

Swim & Rock 2016

AMENDED (See Timeline & Positive Check In Times)

November 18 -- 20, 2016

Sponsored by SDS

Sanctioned by USA Swimming through Potomac Valley Swimming

Sanction # PVI-17-23

Meet Location:

Oak Marr Recreation Center, 3200 Jermantown Road, Oakton VA 22124

Facility:

Oak Marr is a 50-meter pool with 21 lanes of short course pool. We will be running two (2) courses for the meet: Course #1 is an 8-lane course with a pool depth ranging from 13'6" in lane 1 to 7'3" in lane 8 and Course #2 is a 7-lane course with a water depth range of 7'3" in lane 1 to 5' in lane 7.

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

The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C).

11 and over preliminaries sessions and the 10 and under sessions will be swum in two courses, finals sessions will be swum on one course. Lanes will be available for continuous warm-up and warm down throughout the meet.

Special Note:

- Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. **EACH SESSION WILL BE LIMITED TO 600 SWIMMERS. ENTIRES WILL BE ACCEPTED BEGINNING October 21, 2016 ON A FIRST COME FIRST SERVE BASIS.** The Meet Manager will endeavor to inform invited teams promptly when the meet has been fully subscribed.
- **ENTRY DEADLINE IS FRIDAY, NOVEMBER 4, 2016.**
- **NO DECK ENTRIES WILL BE ALLOWED. NO EXCEPTIONS.**
- Spectators are not allowed on the pool deck and seating is limited.
- Concessions may be available.
- **Swim & Rock T-Shirts will be sold at the meet.**
- **PROGRAMS:** A limited number meet programs will be sold during the meet. Meet Programs will be sold for \$5.00, Finals Programs \$1.00.

Meet Manager:

Kristy Kellogg: KristyMKellogg@gmail.com

Officials/Meet Referee: Mike Rubin: mrubin1@cox.net

All certified officials wishing to volunteer to work this meet please use this link and sign up: <https://goo.gl/oLvnfQ>

To receive a complimentary SDS Meet Shirt, you must sign up ahead prior to **Friday, November 11th** at the above link – Officials must work **3 sessions**. Officials assigned to this meet should sign-in at the Admin table at the start of the Warm-up. Certified officials who have not previously advised of their availability may volunteer their services to the Referee at this time.

SDS Club Officials Chair: William Deniston

Credentials: Parents not working the meet as a deck official, volunteer timer, meet volunteer are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on deck. Coaches and Officials should have their current USA Swimming card with them at all times.

Timers:

Teams will be expected to provide timers in proportion to their entries in each session. Meet Manager will send out a request to clubs for timers based on the number of entries received.

Please sign up to Time at this link:

[2016 Swim & Rock Timers Sign Up](#)

ALL SWIMMERS SWIMMING THE 1650, 1000 & 500 FREE MUST PROVIDE THEIR OWN COUNTERS AND TIMERS.

HOTELS:**Best Western Fairfax City (2.07 miles away)**

3535 Chain Bridge Rd. Fairfax City, VA 22030

Reservations: 866-207-3998

Fax: 703-591-5500

3535 Chain Bridge Rd. Fairfax, VA 22030

<http://www.fairfaxvahotel.com/hotel-near-washingtondc.aspx>

Residence Inn by Marriott (2.08 miles away)

3565 Chain Bridge Road

Fairfax, Virginia 22030

Phone: 703-267-2525

Fax: 703-591-1850

<http://www.marriott.com/hotels/travel/iadrf-residence-inn-fairfax-city/>

Hampton Inn Fairfax City (2.22 miles away)

10860 Fairfax Blvd.

Fairfax, VA 22030

Telephone: 703-385-2600

<http://hamptoninn3.hilton.com/en/hotels/virginia/hampton-inn-fairfax-city-FFCVAHX/index.html>

Schedule:

Friday:

11 & Up Warm-Ups: 6:30 – 7:50 am Events Start: 8:00 am

DISTANCE SESSION: (Timed Finals) –

Warm-ups – 11:00 – 11:30 am Events Start: 11:45 am

Finals Warm-ups: 5:00 – 5:50 pm Events Start: 6:00 pm

Saturday:

13 & Up Warm-Ups: 6:30 – ~~7:30 am~~ **7:50 am** Events Start: ~~7:45 am~~ **8:00 am**

