

Virginia State
 LC Championships
 May 27-29, 2016
 Sponsored by Potomac Marlins Swim Team
 Sanctioned by USA Swimming through Potomac Valley Swimming
Sanction # PVI-16-82

Meet Director	Bill Marlin 3768 Sudley Ford Court Fairfax, VA 22033 571-334-0987
Meet Referee	John Kost John.Kost@cgi.com
Potomac Marlins Officials Chair	John Kost John.Kost@cgi.com
Location / Facility	Oak Marr Recreation Center 3134 Jermantown Road Oakton, VA 22124 The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). The competition course is 8 lanes by 50 meters. The depth at the starting end of the pool is 14.5 feet. The depth at the bulkhead turning end of the pool is 4.5 feet.
Timing System	Automatic timing (touch pads primary) will be used for this meet.
Meet Hotels	www.hotels.com Type in the address for Oak Marr Rec. Center: 3134 Jermantown Road Oakton, VA 22124
Schedule	Friday Warm-ups: 4:30 - 5:30 PM Events at 5:40 PM 13 & Over assigned warm-ups for Saturday & Sunday: 6:30-7:00 a.m. / 7:00-7:30 a.m. Open warm-up: 7:30 - 7:40 a.m. Events 7:50 a.m. 12 & Under warm-ups for Saturday & Sunday 1:30 p.m. - 2:30 p.m. Events at 2:40 All events will be Timed Finals
Awards	There are no awards at this meet

Eligibility	<p>Open to all invited registered PVS athletes and invited USA athletes The Entry time Time Period is April 1, 2014 thru the entry deadline.</p>
Rules	<p>Meet Manager reserves the right to adjust warm-up times for the 12 & Under sessions and Friday's session after entries have come in.</p> <p>Individual Events</p> <p>Swimmers may swim a maximum of 8 events for the meet with no more than 3 events per session.</p> <p>The 400 free on Friday evening will be swum fastest to slowest alternating Girls / Boys.</p> <p>All events will be positive check in. All events will be Timed Finals.</p> <p>Chase starts may be used if times lines indicate they are needed.</p> <p>LC times will be the conforming times for this meet.</p> <p>No on-deck USA-S registration will be permitted.</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 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.</p> <p>Changing into or out of swim suits other than in locker rooms or other designated areas 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 the swimmer's legal guardian to ensure compliance with this requirement.</p> <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 & U events per Rule 205.3.1F.</p>
Positive Check-In	<p>Positive Check-In closes 30 Minutes after the start of warm-ups for each session.</p>
Warm-up / Cool-Down	<p>There is no warm-up / cool-down water available however, two 10 minute breaks will be scheduled in the middle of each session for warm-up / cool-down.</p>
Inclusion Policy for Swimmers with a Disability	<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 Advanced 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.</p>

PVS Check-in Policy	For those events requiring positive check-in, athletes shall designate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked-in prior to the specified time will be scratched from the 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 Referee.
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.
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 & deck officials are required to display their 2016 USA Swimming card. Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck.
Concessions	There will be no concessions for swimmers and spectators.
Programs	This meet requires positive check in for most of the events. All efforts will be made to have programs available as quickly as possible after the start of the meet. Once available they will be on sale for \$5.00 per session
Officials	All certified officials wishing to volunteer to work this meet please contact the Potomac Marlins Officials Chairman, John Kost at: john.kost@cgi.com prior to May 13th, 2016. Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the computer table at the start of warm-up. Certified officials who have not been contacted should volunteer their services to the Referee.
Seating	Due to the limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck. Swimmers may not bring Deck 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 may be sent via e-mail. LC Course entry times are considered conforming times for this meet. Entry Times must be achieved no earlier than April 1, 2014. <ol style="list-style-type: none"> 1. Entries must arrive by the due date and time. 2. Include with your entry file one (1) report by name. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact). 3. Send e-mail to Bill.Marlin@verizon.net 4. 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. 5. Entries shall be sent via e-mail 6. Events file for use in Team Manager is available at

	<p>7. No late/deck entries are permitted for this meet.</p> <p>8. The meet director will not accept phone or fax entries.</p>
Fees	<p>Fees for individual events are \$7.00.</p> <p>Each participating Club is requested to remit one check to cover the entry fee for the entire team. Do not send cash.</p> <p>Make checks payable to POTOMAC MARLINS. Entry fees are due with entries.</p>
Entry Deadline	<p>The entry dead line is 5:00 p.m., Tuesday, May 17th, 2016.</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>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Oak Marr Rec. Center and Potomac Marlins shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>	

<p>Friday, May 27, 2016 @ Oak Marr Warm-Up 4:30-5:30 p.m. Events at 5:40 p.m. Positive Check in closes at 5:00 p.m.</p>		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	13-14 400 Free	2
3	Open 400 Free	4
5	9-12 400 Free	6
7	13-14 200 Fly	8
9	Open 200 Fly	10

Saturday, May 28, 2016 @ Oak Marr Warm-Up 6:30-7:40 a.m. Events at 7:50 a.m. Positive Check in closes at 7:00 a.m.		
GIRLS EVENT #	EVENT	BOYS EVENT #
11	13-14 400 IM	12
13	Open 400 IM	14
15	13-14 100 Back	16
17	Open 100 Back	18
19	13-14 50 Free	20
21	Open 50 Free	22
23	13-14 200 Breast	24
25	Open 200 Breast	26
27	13-14 200 Free	28
29	Open 200 Free	30

Sunday, May 29, 2016 @ Oak Marr Warm-Up 6:30-7:40 a.m. Events at 7:50 a.m. Positive Check in closes at 7:00 a.m.		
GIRLS EVENT #	EVENT	GIRLS EVENT #
53	13-14 100 Breast	54
55	Open 100 Breast	56
57	13-14 200 Back	58
59	Open 200 Back	60
61	13-14 200 IM	62
63	Open 200 IM	64
65	13-14 100 Fly	66
67	Open 100 Fly	68
69	13-14 100 Free	70
71	Open 100 Free	72

Saturday, May 28, 2016 @ Oak Marr Warm-Up 1:30-2:30 p.m. Events at 2:40 p.m. Positive Check in closes at 2:00 p.m.		
GIRLS EVENT #	EVENT	BOYS EVENT #
31	11-12 100 Fly	32
33	9-10 100 Fly	34
35	11-12 100 Back	36
37	9-10 100 Back	38
39	11-12 50 Free	40
41	9-10 50 Free	42
43	11-12 200 Breast	44
45	9-10 50 Breast	46
47	11-12 50 Breast	48
49	9-10 200 Free	50
51	11-12 200 Free	52

Sunday, May 29, 2016 @ Oak Marr Warm-Up 1:30-2:30 p.m. Events at 2:40 p.m. Positive Check in closes at 2:00 p.m.		
GIRLS EVENT #	EVENT	GIRLS EVENT #
73	11-12 100 Breast	74
75	9-10 100 Breast	76
77	11-12 200 Back	78
79	9-10 50 Back	80
81	11-12 50 Back	82
83	9-10 200 IM	84
85	11-12 200 IM	86
87	9-10 50 Fly	88
89	11-12 50 Fly	90
91	11-12 200 Fly	92
93	9-10 100 Free	94
95	11-12 100 Free	96

