



PVS 2019 Long Course 12 & Under Championships

Hosted for PVS by:



July 11-14, 2019

Sanctioned through USA Swimming by Potomac Valley Swimming and Virginia Swimming, Inc.
Sanction # PVS-19-155 & VSI # VSI-19-123DS

MEET DIRECTOR

Angie Davis
snowswimming.entries@gmail.com

MEET REFEREE

Courtney Johnston
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[Application to Officiate](#)

ADMINISTRATIVE REFEREE

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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-19-155 and Virginia Swimming, Inc.: VSI-19-123DS In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Claude Moore Recreation Center, and SNOW Swimming shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 																					
FACILITY	<p style="text-align: center;">Claude Moore Recreation Center 46105 Loudoun Park Lane Sterling, VA 20164 571-258-3600 Hotel Information</p> <ul style="list-style-type: none"> The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). The competition course is 10 lanes, 50 meters. It is 12'6" deep at the starting end and 4' deep at the turning end. 																					
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, July 2, 2019, 7:00pm</p> <ul style="list-style-type: none"> 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. 																					
SCHEDULE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Up</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;">Thursday, Friday & Sunday, July 11, 12 & 14</td> </tr> <tr> <td style="text-align: center;">11-12 Prelim Session</td> <td style="text-align: center;">7:00 – 8:00am</td> <td style="text-align: center;">8:10am</td> </tr> <tr> <td style="text-align: center;">10&U Prelim Session</td> <td style="text-align: center;">11:30 - 12:20am</td> <td style="text-align: center;">12:30am</td> </tr> <tr> <td style="text-align: center;">FINALS</td> <td style="text-align: center;">4:30 - 5:20pm</td> <td style="text-align: center;">5:30pm</td> </tr> <tr> <td colspan="3" style="text-align: center;">Saturday, July 13</td> </tr> <tr> <td style="text-align: center;">Timed Finals</td> <td style="text-align: center;">2:00 - 2:50pm</td> <td style="text-align: center;">3:00 pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> The Meet Director, in coordination with the Age Group chair, reserves the right to adjust times/sessions after entries are received. If the timelines allow, warm-up/warm-down breaks will be added during the sessions. 		Warm Up	Events	Thursday, Friday & Sunday, July 11, 12 & 14			11-12 Prelim Session	7:00 – 8:00am	8:10am	10&U Prelim Session	11:30 - 12:20am	12:30am	FINALS	4:30 - 5:20pm	5:30pm	Saturday, July 13			Timed Finals	2:00 - 2:50pm	3:00 pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes. • Swimmers may only participate in their own age group, based upon their age on the first day of the meet. • Swimmers must have equaled or bettered the applicable NST LCM times listed or the 2017-2020 National Age Group Motivational AA SCY times. • Times achieved prior to July 2, 2017 will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed or approved meets. • Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event will result in the swimmer being scratched from that event. • Distance Entries: Any swimmer who qualifies for the 800M and/or 1500M freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> • PVS and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
INCLEMENT WEATHER	<ul style="list-style-type: none"> • In the event of inclement weather, the Meet Director, Meet Referee and Age Group Chair will work with the facility manager to make any necessary changes. Information will be posted on the PVS web site and/or a Flash Mail will be sent out.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic Timing (touchpads primary) will be used for this meet.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • No on-deck USA-S registration is permitted. • 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. Per PVS policy, the use of equipment capable of taking pictures (i.e., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are 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. • Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. • Dive-over starts will be used during the preliminary sessions. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • No VSI non-athlete member in good standing may be barred from participating in the meet as an official as certified.
EVENT RULES	<ul style="list-style-type: none"> • A swimmer may enter and compete in a maximum of 6 individual events and no more than 3 individual events per day. • A club may enter up to 3 relay teams per relay events, but only two relay teams per club per event may score.

	<ul style="list-style-type: none"> • LCM seed times are conforming for this meet and will be seeded before SCY seed times. • All events 200M and less will be prelims and finals. 10&Under individual events will have two heats in Finals, "B" and "A", swum in that order. 11-12 individual events will have three heats in Finals, "C", "B", and "A", swum in that order. The 11-12 "A" & "B" finals will be made up of the top twenty (20) 11-12 swimmers; the 11-12 "C" final will be made up of the next ten (10) fastest 11 year old swimmers. • All events 400M and longer are timed finals. • The 400M Freestyle for all age groups will be swum slowest to fastest. • The 400M Individual Medley will be swum slowest to fastest, women's events followed by the men's events. • Swimmers of the 400M Freestyle and 400M Individual Medley events are responsible for providing their own timer. • The 800M and 1500M Freestyle events will be swum fastest to slowest, alternating women and men. • Swimmers of the 800M and 1500M events are responsible for providing their own timer and counter, if needed. • All 200M and 400M relays are timed finals and will be swum in the preliminary sessions. • The 200M relays will be swum slowest to fastest and the 400M relays will be swum fastest to slowest. • No late entries are permitted. • No deck entries will be accepted.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • PVS scratch rules apply for swimmers scratching from finals. • If you do not wish to swim in the Final, you may "scratch" from the event by following this procedure: <ul style="list-style-type: none"> ○ You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" or "B" or "C" finals, if scheduled. ○ You may declare "intent to scratch". You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent". If you declare an "intent to scratch" and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event. • If an athlete fails to properly scratch from an event and does not appear for the "Final" event, they "shall be barred from further competition for the remainder of the meet."
POSITIVE CHECK IN	<ul style="list-style-type: none"> • Positive check-in is required for all individual events 400M and longer. Swimmers who do not check-in will not be seeded into that 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 Meet Referee before the event takes place.` • If the size of the PVS LC 12&U Championships warrants, positive check-in for individual events 200M and shorter may be announced.
TIME TRIALS	<ul style="list-style-type: none"> • There are no time trials for this meet.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • The Meet Director may determine the structure of Warm-up, times/lane assignments.

SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.
SCORING	<ul style="list-style-type: none"> Individual: 24, 21, 20, 19, 18, 17, 16, 15, 14, 13, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 Relays: 48, 42, 40, 38, 36, 34, 32, 30, 28, 26, 22, 18, 16, 14, 12, 10, 8, 6, 4, 2 Team scoring will be divided into three divisions for small, medium and large teams. The teams in each division will be determined before the meet.
AWARDS	<ul style="list-style-type: none"> Medals will be awarded 1st through 10th place for individual events and 1st through 3rd place for relay events. High point awards will be presented to the male and female athlete with the highest point total in individual events in the following age groups: 10 & Under, 11-12. Relay events will not be used to determine high point awards.
PROGRAMS	<ul style="list-style-type: none"> Programs will be available on Meet Mobile for a fee.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
OFFICIALS & TIMERS	<ul style="list-style-type: none"> Officials wishing to volunteer should submit an Application to Officiate by July 3 2019. Interested officials may also contact the Meet Referee, Courtney Johnston. Walk-on officials are welcome. Each participating club is requested to provide at least one table worker or official (referee, starter or stroke & turn judge) per session if entering 25 or more splashes. Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries. The Meet Director may send out a request for timers based upon entries.

<p>ENTRY PROCEDURES</p>	<ul style="list-style-type: none"> • Send all entries to: snowswimming.entries@gmail.com • Include in the subject of the email, "2019 PVS LC 12 & U Champs - ***" with the club's initials in place of the asterisks. Also include training site if your club submits multiple entry files. • Entry email must include a coach's cell phone number that they will answer between prelims and finals, in case a swimmer scratches into finals and needs to be notified. • The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the meet director. • Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100 and no further entries will be accepted from that club until the said fine is paid. • All Relay-only swimmers must be included in the meet entry file in order to participate in the meet.
<p>ENTRY FEES</p>	<p style="text-align: center;">Per Swimmer Surcharge: \$0.00 Relay event fee: \$12.00 Individual event fee: \$8.00 Deck entries: NA</p> <ul style="list-style-type: none"> • Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payments and where to send a check. • Payment for individual unattached athlete entries (those not entered through a club) must be made before the meet. Please contact the Meet Director for payment instructions.

PVS 2019 Long Course 12 & Under Championships

July 11-14, 2019

Thursday, July 11, 2019

11-12 Year Old Prelim Events

Warm up: 7:00-8:00 am, Events: 8:10 am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
1		2:20.99	11-12 200 Freestyle Relay	2:20.99		2
5	2:28.59	3:10.19	12 & Under 200 M Butterfly	3:07.69	2:25.09	6
7	1:16.99	1:35.99	11-12 100 M Breaststroke	1:35.59	1:14.89	8
11	27.89	32.99	11-12 50 M Freestyle	32.59	26.79	12
15	2:28.49	2:56.99	11-12 200 M Individual Medley	2:55.99	2:24.19	16
19	31.49	38.99	11-12 50 M Backstroke	38.99	30.89	20
23		11:59.99	12 & Under 800 M Freestyle	11:59.99		24

Positive check-in for all individual events 400M and longer.

200M Freestyle Relay: timed finals

800M Freestyle: timed finals, swum fastest to slowest, alternating women and men; swimmers must provide their own timer and counter

10 & Under Prelim Events

Warm up: 11:30-12:20 am, Events: 12:30 am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
3		2:59.99	10 & Under 200 Freestyle Relay	2:59.99		4
9	1:27.49	1:50.99	10 & Under 100 M Breaststroke	1:52.99	1:26.29	10
13	30.19	38.59	10 & Under 50 M Freestyle	38.59	29.79	14
17	2:45.09	3:29.99	10 & Under 200 M Individual Medley	3:29.99	2:43.59	18
21	34.99	44.99	10 & U 50 M Backstroke	45.99	35.29	22

200M Freestyle Relay: timed finals

FINALS

Warm up: 4:30-5:20 pm, Events: 5:30 pm

Women's Event #	Event	Men's Event #
5	12 & U 200 M Butterfly	6
7	11-12 100 M Breaststroke	8
9	10 & Under 100 M Breaststroke	10
11	11-12 50 M Freestyle	12
13	10 & Under 50 M Freestyle	14
15	11-12 200 M Individual Medley	16
17	10 & Under 200 Individual Medley	18
19	11-12 50 M Backstroke	20
21	10 & Under 50 M Backstroke	22

