

PAC Dive into Spring Long Course Meet
Saturday – April 23rd 2016
at the Fairland Aquatics Center
Entry Deadline: Tuesday April 12, 2016

Sponsored by the Patuxent Aquatics Club

Sanctioned by UNITED STATES SWIMMING through POTOMAC VALLEY
Sanction # PVC-16-76

Meet Director: John Venit 301-725-7711 dpws@aol.com

Club Officials Chair: Cheryl Lynn Venit 301-725-7711 dpws@aol.com

Meet Referee: Cheryl Lynn Venit

Facility: Fairland Aquatics Center 13820 Gunpowder Road Laurel MD 20707
Phone: (301) 363-6060

Facility: The Fairland Aquatics Center is an 8 lane 50 Meter pool. Water depth ranges from 5 – 13 feet at the starting end to 5 - 13 feet at the turning end. The competition courses have not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).

Timing: Automated Colorado Timing System (buttons) will be used for this meet.

Schedule: SATURDAY ONLY

13 & Older: Warm-up 7:00 – 8:00 AM Events 8:05 AM

12 & Under: Warm-Up 12:00 – 1:00 Events 1:05 PM

NOTE: Session Warm-Up and Start Times may be adjusted based on the number of entries received. The Meet Director reserves the right to make changes necessary to finish the session timely, including limiting entries.

Awards:

- 12 & under event results will be awarded as “10 & under” and “11-12”.
- 13 & over event results will be awarded as “13-14” and “15 & over”.
- Open event results will be awarded as 10 & under, 11-12, 13-14 and 15 & over.
- For each age group, there will be 3 levels of awards given out based on achieved time standard:

- ♣ Swimmers achieving a USA “A” times or faster will receive ribbons for 1st – 8th place.

- ♣ Swimmers achieving times equal or faster than USA “B” times but slower than USA “A” times will receive ribbons for 1st – 8th place.

- ♣ Swimmers achieving times slower than USA “B” times will receive ribbons for 1st – 8th place.

Seating: Officials, Timers, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck.

Eligibility: Open to all registered Potomac Valley Swimming Swimmers. Also open to Out of Town Teams. Swimmers shall compete at the age attained on the first day of the meet.

Inclusion Policy for Swimmers with Disability

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.

Rules: Current United States Swimming rules shall govern the meet. A contestant may enter a maximum of **four (4) individual events**.

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.

The Meet Director Reserves 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.

Warm-Up: The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

Admission: There is no admission charge. Programs for each session will be available for \$2.00 each.

Officials: Certified Officials who have not been contacted should volunteer, please sign in with the Referee. An Officials meeting will be held no later than 30 minutes before the end of each warm-up session. Please volunteer ahead of time by contacting Cherlynn Venit 301-725-7711 or email at dpws@aol.com.

Supervision: Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.

Timers: Participating Clubs are required to provide timers in proportion to their entry. A timer is required for each 25 entries, (not swimmers, entries). The number of timers will be adjusted when the Club is providing other officials. Acceptance of the Club entry is based on compliance with the above. The Host Club will provide one (1) timer per lane.

Entries: Entries may be sent via e-mail... Entries should be submitted using Hy-Tek Team Manager and Include in the subject of the Email "2016 PAC Dive into Spring LC - ***" with the club initials in place of the asterisks... Also include training site if your club submits multiple entry files.

1. Entries must arrive by the due date and time
2. **Entries MUST be submitted as LCM times. Time conversions are permitted.** Entries with a no time (NT) will be accepted.
3. Include with your entry file one (1) report by name and one (1) by event. Create these reports in Team Manager and save as Word for Windows or pdf files.
4. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).
5. Send e-mail to Cherlynn Venit at dpws@aol.com
6. 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.

Entries may be sent via mail/express mail/ etc.

Computer entries (Hy-Tek) are encouraged. Electronic entries require one (1) meet entry report by **name** and one (1) by event from *Team Manager*. Entries may also be submitted on a PVS Master Entry Sheet. All entries must include a completed "**Entry Cover Sheet**". Paper entries require an additional \$20.00 processing fee.

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.

Deck Entries: Deck entries are \$10.00 per individual event and must be submitted with cash payment no later than 30 minutes prior to the first event of each session. No new heats will be created. First come, first served.

Fees: Fees are \$6.00 for individual events and a \$2.00 per athlete Surcharge. Each participating Club is requested to remit one check to cover the entry fee for the entire team.

Please do not send cash. Entry fees are due with entries.

Checks: Make checks payable to Patuxent Aquatics Club

Entry Deadline: All entries must be submitted for this meet no later than

5:00 PM, Tuesday April 12, 2016

Note: NO fax or phone entries will be accepted.

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.

Send Entries and Checks To:

Patuxent Aquatics Club
414 Forest Bridge Ct
Laurel MD 20724

Concessions: Concessions will be available to purchase at the meet.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the Patuxent Aquatics Club, and the Fairland Aquatics Center shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Dive into Spring LC Meet
Saturday – April 23rd 2016
at the Fairland Aquatics Center**

13 & Older: Warm-up 7:00 – 8:00 AM Events 8:05 AM

Women Event	EVENT	Men Event
1	13 & Over 200 Free	2
3	13 & Over 100 Back	4
5	13 & Over 100 Breast	6
7	13 & Over 100 Fly	8
9	13 & Over 100 Free	10
11	13 & Over 200 IM	12
13	13 & Over 50 Free	14

12 & Under: Warm-Up 12:00 – 1:00 Events 1:05 PM

Women Event	EVENT	Men Event
15	10 & Under 200 IM	16
17	11-12 200 IM	18
19	10 & Under 100 Back	20
21	11-12 100 Back	22
23	10 & Under 100 Breast	24
25	11-12 100 Breast	26
27	10 & Under 50 Back	28
29	11-12 50 Back	30
31	10 & Under 50 Breast	32
33	11-12 50 Breast	34
35	10 & Under 100 Fly	36
37	11-12 100 Fly	38
39	10 & Under 100 Free	40
41	11-12 100 Free	42
43	10 & Under 50 Fly	44
45	11-12 50 Fly	46
47	10 & Under 50 Free	48
49	11-12 50 Free	50