 204-D Mill St. NE Vienna, VA 22180 paris@machineaquatics.com 571-238-7657 Send all entries to: entries@machineaquatics.com
Meet Referee:	Stewart Gordon officials@machineaquatics.com
Admin Referee:	Karyn McCannon kmccannon@nationscapitalswimming.com
Club Official's Chair:	Stewart Gordon officials@machineaquatics.com PVS has applied for this meet to be an Officials Qualifying Meet (N3 S&T, N2 other positions), under the USA Swimming National Certification program. Please contact the meet referee if you are interested in being an Official for this meet. You may also submit an Application to Officiate . Any official interested in being evaluated must submit an Application to Officiate no later than March 3 noting the request for evaluation. You can review information about the National Certification Program on the USA Swimming Website
Facility:	University of Maryland Eppley Recreation Center College Park, MD 20742 301-226-5383 <ul style="list-style-type: none"> • 50M by 25y pool. The meet will be swum in two 25 yd, 8 lane courses for the preliminary session. A separate warm up/cool down pool will be available throughout the entire meet. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). The competition course has a movable bulkhead and will be measured before and after each session to ensure accuracy of course. • The depth of the preliminary and finals competition section of the pool is 8 lanes wide with a depth of 8' at the starting end and 10'6" at the turning end. The second preliminary competition pool is 10'6" at the starting and turning end.
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. • Swimmers may only participate in his or her own age group, based upon their age on the first day of the meet.

	<ul style="list-style-type: none"> • Swimmers must have equaled or bettered the applicable SCY or LCM qualifying times listed. • Times achieved prior to March 10, 2014 will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed or approved meets. • 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 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.
Disability Swimmers:	<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 athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.</p>
Rules:	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern the meet. • A swimmer may enter and compete in a maximum of 6 individual events and no more than 3 individual events per day. • A club may enter up to 3 relay teams per relay events, but only two relay teams per club per event may score. • SCY seed times are conforming for this meet. LCM seed times will be seeded after SCY times. • No late entries are permitted for this meet. • 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 from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement. • 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 will be used during the preliminary sessions at this meet.
Event Rules:	<ul style="list-style-type: none"> • All individual events are prelims and finals except the 11-12 and 10 & Under 500 Freestyle and the 14 & Under 1000 & 1650 yd Freestyle. • Except where otherwise noted the 10 & Under events will have 1 heat at Finals, the 11-12, 12 & Under, 13-14 and 14 & Under events will have 2 heats at Finals, swum in the order of "B", then "A". • The 11-12 500 yd freestyle and the 14 & U 1000 yd. and 1650 yd Freestyle events will be swum fastest to slowest.

	<ul style="list-style-type: none"> The fastest heat of the Women's 14 & U 1000 yd. and Men's 1650 yd. Freestyle and the Women's and Men's 10 & Under 500 yd Freestyle will be swum as the first events of the Finals session on Sunday. Swimmers of the 500 yd, 1000 yd and 1650 yd events are responsible for providing their own timer and counter; except for those swimming in Finals on Sunday. All relays are timed finals and will be swum in the preliminary sessions. The boys and girls will swim in separate courses for the preliminary sessions. Plan your events accordingly.
Withdrawing from Finals:	<p>PVS scratch rules apply for swimmers scratching finals.</p> <p>If you do not wish to swim in the Final, you may "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 for the remainder of the meet."</p>
Positive Check In:	<p>Positive check-in is required for all individual events and relays 400 yd and longer. Swimmers who do not check-in will not be seeded into that 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 Meet Referee before the event takes place..</p> <p>See the check-in deadlines later in this Meet Announcement. Note: that check-in for the Sunday 1000/1650 events must be done by 6:30 pm Saturday.</p> <p>If the size of the PVS 14 & Under Championships warrants, positive check-in for individual events 200 yd or shorter may be announced.</p>
Warm Up:	<p>The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of Warm-up, times/lane assignments.</p> <p>If during the meet there are continuous warm-up/cool-down lanes, 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:	<p>Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</p> <p>Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</p>
Awards:	<ul style="list-style-type: none"> Medals will be awarded 1st through 8th place for individual events and 1st through 3rd place for relay events. High point awards will be presented to the male and female athlete with the highest point total in individual events in the following age groups: 10 & Under, 11-12, 13-14. Relay events will not be used to determine high point awards.

