



**PVS 2019 Long Course 13 & Over
Championships
July 18-21, 2019**

Hosted

for PVS by:



Sanction # PVS-19-156

MEET DIRECTOR	MEET REFEREE	ADMINISTRATIVE REFEREE	ENTRY CHAIR
Bill Sprague fbstentries@gmail.com	John Kost marlinsofficials@gmail.com Officials Sign Up	Tim Husson Tim.husson@gmail.com	Karyn McCannon Karyn.mccannon@gmail.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-19-156 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, University of Maryland, Eppley Rec Center, and Fort Belvoir Swim Team 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 align="center">University of Maryland College Park Campus, Eppley Recreation Center College Park, MD, 20740 301-266-4400</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 8 lanes, 50 meters. Continuous warm up/cool down will be available. The competition course is 8' deep at the starting end and 14.0' deep at the turning end. 																					
PARKING	<ul style="list-style-type: none"> Parking information will be posted on the PVS website when available. 																					
ENTRY DEADLINE	<p align="center">Tuesday, July 9, 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 border="0"> <thead> <tr> <th></th> <th align="center">Warm Up</th> <th align="center">Events</th> </tr> </thead> <tbody> <tr> <td align="center" colspan="3">Thursday, Friday, & Sunday, July 18, 19 & 21</td> </tr> <tr> <td align="center">13-14 Prelims</td> <td align="center">6:30-7:30 am</td> <td align="center">7:40 am</td> </tr> <tr> <td align="center">15 & Over Prelims</td> <td align="center">11:00 am-12:00 pm</td> <td align="center">12:10 pm</td> </tr> <tr> <td align="center">Finals</td> <td align="center">4:30-5:20 pm</td> <td align="center">5:30 pm</td> </tr> <tr> <td align="center" colspan="3">Saturday, July 20</td> </tr> <tr> <td align="center">Timed Finals</td> <td align="center">2:00-2:50 pm</td> <td align="center">3:00 pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> The Meet Director, in coordination with the Senior Chair, reserves the right to adjust times/sessions after entries are received. 		Warm Up	Events	Thursday, Friday, & Sunday, July 18, 19 & 21			13-14 Prelims	6:30-7:30 am	7:40 am	15 & Over Prelims	11:00 am-12:00 pm	12:10 pm	Finals	4:30-5:20 pm	5:30 pm	Saturday, July 20			Timed Finals	2:00-2:50 pm	3:00 pm
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<p>ELIGIBILITY</p>	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes 13 & Over as of the first day of the meet. • Swimmers shall compete at the age attained on the first day of the meet. Swimmers must have equaled or bettered the applicable Qualifying Time listed. • A 13-14 swimmer may not swim any event they swam at the 2019 PVS LC Open Champs, INCLUDING an event swum as a bonus event at the Open Champs. • A 15&Over swimmer may not enter an event they are eligible to swim at the 2019 PVS LC Open Champs, if they qualify with either LCM or SCY time standard AND they cannot swim an event they swim as a bonus event at Open Champs. <p>Any athlete who betters the “No Faster Than” time standard for the LC 13&Over Championships after the submission of entries is precluded from competing in that event at the meet.</p> <ul style="list-style-type: none"> • Times achieved prior to July 9, 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 Entry Chair 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 800 M and/or 1500 M 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.
<p>DISABILITY SWIMMERS</p>	<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.
<p>INCLEMENT WEATHER</p>	<ul style="list-style-type: none"> • In the event of inclement weather, the Meet Director, Meet Referee and Senior 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.
<p>TIMING SYSTEM</p>	<ul style="list-style-type: none"> • Automatic Timing (touchpads primary) will be used for this meet.
<p>RULES</p>	<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.

