

Arlington Aquatic Club
Fall Gator Mini Meet
October 22-23, 2016
Sponsored by the Arlington Aquatic Club
Sanctioned by USA Swimming
Through Potomac Valley Swimming
Sanction # PVC-17-12

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| Meet Director: | Evan Stiles 3700 South Four Mile Run Arlington, VA 22206 703-228-1814 aacswims@yahoo.com |
| Meet Location: | Wakefield High School pool 1325 S. Dinwiddie St Arlington, Virginia 22206 703-228-2395 8 Lanes 25 Yard Course The pool is 6ft 8in at the Diving end of the pool The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). Semi-Automatic Timing (buttons primary) will be used for all 50 yd events and over. Manual Timing (stopwatches only) will be used for all 25 yard events |
| Meet Referee: | Jim Thompson- jimthompson5802@aol.com |
| Eligibility: | Open to all Potomac Valley Swimmers Registered as USA Swimming Athletes and invited teams who are Registered USA Swimming Athletes. All athletes shall compete at the age attained on the first day of the meet. |
| Inclusion Policy for Swimmers with a 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 USA Swimming rules shall govern the meet. |

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| | <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.</p> <p>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 swimsuits 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-S 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 the 12&U sessions in Rule 205.3.1F</p> <p>All events are timed finals. All events will be swum slowest to fastest. A contestant may enter up to but no more than three (3) individual events/day.</p> |
| <p>Notice:</p> | <p>Notice: Since this swim meet is a public event, members of the press may be present at the meet. Press photographers may be taking pictures and may publish them in the newspaper or in the case of the Washington Post, on their swimming web site www.reachforthewall.com. No names or ages will be provided to the press without written permission of the parent.</p> |
| <p>Warm-up and Meet Schedule:</p> | <p>Session 1 (Boys) Warm-up 8:00 - 8:40 am, 1st Event 8:45 am Session 2 (Girls) Warm-up 11:00 - 11:40 am, 1st Event 11:45 am We will be running 8 lanes and there will be warm up/warm down available during the meet. Swimmers must be monitored while in the warm up/warm down area.</p> |
| <p>Warm-up:</p> | <p>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.</p> |
| <p>Public Admission and Program Fee:</p> | <p>There is no public admission charge. Programs for each session will be available for \$1.00. Concessions will be available.</p> |

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| Awards: | Individual events will be awarded first through tenth place. Relay events will be awarded for first place through fourth place. A heat award will be given to the winner of each individual heat. |
| Officials: | All certified officials wishing to volunteer to work this meet please contact the AAC Officials Chairman, Ljudmila Mladenovic at ljudmila@comcast.net , or 703-920-6400 prior to October 18. Please include your club affiliation, certifications held, and sessions you wish to work. Officials volunteering should sign in at the recording table prior to the start of Warm-ups. Certified officials who have not previously advised of their availability may volunteer their services to the Referee at this time |
| Entry Fees: | <p style="text-align: center;">Fees for individual events are \$ 5.00 Fees for relay events are \$ 10.00 Individual swimmer surcharge- \$3.00</p> <p>Each club is requested to submit one check, payable to AAC BOOSTERS, to cover the entry fees for the entire team. Please do not send cash. Meet Directors have been instructed not to accept telephone entries. No late entries for both individual and relays events will be accepted.</p> <p>Deck entries will be permitted only when there are available lanes to fill. No new heats will be created.</p> |
| Entries: | <p>General Instructions:</p> <ul style="list-style-type: none"> • Entries must be submitted via e-mail. Follow the instructions below. <ul style="list-style-type: none"> ○ Each club is requested to remit one check to cover the entry fees for the entire team. Please put the club name on the entry check (if not a club check) and note the number of entries. Please do not send cash. Meet directors have been instructed not to accept telephone or fax entries. ○ Optional: Before preparing your entries, events for this meet can be downloaded and then imported into team manager. To download as a file, you may need to right click on the mouse and select "Save Link as" and with Microsoft Explorer right click on the mouse and select "Save Target As" <p style="margin-left: 40px;">The file may also be requested directly from the Meet Director, Evan Stiles.</p> • NEW: <u>All Relay-only swimmers must be listed on the meet entry in order to participate in the meet.</u> |