Programs:	Programs for all sessions will be available for \$10, and will include coupons for finals programs for each evening free of charge; however if positive check in for all events is necessary, then programs may be made available session by session.
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, chief judge, or stroke & turn judge) per session if entering 25 or more splashes • All certified officials wishing to volunteer please contact the appropriate club official's chair prior to March 3. • Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries. • The Meet Director may send out a request for timers based upon entries.
Entry Procedures:	<ul style="list-style-type: none"> • Send all entries to: entries@machineaquatics.com • Entries should be submitted using Hy-Tek Team Manager. • Include in the subject of the email, "2016 PVS 14 & U JO Champs - ***" with the clubs initials in place of the asterisks. Also include training site if your club submits multiple entry files. • Meet Directors are requested to acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the meet director. • Individual event fee: \$8.00, Relays \$12 (make checks payable to PVS) • Entry fees are due with meet entry. 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 meet entry in order to participate in the meet
<p>** Important ** - Coaches must submit a cell phone number that they will answer in between prelims and finals, in case a swimmer scratches in to the finals and needs to be notified. Cell phone number should be submitted with the entry email. We will also try and provide text message accessibility in the weeks leading up to the meet.</p>	
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, University of Maryland, The Eppley Recreation Center and Machine Aquatics shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>	

Thursday, March 10, 2016 Distance Events

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

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
1	19:39.99	21:26.69	14 & Under 1650 Freestyle			
			14 & Under 1000 Freestyle	11:09.99	10:47.09	2
3	5:59.99	5:28.39	11-12 500 yd Freestyle	5:55.99	5:28.69	4

All Events are Positive Check-in
 Positive Check-in deadline for 1650 Freestyle and 1000 Freestyle is 5:00 pm
 Positive Check-in deadline for 500 Freestyle is 6:00 pm
 The 11-12 500 Free, Women's 14 & U 1650 and Men's 14 & U 1000
 are timed finals and will be swum fastest to slowest.

All swimmers are to provide their own timer and counter (if needed) for all events in this session.

Friday, March 11, 2016 11-14 Prelim Events

Warm up: 7:00-8:20 am, Events: 8:30 am

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
5	2:12.99	2:23.49	11-12 200 yd Medley Relay	2:12.99	2:25.49	6
7			13-14 200 Medley Relay			8
9	2:30.99	2:51.69	12 & Under 200 yd Backstroke	2:32.69	3:04.19	10
11	1:14.49	1:26.59	13-14 100 yd Breaststroke	1:09.79	1:23.49	12
15	37.49	42.99	11-12 50 yd Breaststroke	37.59	44.09	16
17	2:03.99	2:20.49	13-14 200 yd Freestyle	1:56.99	2:15.49	18
21	1:02.49	1:10.99	11-12 100 yd Freestyle	1:02.39	1:10.19	22
23	1:04.59	1:13.99	13-14 100 yd Butterfly	1:00.99	1:10.99	24
27	31.19	36.89	11-12 50 yd Butterfly	31.99	36.79	28
29	5:00.99	5:49.59	14 & Under 400 Individual Medley	4:46.59	5:57.09	30
33	2:33.19	2:59.59	11-12 200 yd Individual Medley	2:33.39	2:59.59	34
35	8:59.99	10:45.19	13-14 800 Freestyle Relay	8:59.99	10:45.19	36

If your team qualifies for the 13-14 400 yd Medley Relay, it also qualifies for the 200 yd Medley Relay
 400 IM and 800 Freestyle Relay are Positive Check-in
All 800 Freestyle Relays will be swum as Timed Finals during Prelims
 Positive check-in deadline for 400 IM and 800 Free Relay is 8:30 am