11 & 12 Warm Ups: ~~11:30 – 12:30 pm~~ Events Start: ~~12:40 pm~~
Warm Ups: 11:00 – 12:00 pm Events Start: 12:15 pm

9&10 Warm-Ups: ~~2:55 pm to 3:35 pm~~ Events Start: ~~3:45 pm~~
(9&10 Time Finals) Warm Ups: 2:15 pm – 3:10 pm Events Start 3:20 pm

Finals Warm-ups: ~~6:00 pm – 6:50 pm~~ Events Start: ~~7:00 pm~~
Warm Ups: 5:30 pm – 6:20 pm Events Start: 6:30 pm

Sunday: (All events are time finals)

13 & Up Warm-Ups: 6:30 – ~~7:30 am~~ **7:25 am** Events Start: ~~7:45 am~~ **7:35 am**

11 & 12 Warm Ups: ~~11:30 – 12:30 pm~~ Events Start: ~~12:40 pm~~
Warm Ups: 11:50 am – 12:50 pm Events Start: 1:00 pm

9&10 Warm-Ups: ~~2:55 pm to 3:35 pm~~ Events Start: ~~3:45 pm~~
Warm Ups: 3:35 pm – 4:15 pm Events Start: 4:25 pm

Warm Ups:

The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. For 11 & Older Prelims and 9-10 Sessions, teams will be assigned lanes for warm-ups. Coaches are responsible for monitoring their swimmers during warm-ups and the meet. For Finals, there will be open warm-ups with assigned sprint and pace lanes. **Note:** The Meet Manager reserves the right to modify the warm-ups based on the number of entries. Coaches will be notified by email in such an occurrence.

Eligibility:

Open to all USA Swimming registered swimmers from the **invited** teams listed below or individual swimmers at the discretion of the meet manager.
Athletes shall compete at the age attained on the first day of the meet.

PV Teams –HACC, MAKO, SNOW, SDS, YORK, FISH, CSC, FXF, LTF
VA Teams – RAYS, ECAT, DIG

Invitations will be sent via email by the Meet Manager.

Individual Events:

11 & Older contestants are limited to a total of (9) nine events:

Up to 3 preliminary events on Friday – plus 1 distance event (1000 or 1650)
Up to **2 Events on Saturday**
Up to 3 Events on Sunday

9 & 10 contestants may enter a total of six (6) events – up to 3 events on Saturday & up to 3 events on Sunday

Qualifying Times for Distance Events (1000 & 1650 only)

All Distance event entries must submit proof of time Please check the box for “proof of time” in the Hy-Tek meet entry report.

- ✓ Minimum provable times:
 - For 13 & Older Athletes: The minimal provable time for 1000 yd (800M) Freestyle is 13:30:00, or must have a provable time of NST 6:30.00 in the 500 yd (400M) Freestyle;
 - For 13 & Older Athletes: The minimal provable time for the 1650 yd Freestyle is 23:00.00 or a provable time of NST 13:30.00 in the 1000 yd Freestyle
 - See Full description of the PVS Distance Qualifying Policy PVS Distance Qualifying Policy
- ✓ Minimum provable times for 12 & Under Swimmers:
 - A provable time of 7:20 must be swum in the 500 yd Freestyle before entering the 1000 yd Freestyle;
 - A provable time of 15:00:00 must be swum in the 1000 yd Freestyle before entering the 1650 yd Freestyle

Entries in the 1000 and 1650 may need to be limited due to time constraints. If a swimmer is removed from an event because of time constraints, they will be provided the opportunity to enter another event in the meet, as long as **that entry DOES NOT create a new heat.**

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.

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.

Entries/Fees:

Email entries are preferred. See email address below. Include the entry file from Team Manager, as well as a report by Swimmer and a report by Event.

Teams entering by mail, please send two computer disks (Hy-Tek).
Include one meet entry report by swimmer and one report by event.

Fees for individual events are \$8.00;
There is a \$4.00 per swimmer surcharge.

Each club is requested to remit one check to cover the entry fees for the entire team.

Optional:

Before preparing your entries, events for this meet can be downloaded and then imported into Team Manager (download zipfile), unzip it and then go to team manager/file/import/meet events). To download as a file, you may need in Netscape 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”.