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| | <p>E-mail Entries:</p> <ul style="list-style-type: none"> • Club E-mail entries will be accepted provided the transmission time is prior to entry deadline. • Attach one report by event, one by name (save as Word for Windows in Team Manager) • Attach commlink file • In body of e-mail give total number of splashes (men, women, total entry) and contact information (name, phone, e-mail address) • Remember to also send entry fee check via USPS • Clubs submitting by email should submit entries to Evan Stiles aacswims@yahoo.com, in the subject heading type, "2016 Fall Gator Mini Meet – (Team name)" • 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 e-mail to confirm receipt. |
| <p>Supervision & Seating:</p> | <p>Coaches are responsible for the conduct of their swimmers and families. Please clean your team area after each session, thank you. We ask all parents to sit in the bleachers above the pool and all coaches and swimmers around the perimeter of the pool. Only swimmers, coaches, timers and officials will be permitted on the pool deck.</p> |
| <p>Timers:</p> | <p>The Meet sponsor asks each participating clubs to provide one timer for each session. The sponsoring club will provide timers for the meet.</p> |
| <p>Deadline:</p> | <p>The Meet Director must receive all entries and check for this meet no later than 5:00 PM., Tuesday, October 11, 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>The meet director will be limiting entries to the first 200 swimmers per session.</p> |
| <p>Send Entries To:</p> | <p>Evan Stiles Arlington Aquatic Club 3700 South Four Mile Run Arlington, Virginia. 22206 703-228-1810 aacswims@yahoo.com</p> |

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| Reminder: | Entry fees are due with each club's meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. No further entries will be accepted from clubs for future meets until all entry fees are paid in full by the club to the meet director. |
| | NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Wakefield High School Aquatic Center and AAC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. |

Session 1 (Boys) Warm-up 8:00 - 8:40 am, 1st Event 8:45 am
Session 2 (Girls) Warm-up 11:00 - 11:40 am, 1st Event 11:45 am
Saturday, October 22, 2016

| Girls Event # | Events | Boys Event # |
|----------------------|------------------------------------|---------------------|
| 1 | 7 & Under 100 yard Freestyle | 2 |
| 3 | 8 Year Old 100 yard Freestyle | 4 |
| 5 | 6 & Under 25 yard Backstroke | 6 |
| 7 | 7 & Under 25 yard Backstroke | 8 |
| 9 | 8 Year Old 25 yard Backstroke | 10 |
| 11 | 7 & Under 50 yard Breaststroke | 12 |
| 13 | 8 Year Old 50 yard Breaststroke | 14 |
| 15 | 7 & Under 50 yard Butterfly | 16 |
| 17 | 8 Year Old 50 yard Butterfly | 18 |
| 19 | 6 & Under 25 yard Freestyle | 20 |
| 21 | 7 & Under 25 yard Freestyle | 22 |
| 23 | 8 Year Old 25 yard Freestyle | 24 |
| 25 | 7 & Under 200 yard Freestyle Relay | 26 |
| 27 | 8 & Under 200 yard Freestyle Relay | 28 |

Session 3 (Boys) Warm-up 8:00 - 8:40 am, 1st Event 8:45 am
Session 4 (Girls) Warm-up 11:00 - 11:40 am, 1st Event 11:45 am
Sunday, October 23, 2016

| Girls Event # | Events | Boys Event # |
|----------------------|---------------------------------------|---------------------|
| 29 | 7 & Under 50 yard Backstroke | 30 |
| 31 | 8 Year Old 50 yard Backstroke | 32 |
| 33 | 7 & Under 25 yard Butterfly | 34 |
| 35 | 8 Year Old 25 yard Butterfly | 36 |
| 37 | 6 & Under 25 yard Breaststroke | 38 |
| 39 | 7 & Under 25 yard Breaststroke | 40 |
| 41 | 8 Year Old 25 yard Breaststroke | 42 |
| 43 | 6 & Under 50 yard Freestyle | 44 |
| 45 | 7 & Under 50 yard Freestyle | 46 |
| 47 | 8 Year Old 50 yard Freestyle | 48 |
| 49 | 7 & Under 100 yard Individual Medley | 50 |
| 51 | 8 Year Old 100 yard Individual Medley | 52 |