Friday, March 11, 2016 10 & Under Prelim Events

Warm up: 12:40-1:20 pm, Events: 1:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
13	43.09	49.59	10 & Under 50 yd Breaststroke	43.59	50.39	14
19	1:12.29	1:22.79	10 & Under 100 yd Freestyle	1:11.99	1:22.69	20
25	37.09	42.69	10 & Under 50 yd Butterfly	37.39	42.79	26
31	2:57.99	3:30.19	10 & Under 200 Individual Medley	2:57.99	3:31.29	32

Friday, March 11, 2016
FINALS

Warm up: 5:00-5:50 pm, Events: 6:00 pm

Women's Events #	Event	Men's Event #
9	12 & Under 200 yd Backstroke	10
11	13-14 100 yd Breaststroke	12
13	10 & Under 50 yd Breaststroke	14
15	11-12 50 yd Breaststroke	16
17	13-14 200 yd Freestyle	18
19	10 & Under 100 yd Freestyle	20
21	11-12 100 yd Freestyle	22
23	13-14 100 yd Butterfly	24
25	10 & Under 50 yd Butterfly	26
27	11-12 50 yd Butterfly	28
29	14 & Under 400 yd Individual Medley	30
31	10 & Under 200 yd Individual Medley	32
33	11-12 200 yd Individual Medley	34

Saturday, March 12, 2016
11-14 Prelim Events

Warm up: 7:00-8:20 am, Events: 8:30 am

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
37	1:56.99	2:15.59	11-12 200 yd Freestyle Relay	1:55.99	2:15.59	38
39	1:50.99	2:09.89	13-14 200 yd Freestyle Relay	1:44.99	2:04.29	40
41	2:48.99	3:10.19	12 & Under 200 yd Butterfly	2:43.99	3:12.09	42
43	2:22.49	2:44.99	13-14 200 yd Individual Medley	2:13.59	2:38.19	44
47	1:12.19	NA	11-12 100 yd Individual Medley	1:11.29	NA	48
49	2:39.99	3:08.09	13-14 200 yd Breaststroke	2:31.39	2:59.69	50
53	1:21.19	1:32.39	11-12 100 yd Breaststroke	1:21.59	1:34.59	54
55	1:04.99	1:15.49	13-14 100 yd Backstroke	1:02.39	1:14.29	56
59	33.59	38.79	11-12 50 yd Backstroke	33.69	39.19	60
61	26.89	30.59	13-14 50 yd Freestyle	25.29	28.99	62
65	2:15.99	2:35.89	11-12 200 yd Freestyle	2:14.99	2:39.19	66
67	5:32.69	5:01.69	13-14 500 yd Freestyle	5:13.69	4:57.39	68
69	4:50.99	5:38.99	11-12 400 yd Medley Relay	4:50.99	5:40.09	70
71	4:30.99	5:21.99	13-14 400 yd Medley Relay	4:12.99	5:17.49	72

500 Freestyle and 400 Medley Relay are Positive Check-in

Positive check-in deadline for 500 Free and 400 Medley Relay is 8:30 am

All swimmers are to provide their own timer and counter (if needed) for the 500 Freestyle Events

Saturday, March 12, 2016

10 & Under Prelim Events

Warm up: 12:40-1:20 pm, Events: 1:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
45	1:22.09	NA	10 & Under 100 yd Individual Medley	1:21.79	NA	46
51	1:33.39	1:48.49	10 & Under 100 yd Breaststroke	1:33.39	1:50.09	52
57	38.29	43.99	10 & Under 50 yd Backstroke	38.49	44.29	58
63	2:36.99	2:59.99	10 & Under 200 yd Freestyle	2:35.59	2:59.99	64
73	2:35.99	3:00.79	10 & Under 200 yd Medley Relay	2:35.99	3:00.79	74

