



# PVS January Open

January 19-20, 2019

Sanction # PVS-19-47

For PWCS Sanction #:

Hosted for PVS by:



**ENTRY DEADLINE: Thursday, January 3, 11:59 PM**

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.

<b>MEET HOST/ DIRECTOR</b>	<b>Occoquan Swimming</b> Aaron Dean <a href="mailto:gm@swimoccs.org">gm@swimoccs.org</a>	<b>All Star Aquatics</b> Chris Schlegel <a href="mailto:Christopher.schlegel@hotmail.com">Christopher.schlegel@hotmail.com</a>	<b>FORT BELVOIR SWIM TEAM</b> Bill Sprague <a href="mailto:fbstentries@gmail.com">fbstentries@gmail.com</a>
<b>MEET REFEREE</b>	<b>Dan Young</b> <a href="mailto:writedanyoung@verizon.net">writedanyoung@verizon.net</a>	<b>Morgan Hurley</b> <a href="mailto:mhurley@peerreview.com">mhurley@peerreview.com</a>	<b>Mike Rubin</b> <a href="mailto:Mrubin2121@gmail.com">Mrubin2121@gmail.com</a>
<b>CLUB OFFICIALS CHAIR</b>	<b>Jorge Zamora</b> <a href="mailto:officials@swimoccs.org">officials@swimoccs.org</a> <a href="#">Officials Signup</a>	<b>Kelly Opipari</b> <a href="mailto:kellyopipari@gmail.com">kellyopipari@gmail.com</a> <a href="#">Officials Signup</a>	<a href="#">Officials Signup</a>
<b>FACILITY</b>	<b>PWCS Aquatics Center</b> 13833 Dumfries Road (Door #25) Manassas, VA 20112 (571) 374-6333 <ul style="list-style-type: none"> <li>• 8 lanes, 25 yards</li> <li>• Water depth is 12' at the starting end and 4' at the turning end</li> <li>• The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.</li> </ul>	<b>Fairland Aquatics Center</b> 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060 <ul style="list-style-type: none"> <li>• 10 lanes, 25 yards</li> <li>• Water depth ranges from 5' – 13' at both the starting and turning ends.</li> <li>• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).</li> </ul>	<b>Audrey Moore</b> 8100 Braddock Rd Annandale, VA 22003 (703) 922-9840 <ul style="list-style-type: none"> <li>• 10 lanes, 25 yards</li> <li>• Water depth ranges from 4' – 9' at both the starting and turning ends.</li> <li>• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).</li> </ul>
<b>TEAM ASSIGNMENTS</b>	OCCS, BWST, HACC, PM, JCCW, MAKO, AAC, YORK, NCAP-Burke, CSC, VLAC, DSS, MARY, TRA, NCAP-West, FXXF, RIPS, RY, NCAP-Alex	JFD, NCAP-PG, NCAP-Georgetown Prep, MSSC, PGKS, TIBU, PAC, UMAC, NCAP-AU, TOLL, NCAP-Holton Arms, AU, YSS, NCAP-Germantown, FAST, RMSC, ASA, PGPR, WEA, ASTA, MDNA	FBST, MACH, NCAP-Tyson, NCAP-Claude Moore, DCPR, ERSC, FISH, SSCT, SDS, DRAG, MAC, TANK, SNOW, ANSC, LIFE, SSS, LCL, YASD, GMU, RIPS
<b>NOTE: Assignments of clubs to pool sites will be reviewed by the PVS Admin Assistant after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned.</b>			

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVS-19-47</b>.</li> <li>• In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Lee District Rec Center, Fairland Aquatic Center, PWSC Aquatics Center, Occoquan Swimming, All Star Aquatics, and Fort Belvoir Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Thursday, January 3, 2019 11:59 PM</b></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>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Saturday, January 19, 2019 &amp; Sunday, January 20, 2019</b></p> <p style="text-align: center;">11-12: Warmup 6:30am – 7:20am; Events 7:30am  9-10: Warmup 12:00pm – 12:50pm; Events 1:00pm  13 &amp; Over: Warmup 3:00pm – 3:50pm; Events 4:00pm</p> <ul style="list-style-type: none"> <li>• Meet Director reserves the right to adjust times/sessions after entries are received</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to all Potomac Valley Swimming registered athletes</li> <li>• Swimmers shall compete at the age attained on the first day of the meet.</li> <li>• It may be necessary to limit entries due to time constraints.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic timing (touch pads primary) will be used for this meet.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• No on-deck USA-S registration is permitted.</li> <li>• 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts will be used at this meet.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> </ul>