	<ul style="list-style-type: none"> • 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.
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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 13-14 relay event, but only two relay teams per club per event may score. A club may enter up to 2 relay teams per 15&O relay event. • Long Course Meters seed times are conforming for this meet. NT entries will not be accepted. • All individual events are prelims and finals, except for the 800M & 1500M Freestyle and the 400 IM. • All relays are timed finals swum in the prelims sessions. • No deck entries will be accepted. • No late entries are permitted. • There will be three heats swum in finals for all individual prelims/finals events. Heats will be swum in the following order: "C", "B", and "A".
SEEDING and POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be positive check in. 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. • Positive check-in for the first event of the session will close no earlier than 30 minutes after the start of the warm up for each session. A full check-in schedule will be posted at the meet. • The preliminaries of the 400M Freestyle will be seeded as follows: If there are six or more heats, the four fastest heats of women (slow to fast) will be followed by the four fastest heats of men (slow to fast). The remaining heats will be swum fast to slow, alternating women and men. If there are five or fewer heats, the events will be swum all women (slow to fast) followed by all men (slow to fast).
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • PVS scratch rules apply for swimmers scratching 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", "B" or "C" finals, if scheduled. ○ You may declare an "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 of the remainder of the meet.

ORDER OF SWIMS	<ul style="list-style-type: none"> • There will be three heats swum in finals for all individual events except the 800 M and 1500 M Freestyle and the 400 IM events. Heats will be swum in the following order: “C”, “B” and “A”. <ul style="list-style-type: none"> ○ For the 13-14 Events, “A” and “B” finals will consist of the top sixteen (16) preliminary swimmers. The “C” final will be the next fastest eight (8), 13 year old swimmers from that event. ○ For the 15 & Over Events, “A” and “B” finals will consist of the top sixteen (16) preliminary swimmers. The “C” final will be the next fastest eight (8), 15-16 year old swimmers from that event. • Short Course entry times will be seeded after Long Course entry times. • Heats of distance events (800 M & 1500 M) will be swum fastest to slowest, alternating women and men. The fastest seeded heats of the 13-14 800M Freestyle will be swum at Finals. Swimmers in the 800 M and 1500 M are responsible for providing their own timer, except for those swimming in the Final session on Thursday.
TIME TRIALS	<ul style="list-style-type: none"> • There will be no Time Trials as part of the Long Course 13 & Over Championships.
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-ups, times and lane assignments. • During the meet there will be continuous warm-up/cool-down lanes. Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.
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: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 • Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 • Team scoring will be for the 13-14 age group only and 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"> • High point awards will be presented to the male and female athlete with the highest point total in individual events in the 13-14 age group. • Relay events will not be used to determine high point awards.
PROGRAMS	<ul style="list-style-type: none"> • The meet programs/results will be available on Meet Mobile for a fee. • As all events are positive check-in, programs will be available for coaches and officials as the events are seeded.
CONCESSIONS	<ul style="list-style-type: none"> • Will be sold by the University of Maryland.

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
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OFFICIALS	<ul style="list-style-type: none"> 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 All certified officials wishing to volunteer please use the Officials Sign Up or contact the Meet Referee, John Kost by Wednesday, July 10. Late applications and walk-ons are welcome. Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries. The Meet Director will send out a request for timers based upon entries.
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ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Entry Chair. Include in the subject of the email, "2019 LC 13 & Over Champs - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. Include in entry email: entry file, report of entries by name, report of entries by event. In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry. Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status. Individual Unattached Athletes: Unattached athletes may enter individually. All Relay-only swimmers must be included in the Club's Entry File in order to participate in the meet. 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.
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ENTRY FEES	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">Per Swimmer Surcharge:</td> <td style="padding-right: 20px;">\$0.00</td> <td style="padding-right: 20px;">Relay event fee:</td> <td>\$12.00</td> </tr> <tr> <td>Individual event fee:</td> <td>\$8.00</td> <td>Deck entries:</td> <td>NA</td> </tr> </table> <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. 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. 	Per Swimmer Surcharge:	\$0.00	Relay event fee:	\$12.00	Individual event fee:	\$8.00	Deck entries:	NA
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Individual event fee:	\$8.00	Deck entries:	NA						

PVS 2019 Long Course 13 & Over Championships

July 18-21, 2019

Thursday, July 18, 2019

13-14 Year Old Prelim Events

Warm up: 6:30-7:30 am, Events: 7:40 am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
1		5:25.99	13 - 14 200M Medley Relay	5:15.99		2
5	1:09.69	1:25.99	13 - 14 100M Breaststroke	1:21.29	1:03.99	6
9	2:00.39	2:23.89	13 - 14 200M Freestyle	2:16.79	1:52.39	10
13	1:00.49	1:13.69	13 - 14 100M Butterfly	1:09.69	56.09	14
17		4:40.99	13 - 14 400M Freestyle Relay	4:30.99		18
21	11:01.79	10:23.99	13 - 14 800M Freestyle	10:19.19	10:29.49	22

All events will be positive check in.

