



A Q U A T I C S

10th Annual Machine Long Course Classic

speedo[®]

April 22- 24th, 2016

Sponsored by Machine Aquatics Swim Team
Sanctioned by USA Swimming through Potomac Valley Swimming
Sanction # PVI-16-75

Meet Director:	Paris Jacobs Machine Aquatics 204-D Mill St. Vienna, VA 22180 tel. 571-238-7657 email - paris@machineaquatics.com
Meet Referee:	Stewart Gordon Machine Aquatics Officials Chair email - officials@machineaquatics.com
Location:	Lee District Rec Center 6601 Telegraph Rd. Alexandria, VA 22313 703-922-9840 8 lanes, 50M pool Water Depth is 13' at the starting end and 4.5' at the turning end the pool. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C).
Timing System:	Semi-Automatic timing (touch pads primarily) will be used for this meet.
Schedule:	<u>Friday, April 22nd, 2016</u> Warm up: 4:00 - 5:00 pm Events: 5:10 pm <u>Saturday, April 23rd, 2016</u> 11-12 Year Old Warm Up: 6:15- 7:10am Events: 7:15am 10 & Under Warm up: 10:45- 11:20am -Events: 11:30am 13 & Over Warm up: 1:20- 2:30pm- Events: 2:40pm <u>Sunday, April 24th, 2016</u>

	<p>11-12 Year Old Warm Up: 6:15- 7:10am Events: 7:15am</p> <p>10 & Under Warm up: 10:45- 11:20am -Events: 11:30am</p> <p>13 & Over Warm up: 1:20- 2:30pm- Events: 2:40pm</p>
<p>Entry Deadline:</p>	<p>Tuesday, April 12TH , 2016- Entries Open March 24th, 2016</p> <p>Open to all teams. Priority registration will be given to teams who participated in the 2015 Machine LC Classic.</p> <p>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.</p> <p>ENTRIES ARE SUBJECT TO CLOSING EARLY DUE TO MEET LIMITATIONS.</p>
<p>Rules:</p>	<p>Current USA Swimming rules shall govern the meet. Clubs wishing to be invited need to contact the meet manager. NOTE: this meet is usually FULLY SUBSCRIBED.</p> <p>A contestant may enter a maximum of SEVEN (7) individual events. Swimmers may compete in a max of 2 events on Friday, 3 events on Saturday and 3 events on Sunday per day.</p> <p>LONG COURSE TIMES ARE CONFORMING FOR THIS MEET AND WILL BE SEEDED BEFORE SHORT COURSE YARDS (SCY) TIMES.</p> <p>TIME CONVERSIONS ARE NOT PERMITTED.</p> <p>Swimmers may participate in only his or her own age group events based upon their age on the first day of the meet.</p> <p>Dive-over starts will be used at this meet. Coaches are requested to review <u>Guidance for Dive-Over Starts for Coaches</u>. Officials are requested to review <u>Protocol for Dive-Over Starts</u>.</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 room. 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.</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 swimmer's legal guardian to ensure compliance with this requirement.</p> <p><u>All 200 & Over Events will be positive check-In, unless otherwise announced once entries are completed.</u></p> <p>ENTRIES MAY BE LIMITED DUE TO TIME CONSTRAINTS</p> <p><u>Meet Manager reserves the right to adjust warm-up times for all the sessions after entries have come in.</u></p> <p><u>THE 800 FREE WILL BE SWUM FASTEST TO SLOWEST.</u></p> <p>800 FREE ENTRIES MAY BE LIMITED DUE TO TIME CONSTRAINTS.</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 & Under events per Rule 205.3.1F.
Inclusion Policy:	PVS and host clubs along with their Meet Directors are committee 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.
Time Trials:	There will be no time trials conducted at this meet.
Supervision:	Coaches are responsible for the conduct of their swimmers and families and for cleaning up their team areas. Only athletes, USA Swimming certified coaches and deck officials are permitted on the pool deck. Working coaches and deck officials are required to display their 2016 USA Swimming card or have available via DeckPass. Parents not working the meet as a deck official, volunteer lane timer or other meet positions are not permitted on deck.
Admission:	There is no admission charge.
Programs:	Meet programs will be available for \$3.00 per session. Based on Wifi availability we may offer the meet via Meet Mobile.
Awards:	Ribbons will be awarded for 1st-8th place individual events per age group. (10 & Under, 11-12, 13-14) There are no awards for 15 & Over events.
Seating:	Due to the limited pool deck space, officials, USA Swimming registered coaches and swimmers only will be permitted on the pool deck. Personal chairs <u>will be permitted</u> on the deck for coaches only. Swimmers will <u>not</u> be permitted to bring chairs on the deck.
Warning:	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.
Entries:	Entries should be sent via e-mail. ENTRIES SHOULD BE SUBMITTED TO: entries@machineaquatics.com Entries should be submitted using Hy-Tek Team Manager LONG COURSE TIMES ARE CONFORMING FOR THIS MEET AND WILL BE SEEDED BEFORE SHORT COURSE YARDS (SCY) TIMES. TIME CONVERSIONS ARE NOT PERMITTED. Entry file: Include in the subject of the email, "Machine LC Classic****" with the club's 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 acknowledgment is not received in a a timely manner, please contact the meet director. 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.