Entry Deadline:

- **All entries must be received no later than Friday, November 4, 2016 5:00 PM. Each session will be limited to 600 swimmers. Entries will be accepted on a first come first serve basis. The Meet Manager will endeavor to inform invited teams promptly when the meet has been fully subscribed which may be before Friday, November 6th.**

IMPORTANT PARENTS:

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.**

Submit Meet Entry Fee Payments to:

Kristy Kellogg
(SDS – Swim and Rock 2016)
9322 Elk Drive
Springfield, VA 22153

Email Meet Entries to: admin@seadevils.org

Meet Directors are requested to acknowledge receipt by return email within 24 hours. Coaches submitting entries that do NOT receive an acknowledgement should contact the Meet Director by calling: 703-627-6876 **Coaches only please.**

Competition Rules:

Current USA Swimming rules shall govern the meet.

For 11-12 Age Group

A Final - Top eight (8) qualifiers from prelims swim in finals.

For 13-14 & 15-18 Age Group

A & B Finals - Top sixteen (16) qualifiers from prelims swim in finals session. Order of Finals is B, A. There will only be the A Final (Top eight (8) qualifiers) for the 400 IM.

Exceptions:

- The Distance Session 1650 & 1000 will be swum as Timed Finals on Friday.
- There will be a 10 Minute Break prior to the 500 Free on Sunday for 11 & 12 Session.*
- There will be a 10 minute break prior to the 500 Free on Sunday for the 13 & Over Session.*
- There will be a 10 Minute Break prior to the 500 Free on Sunday for the 9-10 Session.*

*Meet Manager has the right to eliminate the break or cut the break time down after notifying all coaches with 400 IM and 500 swimmers.

Additional Rules: Regarding Swimsuits – Will apply see Amended USA Swimming Rules & Regulations Regarding Swimwear **Effective October 1, 2009** – See USA Swimming Regs: 102.9 – 205.10.

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.

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.

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 prohibited.

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.

No on-deck USA-S registration will be permitted.

Dive-Over Starts:

The Meet Manager has determined that Dive-Over Starts will be used at all morning preliminary and afternoon timed final sessions. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

Bulkheads -- Pool management has requested that we limit the number of people standing on the bulkheads. As a result access to the bulkheads will be limited as follows:

- During Competition – Please limit to Coaches that are coaching swimmers in that event;
- Swimmers shall not be allowed on the bulkheads during the meet.

Withdrawing from Finals:

PVS scratch rules apply for swimmers scratching finals. If a swimmer fails to properly scratch from a final event and does not appear for the final, he/she will be barred from further competition for the remainder of the meet, unless excused by the Referee.

PVS Positive Check-in Policy:

Athletes who check-in prior to the specified time will be seeded into the event. Athletes who have checked-in, seeded into the event, and fail to swim the event will be scratched from their next scheduled individual event, unless excused by the Referee.

Positive Check-in:

All events 200 and up will be positive check-in. Positive check-in times may be adjusted.

Friday

- Events # 7, 8, 9, 10 – **7:45 am**
- Events # 11, 12, 13, 14, 15, 16 – 8:00 am
- Events # 17, 18, 20, 21, 22 – 8:15 am
- Events # 23, 24, 25, 26 – **11:15 am**

Saturday

- Events # 39, 40, 41, 42 – **8:15 am**
- Events # 61, 62, 65, 66 – 12:00 noon
- Events # 85, 86 – **2:45 pm**

Sunday

- Events # 47, 48, 49, 50 – 7:15 am
- Events # 51, 52, 53, 54 – **7:45 am**
- Events # 55, 56, 57, 58 – 8:15 am
- Events # 77, 78 – **1:00 pm**
- Events #81, 82 – **1:15 pm**
- Events # 101, 102 – **4:30 pm**
- Events #105, 106 – **4:45 pm**

*Meet Manager reserves the right to have positive check-in for all events.

Awards:

All swimmers entered in an individual event will receive a Swim & Rock 2016 Swim Cap & Swim Bag Tag.

Individual Events:

Medals 1st through 8th place and ribbons 9th through 16th place.

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

Friday 11-12, 13-14 & 15-18 Session

Girls and Boys Prelims on separate courses, Finals on One course

Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM

Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM

Girls Event #	Event	Boys Event #
1	13-14 100 Fly	2
3	15 -18 100 Fly	4
5	11-12 100 Fly	6
7*%¶	13-14 400 IM	8*%¶
9*%¶	15-18 400 IM	10*%¶
11*	11-12 200 Breast	12*
13*	13-14 200 Breast	14*
15*	15-18 200 Breast	16*
17*	13-14 200 Back	18*
19*	15-18 200 Back	20*
21*	11-12 200 Back	22*

* - Positive Check-In event, see Meet Announcement for closing time.