200M Medley Relay: use the 400M Medley Relay Qualifying time

800M Freestyle: swum fastest to slowest, alternating women and men; fastest women's and men's heat swim at finals; swimmers must provide their own timer and counter

15 & Over Prelim Events

Warm up: 11:00 am-12:00 pm, Events: 12:10 pm

Women's Event #	NFT SCY	NST SCY	NFT LCM	NST LCM	Event	NST LCM	NFT LCM	NST SCY	NFT SCY	Men's Event #
3			5:05.10	5:25.99	15 & Over 200M Medley Relay	5:15.99	4:23.00			4
7	1:08.20	1:09.19	1:21.40	1:25.39	15 & Over 100M Breaststroke	1:16.99	1:12.80	1:02.49	1:01.50	8
11	1:55.20	1:57.79	2:14.30	2:20.39	15 & Over 200M Freestyle	2:09.29	2:02.80	1:48.29	1:46.30	12
15	58.60	59.59	1:07.80	1:13.39	15 & Over 100M Butterfly	1:06.29	1:01.00	54.29	53.30	16
19			4:13.10	4:40.99	15 & Over 400M Freestyle Relay	4:30.99	3:54.00			20
23	10:39.80	10:51.59	9:42.50	10:19.99	15 & Over 800M Freestyle	9:41.99	9:04.40	10:12.49	10:02.50	24

All events will be positive check in.

200M Medley Relay: use the 400M Medley Relay Qualifying time

800M Freestyle: swum fastest to slowest, alternating women and men; all heats will be swum in prelims; swimmers must provide their own timer and counter

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Thursday, July 18, 2019

FINALS

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

Women's Event #	Event	Men's Event #
5	13 - 14 100M Breaststroke	6
7	15 & Over 100M Breaststroke	8
9	13 - 14 200M Freestyle	10
11	15 & Over 200M Freestyle	12
13	13 - 14 100M Butterfly	14
15	15 & Over 100M Butterfly	16
21	13 - 14 800M Freestyle	22
800M Freestyle: Fastest women's heat and fastest men's heat only		

Friday, July 19, 2019

13-14 Year Old Prelim Events

Warm up: 6:30-7:30 am, Events: 7:40 am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
25	2:14.69	2:42.19	13-14 200M Individual Medley	2:34.19	2:05.69	26
29	2:30.89	3:05.89	13-14 200M Breaststroke	2:56.79	2:20.09	30
33	1:00.59	1:15.89	13-14 100M Backstroke	1:12.29	56.59	34
37	25.69	30.69	13-14 50M Freestyle	28.99	23.59	38
41	5:21.69	5:01.59	13-14 400M Freestyle	4:50.69	5:03.79	42
All events will be positive check in.						

15 & Over Prelim Events

Warm up: 11:00 am-12:00 pm, Events: 12:10 pm

Women's Event #	NFT SCY	NST SCY	NFT LCM	NST LCM	Event	NST LCM	NFT LCM	NST SCY	NFT SCY	Men's Event #
27	2:11.00	2:12.99	2:31.60	2:42.19	15 & Over 200M Individual Medley	2:27.99	2:18.10	2:01.79	1:59.80	28

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31	2:29.40	2:31.39	2:52.40	3:05.39	15 & Over 200M Breaststroke	2:48.39	2:36.90	2:16.99	2:15.00	32
35	59.30	1:00.29	1:11.10	1:15.69	15 & Over 100M Backstroke	1:09.89	1:05.00	55.49	54.50	36
39	24.80	25.29	28.80	30.19	15 & Over 50M Freestyle	27.39	25.90	22.89	22.40	40
43	5:08.80	5:14.79	4:40.50	4:54.49	15 & Over 400M Freestyle	4:34.19	4:21.50	4:52.89	4:47.40	44

All events will be positive check in.