Saturday, March 12, 2016

FINALS

Warm up: 5:00-5:50 pm, Events: 6:00 pm

Women's Events #	Event	Men's Event #
41	12 & Under 200 yd Butterfly	42
43	13-14 200 yd Individual Medley	44
45	10 & Under 100 yd Individual Medley	46
47	11-12 100 yd Individual Medley	48
49	13-14 200 yd Breaststroke	50
51	10 & Under 100 yd Breaststroke	52
53	11-12 100 yd Breaststroke	54
55	13-14 100 yd Backstroke	56
57	10 & Under 50 yd Backstroke	58
59	11-12 50 yd Backstroke	60
61	13-14 50 yd Freestyle	62
63	10 & Under 200 yd Freestyle	64
65	11-12 200 yd Freestyle	66
67	13-14 500 yd Freestyle	68
Positive check-in deadline for Sunday's 1000/1650 events is 6:30 pm Saturday		

Sunday, March 13, 2016
11-14 Prelim Events

Warm up: 7:00-8:20 am, Events: 8:30 am

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
75	4:15.99	4:49.29	11-12 400 yd Freestyle Relay	4:15.99	4:49.29	76
77	4:05.99	4:42.49	13-14 400 yd Freestyle Relay	3:49.79	4:28.69	78
81	2:52.99	3:23.59	12 & Under 200 yd Breaststroke	2:53.69	3:23.59	82
83	2:17.99	2:43.29	13-14 200 yd Backstroke	2:12.49	2:39.99	84
87	1:10.99	1:22.49	11-12 100 yd Backstroke	1:10.99	1:22.99	88
89	57.99	1:04.89	13-14 100 yd Freestyle	53.99	1:02.99	90
93	28.59	32.79	11-12 50 yd Freestyle	28.39	32.59	94
95	2:27.99	2:55.29	13-14 200 yd Butterfly	2:19.09	2:47.59	96
99	1:12.59	1:23.99	11-12 100 yd Butterfly	1:12.29	1:25.89	100
101	11:39.99	10:42.59	14 & Under 1000 yd Freestyle			
			14 & Under 1650 yd Freestyle	18:49.99	21:32.89	102
400 Freestyle Relay is positive Check-in Positive check-in deadline for 400y Free Relay is 7:30 am Positive check-in deadline for 1000/1650 is 6:30 pm Saturday All swimmers are to provide their own timer & counter (if needed) for the 1000/1650 Freestyle Events						

Sunday, March 13, 2016
10 & Under Prelim Events

Warm up: 12:40-1:20 pm, Events: 1:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
79	2:14.79	2:35.89	10 & Under 200 yd Freestyle Relay	2:14.39	2:38.19	80
85	1:22.49	1:36.29	10 & Under 100 yd Backstroke	1:22.49	1:37.59	86
91	32.69	37.29	10 & Under 50 yd Freestyle	32.59	37.19	92
97	1:30.39	1:44.19	10 & Under 100 yd Butterfly	1:30.99	1:47.59	98
103	6:59.99	6:37.19	10 & Under 500 yd Freestyle	6:59.99	6:26.39	104
500 Freestyle is Positive Check-in 500 Freestyle is a Timed Finals event; Top 8 swimmers swim at finals Positive check-in deadline for 500 Freestyle is 1:30 pm All swimmers are to provide their own timer and counter (if needed) for the 500 Freestyle events						

Sunday, March 13, 2016

FINALS

Warm up: 5:00-5:50 pm, Events: 6:00 pm

Women's Events #	Event	Men's Event #
101	14 & Under 1000 yd Freestyle	
	14 & Under 1650 yd Freestyle	102
103	10 & Under 500 Freestyle	104
81	12 & Under 200 yd Breaststroke	82
83	13-14 200 yd Backstroke	84
85	10 & Under 100 yd Backstroke	86
87	11-12 100 yd Backstroke	88
89	13-14 100 yd Freestyle	90
91	10 & Under 50 yd Freestyle	92
93	11-12 50 yd Freestyle	94
95	13-14 200 yd Butterfly	96
97	10 & Under 100 yd Butterfly	98
99	11-12 100 yd Butterfly	100