PVS 2019 Long Course 12 & Under Championships

July 11-14, 2019

Friday, July 12, 2019

11-12 Year Old Prelim Events

Warm up: 7:00-8:00 am, Events: 8:10 am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
25		2:50.99	11-12 200 M Medley Relay	2:52.99		26
29	2:46.89	3:21.99	12 & U 200 M Breaststroke	3:25.99	2:40.09	30
31	1:08.39	1:22.99	11-12 100 M Backstroke	1:22.99	1:06.09	32
35	30.19	36.59	11-12 50 M Butterfly	36.99	29.69	36
39	2:12.39	2:35.99	11-12 200 M Freestyle	2:34.99	2:07.89	40
43		5:00.99	11-12 400 M Freestyle Relay	4:58.99		44

200M Medley and 400M Freestyle Relays are timed finals; the 400M Freestyle relays will be swum fastest to slowest.

10 & Under Prelim Events

Warm up: 11:30-12:20 am, Events: 12:30 am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
27		3:10.79	10 & Under 200 M Medley Relay	3:15.09		28
33	1:15.59	1:36.99	10 & Under 100 M Backstroke	1:37.59	1:15.69	34
37	34.39	44.99	10 & Under 50 M Butterfly	45.99	33.69	38
41	2:28.29	2:59.99	10 & Under 200 M Freestyle	2:59.99	2:23.09	42
45		5:45.99	10 & Under 400 M Freestyle Relay	5:45.99		46

200M Medley and 400M Freestyle Relays are timed finals; the 400M Freestyle relays will be swum fastest to slowest.

FINALS

Warm up: 4:30-5:20 pm, Events: 5:30 pm

Women's Event #	Event	Men's Event #
29	12 & Under 200 M Breaststroke	30
31	11-12 100 M Backstroke	32
33	10 & Under 100 M Backstroke	34
35	11-12 50 M Butterfly	36
37	10 & Under 50 M Butterfly	38
39	11-12 200 M Freestyle	40
41	10 & Under 200 M Freestyle	42

PVS 2019 Long Course 12 & Under Championships

July 11-14, 2019

Saturday, July 13, 2019

Timed Finals

Warm up: 2:00-2:50 pm, Events: 3:00 pm

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
47	5:52.49	5:29.99	11-12 400 M Freestyle	5:29.99	5:42.69	48
49	6:27.99	6:35.99	10 & Under 400 M Freestyle	6:35.99	6:20.79	50
51	5:15.59	6:20.99	12 & Under 400 M Individual Medley	6:15.99	5:06.49	52

Positive check-in for all individual events 400M and longer.
400M Freestyle: Timed Finals, swum slowest to fastest; swimmers must provide their own timer
400M IM: Timed Finals, swum slowest to fastest; swimmers must provide their own timer

PVS 2019 Long Course 12 & Under Championships

July 11-14, 2019

Sunday, July 14, 2019

11-12 Year Old Prelim Events

Warm up: 7:00-8:00 am, Events: 8:10 am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
53		5:30.99	11-12 400 M Medley Relay	5:30.99		54
57	2:25.09	3:02.99	12 & Under 200 M Backstroke	2:55.99	2:21.79	58
59	1:00.49	1:11.99	11-12 100 M Freestyle	1:10.99	58.29	60
63	35.39	44.99	11-12 50 M Breaststroke	43.99	34.49	64
67	1:08.09	1:23.99	11-12 100 M Butterfly	1:23.99	1:06.19	68
71		22:59.99	12 & Under 1500 M Freestyle	22.59.99		72

Positive check-in for all individual events 400M and longer.

400M Medley Relay: Timed Finals, swum fastest to slowest

1500M Freestyle: timed finals, swum fastest to slowest, alternating women and men; swimmers must provide their own timer and counter.

10 & Under Prelim Events

Warm up: 11:30-12:20 am, Events: 12:30 am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
55		5:55.59	10 & Under 400 M Medley Relay	5:55.99		56
61	1:07.29	1:24.59	10 & Under 100 M Freestyle	1:24.99	1:06.69	62
65	39.89	53.29	10 & Under 50 M Breaststroke	53.29	39.19	66
69	1:19.19	1:51.39	10 & Under 100 M Butterfly	1:51.39	1:18.69	70

400M Medley Relay: Timed Finals, swum fastest to slowest

FINALS

Warm up: 4:30-5:20 pm, Events: 5:30 pm

Women's Event #	Event	Men's Event #
57	12 & Under 200 M Backstroke	58
59	11-12 100 M Freestyle	60
61	10 & Under 100 M Freestyle	62
63	11-12 50 M Breaststroke	64
65	10 & Under 50 M Breaststroke	66
67	11-12 100 M Butterfly	68
69	10 & Under 100 M Butterfly	70