	If time permits, deck entries will be accepted for \$10.00.
Fees:	<p>Fees for individual events are \$8.00 per event. Athlete Surcharge of \$2.00 per athlete</p> <p>Make checks payable to Machine Aquatics.</p> <p>Mail Payments to: Paris Jacobs Machine Aquatics 204 D Mill St., NE Vienna, VA 22180</p> <p>Entry fees are due with entries.</p> <p style="text-align: center;">FINAL ENTRY FILE IS DUE BY 5:00 PM Tuesday, April 12, 2016</p> <p style="text-align: center;">ENTRIES SHOULD BE SUBMITTED TO: ENTRIES@MACHINEAQUATICS.COM</p>
Liability:	NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Lee District Rec 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.

10th Annual Machine Long Course Classic

FINAL ENTRY FILE IS DUE BY 5:00 p.m.

TUESDAY, April 12, 2016

ENTRIES SHOULD BE SUBMITTED TO: entries@machineaquatics.com

Friday, April 22ND, 2016

ALL AGES

Warm Up- 4:00 - 5:00 pm/ Events: 5:10 pm

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
1	9-12 200M INDIVIDUAL MEDLEY	2
3	13 & OVER 200M INDIVIDUAL MEDLEY	4
5	10 & UNDER 50M FREESTYLE	6
7	11-12 50M FREESTYLE	8
9	13 & OVER 50M FREESTYLE	10
11	9 & OVER 800M FREESTYLE	12

***PVS Minimum Time Standard Policy for 800 Free Apply.**

Saturday, April 23rd, 2016

9-12 YEAR OLD Session

Warm Up- 6:15 - 7:10 am / Events: 7:15 am

13	9-12 YEAR OLD 200M BACKSTROKE	14
15	11-12 100M BUTTERFLY	16
17	9-12 YEAR OLD 200M BREASTSTROKE	18
19	11-12 100M FREESTYLE	20
21	11-12 50M BACKSTROKE	22
23	9-12 YEAR OLD 400M FREESTYLE	24

Saturday, April 23rd, 2016

10 & Under Session

Warm Up- 10:45- 11:20am / Events: 11:30 am

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
25	10 & UNDER 100M BUTTERFLY	26
27	10 & UNDER 50M BACKSTROKE	28
29	10 & UNDER 100M FREESTYLE	30
31	10 & UNDER 50M BREASTSTROKE	32

Saturday, April 23rd, 2016

13 & OVER Session

Warm Up- 1:20- 2:30 pm / Events: 2:40 pm

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
33	13 & OVER 200M BACKSTROKE	34
35	13 & OVER 100M FREESTYLE	36
37	13 & OVER 200M BUTTERFLY	38
39	13 & OVER 100M BREASTSTROKE	40
41	13 & OVER 400M FREESTYLE	42

Sunday, April 24th, 2016

9-12 YEAR OLD Session

Warm Up- 6:15 - 7:10 am / Events: 7:15 am

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
--------------	--------------	------------

43	9-12 YEAR OLD 200M FREESTYLE	44
45	11-12 50M BUTTERFLY	46
47	11-12 100M BREASTSTROKE	48
49	11-12 100M BACKSTROKE	50
51	11-12 50M BREASTSTROKE	52
53	9-12 YEAR OLD 200M BUTTERFLY	54

Sunday, April 24th, 2016

10 & Under Session

Warm Up- 10:45- 11:20am / Events: 11:30 am

55	10 & UNDER 200M INDIVIDUAL MEDLEY	56
57	10 & UNDER 100 BACKSTROKE	58
59	10 & UNDER 200M FREESTYLE	60
61	10 & UNDER 100M BREASTSTROKE	62
63	10 & UNDER 50M BUTTERFLY	64

Sunday, April 24th, 2016

13 & OVER Session

Warm Up- 1:20- 2:30 pm / Events: 2:40 pm

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
65	13 & OVER 200M FREESTYLE	66
67	13 & OVER 100M BUTTERFLY	68
69	13 & OVER 200M BREASTSTROKE	70
71	13 & OVER 100M BACKSTROKE	72
73	13 & OVER 400 INDIVIDUAL MEDLEY	74

MEET MANAGER RESERVES THE RIGHT TO REARRANGE EVENTS IF NEEDED FOR TIMELINE PURPOSES.