



2016 SNOW Long Course Invitational (Final)

June 17-19, 2016

Sanctioned by USA Swimming through PVS

Sanction Numbers: PVI-16-85

Meet Director

Christine Vu

cvu.snowswimming@gmail.com

703-945-6189

Meet Referee

Lynn Oliver

lynn.r.oliver@verizon.net

Club Officials Chair

Lynn Oliver

lynn.r.oliver@verizon.net

Facility

Claude Moore Recreation Center

46105 Loudoun Park Lane

Sterling, VA 20164

571-258-3600

One 8 lane course will be used during each. One warm-up/cool-down lane will be available throughout the meet. Water depth ranges from 12'6" at the starting end and 4' at the turning end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)

Timing System

Automatic timing (touch pads primary) will be used for this meet.

Schedule

Meet Director reserves the right to adjust times/sessions after entries are received

Friday

Warm-up: 4:00-4:30pm / Events: 4:40pm

Saturday

13 and Over: Warm-up: 7:00-7:50am / Events: 8:00am

12 and Under: Warm-up: 11:00-11:30am / Events: 11:40 am

Finals: Warm-up: 3:30-4:20pm / 4:30pm

Sunday

13 and Over: Warm-up: 7:00-7:50am / Events: 8:00am

12 and Under: Warm-up: 11:50 am - 12:20 pm / Events 12:30 pm

Finals: Warm-up: 4:00-4:50 pm / Events 5:00 pm

Eligibility

Open to ***invited*** USA Swimming teams. Swimmers shall compete at the age attained on June 17, 2016.

Rules

Current USA Swimming rules shall govern the meet.

Entries in the 400 IM, 400/800/1500 freestyle may need to be limited due to time constraints. If necessary, it will be done based on the verifiable proof of time. If a swimmer is removed from an events due to time constraints, they will be provided the opportunity to enter another event, as long as it does not create a new heat.

Swimmers may only participate in their own age group events or open events. Swimmers may enter a maximum of 3 individual events per day, 7 total during the entire meet.

Only long course times are applicable. NT Entries will not be accepted.



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Individual events:

All 10 & Under events are prelims/finals and will have one (1) heat in the the finals session, except the 400 Free, which will be 12 & Under and timed finals.

All 11-12 events will have one (1) heat in the finals session, except the 400 Free, which will be 12 & Under and timed finals. The "B" final will be swum first.

All 13-14 and 15 & Over events will have an "A" and "B" final. The "B" final will be swum first.

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. The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform within the 4-hour provision for 12 & U sessions in Rule 205.3.1F. No VSI non-athlete member in good standing may be barred from participating in the meet as an official as certified.

Disability Swimmers

PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the Board of Directors. Athletes with disabilities are welcome to participate, 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.

Warm Up

The prescribed Potomac Valley Swimming and Virginia 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, as well as maintaining clean team areas. Coaches & deck officials are required to display their valid 2014 USA Swimming credentials. Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session. 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.

Officials & Timers

All certified officials wishing to volunteer to work this meet should contact:

Lynn Oliver

lynn.r.oliver@verizon.net

Please include your club affiliation, certifications held, and sessions you wish to work. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-up. Each participating club is requested to provide at least one official and 3 timers per session if entering 25 or more swimmers.



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- Seating** Due to the limited pool deck space, no chairs are allowed on deck.
- Fees** \$7.00 per individual event
\$5.00 Facility surcharge per swimmer
- Deck Entries** Deck Entries are \$10 per individual event
Swimmers will be entered into open lanes in the existing heats on a first come, first serve basis. No extra heats will be created. Evidence of current USA-S registration will be required for all deck entries. This can be done by presenting a copy of your USA-S athlete registration card.
- Entry Procedure** Teams should provide entries as follows:
Send e-mail to Christine Vu (cvu.snowswimming@gmail.com)
Include with your commlink file one report by name and one by event. Create these reports in HyTek Team Manager and save as Word for Windows files.
- In the body of your email, provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).
- Entries directly from individual team members will not be accepted.
Entries by phone or fax entries will not be accepted.
Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.
- 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.
- Each participating team is requested to remit one check to cover the entry fee for the entire team.
- Please make checks payable to "SNOW Swimming". Please do not send cash. Entry fees are due with each team's entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.
- Entries can be sent to: Christine Vu
SNOW Swimming
43950 Harbor Hills Terr #409
Lansdowne, VA 20176
- Entry Deadline** **Tuesday, May 31 by 5:00 PM**
- Important** The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.
The above date is the deadline for teams to submit their entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers. Check with your team for this information.



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Friday Distance

Warm-up: 4:00-4:50pm / Events: 5:00pm

800/1500 free will be swum fastest to slowest and require positive check-in

Athletes will need to provide their own timer

Girls	Timed Finals		Boys
1	Open	800 Free	2
3	Open	1500 Free	4

Saturday

All events 200 meters and above require positive check-in

All athletes in the 400 Free must provide their own timer

13 & Over

Warm-up: 7:00-7:50am / Events: 8:00am

Girls	Prelims/Finals		Boys
5	13-14	100 Back	6
7	15 & Over	100 Back	8
9	13-14	200 Breast	10
11	15 & Over	200 Breast	12
13	13-14	50 Free	14
15	15 & Over	50 Free	16
17	13-14	200 IM	18
19	15 & Over	200 IM	20
21	13-14	100 Fly	22
23	15 & Over	100 Fly	24
25	13-14	400 Free	26
27	15 & Over	400 Free	28

12 & Under

Warm-up: 12:45-1:35 / Events: 1:45 pm

Girls	Prelims/Finals		Boys
29	10 & Under	100 Back	30
31	11-12	100 Back	32
33	12 & Under	200 Breast	34
35	10 & Under	50 Free	36
37	11-12	50 Free	38
39	10 & Under	50 Breast	40
41	11-12	50 Breast	42
43	12 & Under	200 IM	44
45	10 & Under	100 Fly	46
47	11-12	100 Fly	48
49	12 & Under	400 Free**	50

**Timed Finals

Sunday

All events 200 meters and above require positive check-in

All athletes in the 400 IM must provide their own timer

13 & Over

Warm-up: 7:00-7:50 am / Events: 8:00 am

Girls	Prelims/Finals		Boys
51	13-14	200 Back	52
53	15 & Over	200 Back	54
55	13-14	100 Free	56
57	15 & Over	100 Free	58
59	13-14	200 Fly	60
61	15 & Over	200 Fly	62
63	13-14	100 Breast	64
65	15 & Over	100 Breast	66
67	13-14	200 Free	68
69	15 & Over	200 Free	70
71	13-14	400 IM	72
73	15 & Over	400 IM	74

12 & Under

Warm-up: 12:45-1:35 / Events: 1:45 pm

Girls	Prelims/Finals		Boys
75	10 & Under	50 Back	76
77	11-12	50 Back	78
79	10 & Under	50 Fly	80
81	11-12	50 Fly	82
83	12 & Under	200 Back	84
85	10 & Under	100 Free	86
87	11-12	100 Free	88
89	12 & Under	200 Fly	90
91	10 & Under	100 Breast	92
93	11-12	100 Breast	94
95	12 & Under	200 Free	96