% - Swum fastest to slowest in Prelims Session.

¶ - Only the A Final (Top eight (8) qualifiers) for the 400 IM will go to Finals.

Friday DISTANCE Session

1000 and 1650 on ONE Course, TIMED FINALS

Warm Ups: 11:00 am – 11:30 am – Events Start: 11:45 am

Alternating heats Girls /Boys

Event #	Event	Event #
23*%\$@	1000	24*%\$@
25*%\$@	1650	26*%\$@

* - Positive Check-In event, see Meet Announcement for closing time.

\$ - Swimmers must provide their own timer and counter during this Session.

@ - Timed Finals

% - Swum fastest to slowest.

Saturday 13 & Older Prelims Session		
Girls and Boys Prelims on separate courses, Finals on One course		
Prelims Warm-up: 6:30 – 7:50 AM Events: 8:00 AM		
Finals Warm-up: 5:30 pm – 6:20 PM Events Start: 6:30 PM		
Girls Event #	Event	Boys Event #
27	13-14 100 Back	28
29	15-18 100 Back	30
31	13-14 50 Free	32
33	15-18 50 Free	34
35	13-14 100 Breast	36
37	15-18 100 Breast	38
39*	13-14 200 Free	40*
41*	15-18 200 Free	42*

* - Positive Check-In event, see Meet Announcement for closing time.

Saturday 11 & 12 Prelims Session		
Girls and Boys on separate courses		
11&12 Prelims Warm-up: 11:00 AM – 12:00 PM Events Start: 12:15 PM		
11&12 Finals Warm-up: 5:30 pm – 6:20 PM Events Start: 6:30 PM		
Girls Event #	Event	Boys Event #
59	11-12 100 Back	60
61*	11-12 200 Free	62*
63	11-12 100 IM	64
65*	11-12 200 Fly	66*
67	11-12 50 Free	68
69	11-12 100 Breast	70

* - Positive Check-In event, see Meet Announcement for closing time.

Saturday 9-10 (Timed Finals) Session		
Girls and Boys on separate courses		
9 & 10 Timed Finals		
Warm-up: 2:15 PM – 3:10 PM Events Start: 3:20 PM		
Girls Event #	Event	Boys Event #
83	9-10 100 Back	84
85*	9-10 200 Free	86*
87	9-10 100 IM	88
89	9-10 50 Fly	90
91	9-10 50 Free	92
93	9-10 100 Breast	94

* - Positive Check-In event, see Meet Announcement for closing time.

Sunday 13 & Older Timed Finals Session		
Girls and Boys Separate courses		
Time Finals Warm-up: 6:30 – 7:25 AM Events: 7:35 AM		
Girls Event #	Event	Boys Event #
43	15-18 100 Free	44
45	13-14 100 Free	46
47*	15-18 200 Fly	48*
49*	13-14 200 Fly	50*
51*	15-18 200 IM	52*
53*	13-14 200 IM	54*
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
55*\$	15-18 500 Free	56*\$
57*\$	13-14 500 Free	58*\$
* - Positive Check-In event, see Meet Announcement for closing time. \$ - Swimmers must provide their own timer and counter for this event during this Session.		

Sunday 11-12 Timed Finals Session		
Girls and Boys on separate courses		
11&12 Time Finals Warm-up: 11:50 AM – 12:50 PM Events: 1:00 PM		
Girls Event #	Event	Boys Event #
71	11-12 100 Free	72
73	11-12 50 Back	74
75	11-12 50 Breast	76
77*	11-12 200 IM	78*
79	11-12 50 Fly	80
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
81*\$	11-12 500 Free	82*\$
* - Positive Check-In event, see Meet Announcement for closing time. \$ - Swimmers must provide their own timer and counter for this event during this Session.		

Sunday 9-10 Timed Finals Session		
Girls and Boys on separate courses		
9 & 10 Timed Finals		
Warm-up: 3:35 PM – 4:15 PM Events Start: 4:25 PM		
Girls Event #	Event	Boys Event #
95	9-10 100 Free	96
97	9-10 50 Back	98
99	9-10 50 Breast	100
101*	9-10 200 IM	102*
103	9-10 100 Fly	104
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
105*\$	9-10 500 Free	106*\$
* - Positive Check-In event, see Meet Announcement for closing time. \$ - Swimmers must provide their own timers & counters for this event during this session.		