Friday, July 19, 2019

FINALS

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

Women's Event #	Event	Men's Event #
25	13-14 200M Individual Medley	26
27	15 & Over 200M Individual Medley	28
29	13-14 200M Breaststroke	30
31	15 & Over 200M Breaststroke	32
33	13-14 100M Backstroke	34
35	15 & Over 100M Backstroke	36
37	13-14 50M Freestyle	38
39	15 & Over 50M Freestyle	40
41	13-14 400M Freestyle	42
43	15 & Over 400M Freestyle	44

Saturday, July 20, 2019

Timed Finals

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

Women's Event #	NFT SCY	NST SCY	NFT LCM	NST LCM	Event	NST LCM	NFT LCM	NST SCY	NFT SCY	Men's Event #
45				10:00.99	13-14 800M Freestyle Relay	9:45.99				46
47			9:20.10	10:00.99	15 & Over 800M Freestyle Relay	9:45.99	8:40.10			48

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49		4:47.39		5:57.79	13-14 400M Individual Medley	5:36.59		4:28.59		50
51	4:38.40	4:43.39	5:20.50	5:49.69	15 & Over 400M Individual Medley	5:20.59	4:53.90	4:20.09	4:15.10	52
53		18:22.79		20:39.79	13-14 1500M Freestyle	19:48.39		17:31.99		54
55	17:54.40	18:18.39	18:38.80	20:20.49	15 & Over 1500M Freestyle	19:39.99	17:40.00	17:03.99	16:44.00	56

All events will be positive check in.
800M Freestyle relays will be swum fastest to slowest in event order
400 IM will be swum fastest to slowest, alternating women and men in each age group.
1500M Freestyle: will be swum fastest to slowest, alternating women and men in each age group; swimmers must provide their own timer and counter. The slowest heats of the 1500M Freestyle may be combined.

Sunday, July 21, 2019

13-14 Year Old Prelim Events

Warm up: 6:30-7:30 am, Events: 7:40 am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
57		2:10.99	13-14 200M Freestyle Relay	2:05.99		58
61	2:11.49	2:42.69	13-14 200M Backstroke	2:36.59	2:03.49	62
65	55.69	1:06.69	13-14 100M Freestyle	1:02.99	51.59	66
69	2:13.59	2:51.69	13-14 200M Butterfly	2:42.19	2:04.39	70
73		5:25.99	13-14 400M Medley Relay	5:15.99		74

All events will be positive check in.

15 & Over Prelim Events

Warm up: 11:00 am-12:00 pm, Events: 12:10 pm

**PVS 2019 Long Course 13 & Over
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Women's Event #	NFT SCY	NST SCY	NFT LCM	NST LCM	Event	NST LCM	NFT LCM	NST SCY	NFT SCY	Men's Event #
59			2:00.00	2:10.99	15 & Over 200M Freestyle Relay	2:05.99	1:50.10			60
63	2:09.10	2:11.09	2:30.10	2:42.09	15 & Over 200M Backstroke	2:28.89	2:19.10	2:00.59	1:58.60	64
67	53.10	54.69	1:01.90	1:05.09	15 & Over 100M Freestyle	59.39	56.30	49.49	48.50	68
71	2:12.10	2:14.09	2:32.10	2:51.39	15 & Over 200M Butterfly	2:37.99	2:20.00	2:03.19	2:01.20	72
75			5:05.10	5:25.99	15 & Over 400M Medley Relay	5:15.99	4:23.00			76

All events will be positive check in.

FINALS

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

Women's Event #	Event	Men's Event #
61	13-14 200M Backstroke	62
63	15 & Over 200M Backstroke	64
65	13-14 100M Freestyle	66
67	15 & Over 100M Freestyle	68
69	13-14 200M Butterfly	70
71	15 & Over 200M Butterfly	72