



Speedo Eastern States Senior Invitational Meet

January 5-6, 2019

Sanction # PVI-19-40



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Evan Stiles, estile@arlingotnva.us , 703-228-1814	Charles Lundy, calundy@verizon.net	Phyllis Cuttino, pcuttino@me.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-19-40. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Arlington Aquatic Club, and Wakefield HS Aquatic Center 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;">Wakefield Aquatic Center 1325 S Dinwiddie St. Arlington, VA 22206 (703) 228-2395</p> <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth of 6.8' at the starting end and 4.0' at the turning end. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).
ENTRY DEADLINE	<p style="text-align: center;">Thursday, December 27, 2018, 9:00 p.m.</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>
SCHEDULE	<ul style="list-style-type: none"> Saturday, January 05, 2019 Session 1 ---- 7:00 am - 8:20 am warm up/8:30 am start Session 2 ---- 3:30 pm - 4:30 pm warm up/4:40 pm start Saturday, January 05, 2019 Jr Circuit -----12:00-12:30 pm warm up/ 12:40 pm start- Open to all swimmers not yet at the Senior level of all participating Sr Circuit teams. Meet events are on the last page. Sunday, January 06, 2019 Session 3 ---- 6:30 am - 7:20 am warm up for the 1000 Free/1650 Free- 7:30 am start 1000/1650 (events 25 - 26) will be swum slowest to fastest, combined heats of women and men. All Heats of the 1000's will swim before the 1650's Session 4 ----- Warm-up will be available at all times/Session start time will be 30 minutes after the completion of the 1650 Free. Meet Director reserves the right to adjust times/sessions after entries are received.

ELIGIBILITY	<ul style="list-style-type: none"> Open to all swimmers of teams that are members of the Eastern States Senior Circuit. All swimmers must be registered with USA Swimming, Inc. PLEASE MAKE SURE YOUR ATHLETES ARE REGISTERED FOR 2019 BEFORE ENTERING THEM. There are no qualifying times but all teams agree to bring swimmers who are training at a senior level and are preparing for successful qualification or participation in Sectionals and Nationals. Please see published Circuit Guidelines for more information. Age on January 5, 2019 will determine age for the entire meet. To be eligible to enter this meet, a swimmer must be registered with USA Swimming, Inc. no later than the entry deadline shown below.
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.
TIMING SYSTEM	Automatic timing (touch pads 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 at this meet.
EVENT RULES	<ul style="list-style-type: none"> All events are timed finals. There will be a Jr Circuit on Saturday, between the 1st and 2nd sessions for 11-14 year old athletes looking to improve or qualify for IMX events.
POSITIVE CHECK IN	<ul style="list-style-type: none"> All Relay check in must be done by the end of warm up for each session. Saturday- Check-in for the 400 IM will be by 8:00 am Saturday- Check-in for the 500 Free will be by 9:00 am Check in for the 1000/1650 Free will be by 6:00 pm on Saturday.
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, including 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.
SEEDING	<ul style="list-style-type: none"> All events at the distance of 200 and below will be pre-seeded. All relays, 400 IM, 500 Free, and 1000/1650 Free will be deck seeded and require a positive check in.

SCORING	<ul style="list-style-type: none"> This meet will not be scored.
AWARDS	<ul style="list-style-type: none"> There are no awards at this meet.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will be available for spectators at each session for \$2.00.
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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> There will be no spectator entry fee.
OFFICIALS	<ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stoke & Turn Judge) per session if entering 25 or more splashes. Officials available to assist with the meet should volunteer in advance by contacting Phyllis Cuttino, pcuttino@me.com Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. 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-ups.
TIMERS	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "2019 Senior Circuit #3 - ****" 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). Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. 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 by PVS and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	<p style="text-align: center;">Per Swimmer Surcharge: \$10.00 Relay event fee: \$12.00 Individual event fee: \$6.00 Deck entries: \$10.00</p> <ul style="list-style-type: none"> Make checks payable to AAC Boosters. Checks may be mailed to: AAC Boosters PO Box 7512 Arlington, VA 22207 Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

Senior Circuit #3

ORDER OF EVENTS
Saturday, January 05, 2019

Session 1		
Warm-ups: 7:00 - 8:20 am/Start 8:30 am		
Female		Male
1	800 Free Relay	2
3	400 IM	4
5	100 Free	6
7	200 Back	8
9/10	200 Mixed Medley Relay*	9/10
11	500 Free	12

***All Mixed Relays will consist of 2 boys and 2 girls. They can be used in any order.**

Session 2		
Warm-ups: 3:30 - 4:30 pm/Start 4:40 pm		
Female		Male
13/14	400 Mixed Free Relay *	13/14
15	100 IM	16
17	200 Free	18
19	100 Breast	20
21	200 Fly	22
23	100 Back	24

***All Mixed Relays will consist of 2 boys and 2 girls. They can be used in any order.**

Sunday, January 06, 2019

Session 3		
Warm-up: 6:30 - 7:20 am/ Start 7:30 am		
Female		Male
25	Mixed 1000 Free*	25
26	Mixed 1650 Free**	26

*All Mixed 1000 heats will be swum slowest to fastest before the 1650

** All Mixed 1650 heats will be swum slowest to fastest after completion of the 1000

Session 4		
Warm-up: All Morning/Start minimum of 30 minutes after 1650 Free		
Female		Male
27	400 Mixed Medley Relay	28
29	200 IM	30
31	50 Free	32
33	200 Breast	34
35	100 Fly	36
37	200 Mixed Free Relay	38

Junior Circuit #3

ORDER OF EVENTS
Saturday, January 05, 2019

Warm-up: 12:00-12:30 p.m. Events: 12:40 p.m.

Female	Events	Male
101	14 & under 400 IM	102
103	12 & under 200 IM	104
105	14 & under 200 Breast	106
107	12 & under 100 Breast	108
109	14 & under 200 Back	110
111	12 & under 100 Back	112
113	14 & under 200 Fly	114
115	12 & under 100 Fly	116
117	14 & under 500 Free	118
119	Mixed 15 & under 1000 Free	
	Mixed 15 & under 1650 Free	120

* will be limited to 2-3 heats per event per gender

** may combine boys and girls heats to conserve time

*** Time Permitting, there will be events available for Time Trials

**** These events should be for swimmers in a training group preparing for the Senior group