<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• Seed times are short course yards. In the event that short course yard times are not available, coaches' times are preferred over "no times" for all events.</li> <li>• An athlete may enter no more than 4 events per day, or 7 events for the meet.</li> <li>• Time constraints may require limiting the number of events that are swum.</li> <li>• Deck entries will be accepted if space is available in existing heats. Deck entries must be submitted no later than 45 minutes prior to the first event of each session. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. In the event of a significantly over-subscribed session, the Meet Director reserves the right to not accept deck entries.</li> <li>• Evidence of current USA-S registration required for deck entries.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• All events 200 Yards or longer will be positive check in. The Meet Directors will determine if positive check-in will be required for all events.</li> <li>• Athletes who check into a positive check-in event, 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.</li> <li>• Positive check in will close 30 minutes after the start of warmups.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• There will be no awards for this meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• All attempts will be made to have programs available for each session for a price not to exceed \$2. In the event of the entire session being positive check –in, programs may not be available until after the start of the meet. In the event that programs are not able to be sold, programs will be posted throughout the spectator areas.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>• NONE</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stoke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>• Officials interested in volunteering should contact the appropriate meet referee prior to January 8.</li> <li>• 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.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> <li>• The Meet Director may send out a request for timers based upon entries.</li> </ul>

<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>● Entries should be submitted by email to the Meet Director.</li> <li>● Include in the subject of the email, "2019 PVS JANUARY OPEN - ****" 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.</li> <li>● Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>● In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>● Entries directly from individual team members will not be accepted.</li> <li>● Entries by phone or fax will not be accepted.</li> <li>● 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.</li> <li>● 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.</li> </ul>
<b>ENTRY FEES</b>	<p style="text-align: center;">Individual event fee:                      \$5.00      Deck entries:                      \$10.00</p> <ul style="list-style-type: none"> <li>● 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 payment and where to send a check.</li> <li>● Payment for Deck Entries must be received prior to the swimmer being seeded into events. Payment may be made by cash or check (payable to PVS). The host club is responsible for reporting cash payments to PVS and delivering checks to PVS. Payment for unaccounted for deck entries or lost payments is the responsibility of the host club.</li> </ul>

# PVS JANUARY OPEN

## Saturday, January 19, 2019

11-12 Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
1	11-12 50 yd Butterfly	2
3	11-12 200 yd Freestyle	4
5	11-12 100 yd Breaststroke	6
7	11-12 100 yd Backstroke	8
9	11-12 50 yd Freestyle	10
11	11-12 100 yd Individual Medley	12
13	11-12 200 yd Butterfly	14

9-10 Session		
Warmup 12:00pm – 12:50pm		
Events 1:00pm		
GIRLS	EVENT	BOYS
15	9-10 50 yd Butterfly	16
17	9-10 200 yd Freestyle	18
19	9-10 100 yd Breaststroke	20
21	9-10 100 yd Backstroke	22
23	9-10 50 yd Freestyle	24
25	9-10 100 yd Individual Medley	26

13 & Over Session		
Warmup 3:00pm – 3:50pm		
Events 4:00pm		
GIRLS	EVENT	BOYS
27	13 & O 200 yd Freestyle	28
29	13 & O 100 yd Butterfly	30
31	13 & O 200 yd Breaststroke	32
33	13 & O 200 yd Backstroke	34
35	13 & O 100 yd Freestyle	36
37	13 & O 400 yd Individual Medley	38

## Sunday, January 20, 2019

11-12 Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
39	11-12 200 yd Breaststroke	40
41	11-12 50 yd Backstroke	42
43	11-12 200 yd Individual Medley	44
45	11-12 100 yd Butterfly	46
47	11-12 50 yd Breaststroke	48
49	11-12 100 yd Freestyle	50
51	11-12 200 yd Backstroke	52
53	11-12 500 yd Freestyle	54

9-10 Session		
Warmup 12:00pm – 12:50pm		
Events 1:00pm		
GIRLS	EVENT	BOYS
55	9-10 50 yd Backstroke	56
57	9-10 200 yd Individual Medley	58
59	9-10 100 yd Butterfly	60
61	9-10 50 yd Breaststroke	62
63	9-10 100 yd Freestyle	64
65	9-10 500 yd Freestyle	66

13 & Over Session		
Warmup 3:00pm – 3:50pm		
Events 4:00pm		
GIRLS	EVENT	BOYS
67	13 & O 100 yd Backstroke	68
69	13 & O 200 yd Individual Medley	70
71	13 & O 200 yd Butterfly	72
73	13 & O 100 yd Breaststroke	74
75	13 & O 50 yd Freestyle	76
77	13 & O 500 yd Freestyle	78

- Positive Check-In for all events 200 yd or more closes 30 minutes after warm ups begin.
- The Meet Referee and Meet Director at each site have the right to make all events positive check in in order to manage timelines
- **Swimmers must provide their own timer and counter (if needed) for the 500 yd Freestyle and 400 yd Individual Medley**