



## SNOW Long Course Spring Classic

May 11-12, 2019

Sanctioned by USA Swimming through PVS

Sanction Numbers: PVI-19-91 and VS-19-105DS

**NOTE:** 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 free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

### Meet Director

Angela Davis

[snowswimming.entries@gmail.com](mailto:snowswimming.entries@gmail.com)

### Meet Referee

Jan van Nimwegen

[jnimwegen@earthlink.net](mailto:jnimwegen@earthlink.net)

### Club Officials Chair

Lynn Oliver

[lynn.r.oliver@verizon.net](mailto:lynn.r.oliver@verizon.net)

### Facility

Claude Moore Recreation Center

46105 Loudoun Park Lane

Sterling, VA 20164

571-258-3600

One 8 lane 50 meter course will be used during each session. One warm-up / warm-down lane will be available throughout the meet. Water depth ranges from 12'6" at the starting end and 4' at the turning end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)

### Timing System

- Automatic timing (touch pads primary) will be used for events 100 meters and longer.
- **Semi-automatic timing (buttons primary)** will be used for all 50 meter events.

### REVISED FORMAT AND Schedule

*The Meet Director reserves the right to limit events, heats and/or swimmers and adjust start times and/or sessions after entries are received to satisfy time constraints.*

**Entry Deadline: Thursday, April 25, 2019 by 5:00 PM**

- **All 12 & Under swimmers will compete in a single morning session both days. All 12 & Under events will be swum as combined ages and mixed gender.**
- **All 13& Over events will be swum as mixed gender.**

### Saturday May 11, 2019

**12 and Under: Warm-up: 7:00am; Events: 7:50am**

**13 and Over: Warm-up: 11:30am / Events: 1:10pm**

**All events except Event 33, Mixed 12 & Under 50 Back, require positive check-in.**

**Positive check-in for Events 35-45 will close at 7:15am.**

**Positive check-in for Events 57-67 will close at 12 noon.**



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### Sunday May 12, 2019

**12 and Under: Warm-up: 8:00am; Events: 8:50am**

**13 and Over: Warm-up: 11:45am / Events: 1:10pm**

**All events except Event 69, Mixed 12 & Under 50 Free, require positive check-in.**

**Positive check-in for Events 71-79 will close at 8:15am.**

**Positive check-in for Events 91-101 will close at 12 noon.**

***Any swimmer who checks in for an event on Saturday but does not appear for that event will be barred from competition in Sunday events unless excused by the Meet Referee.***

### Eligibility

Open to **invited** USA Swimming teams. Swimmers shall compete at the age attained on May 11, 2019.

### Rules

- Current USA Swimming rules shall govern the meet.
- Swimmers may only participate in their own age group events or open events.
- **Swimmers may enter a maximum of six (6) events during the entire meet, not exceeding three (3) events per day.**
- **NT entries will not be accepted. Long course and converted short course times are applicable.**
- **All events except Event 33, Mixed 12 & Under 50 Back, and event 69, Mixed 12 & Under 50 Free, will require positive check-in.**
- **Athletes in the 400 Freestyle and 400 IM must provide their own timer.**
- **The Mixed 400 Freestyle and Mixed 400 IM will be swum fastest to slowest.**
- Entries in the 400 Freestyle and 400 IM may be limited due to time constraints. If necessary, this will be done based upon verifiable proof of time. Any swimmer removed from an event due to time constraints will be provided the opportunity to enter another event, so long as it does not create a new heat and does not violate any applicable entry limits.
- 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. As 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.
- The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform to the 4-hour provision for sessions that include 12 & Under events per Rule 205.3.1F.
- Operation of a drone, or any other flying apparatus, 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.



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- 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.

### Awards

No awards will be given at this meet.

### Disability Swimmers

PVS and host clubs along with their Meet Directors are committed to the Inclusion policy as adopted by the [Inclusion Policy as adopted by the Board of Directors](#). Athletes with disabilities are welcome to participate, 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.

### Warm-Ups

The prescribed Potomac Valley Swimming and Virginia Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

### Supervision

- Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas.
- Coaches and Officials should have proof of active USA Swimming membership with them at all times. Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.

### Officials & Timers

- All certified officials wishing to volunteer to work this meet should contact **Jan van Nimwegen** at [jnimwegen@earthlink.net](mailto:jnimwegen@earthlink.net)
- Please include your club affiliation, certifications held, and sessions you wish to work.
- 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-up.
- Each participating club is requested to provide **at least** one official and 3 timers per session if entering 25 or more swimmers.

### Seating

No chairs will be allowed on deck. Bleachers will be available on deck for athletes. Spectators not volunteering will be restricted to the upstairs gallery. After entries are received, the Meet Director will provide additional seating information, if necessary.



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### Fees

\$8.00 per individual event

\$6.00 Facility surcharge per swimmer

### Deck Entries

**There will be NO deck entries.**

### Entry Procedure

Teams should provide entries as follows:

- Send e-mail to Angie Davis at [snowswimming.entries@gmail.com](mailto:snowswimming.entries@gmail.com)
- Include in the subject of the email, "SNOW LC Spring Classic -\*\*\*\*" 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 with your entries file, one entry report by name and one entry by event. Create these reports in HyTek Team Manager and save as PDF.
- In the body of your email, provide entry numbers (girls, boys, totals), as well as contact information (e-mail and phone) for the person responsible for entries and for your officials contact.

**Entry Deadline: Thursday, April 25, 2019 by 5:00 PM**

#### **Important**

- The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.
- The above date is the deadline for teams to submit entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers. Check with your team for this information.

#### **Other Registration Details**

- Entries directly from individual team members will not be accepted.
- Entries by phone or fax entries will not be accepted.
- Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.
- 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.
- Each participating team is requested to remit one check to cover the entry fee for the entire team.
- Entry fees are due with each team's entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.
- Please make checks payable to "SNOW Swimming." Please do not send cash.

#### **Send entry fees to:**

Teresa Meike  
SNOW Swimming  
22483 Verde Gate Terrace  
Ashburn, VA 20148



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### Saturday

**All events except Event 33, Mixed 12 & Under 50 Back, will require positive check-in.**

**Positive check-in for Events 35-45 will close at 7:15am.**

**Positive check-in for Events 57-67 will close at 12 noon.**

**The 400 Freestyle will be swum fastest to slowest.**

**Athletes in the 400 Freestyle must provide their own timer.**

<b>Saturday 12 &amp; Under Session</b>			
<b>All events EXCEPT THE MIXED 50 Back require positive check-in, which closes at 7:15am.</b>			
33	Mixed 12 & Under	50 Back	
35	Mixed 12 & Under	200 Fly	
37	Mixed 12 & Under	100 Breast	
39	Mixed 12 & Under	200 IM	
41	Mixed 12 & Under	100 Free	
43	Mixed 12 & Under	200 Back	
45	Mixed 12 & Under	50 Fly	

<b>Saturday 13 &amp; Over Session</b>			
<b>All events require positive check-in, which closes at 12 noon.</b>			
<b>The 400 Freestyle will be swum fastest to slowest.</b>			
<b>Athletes in the 400 Free must provide their own timer</b>			
57	Mixed 13 & Over	100 Free	
59	Mixed 13 & Over	200 Fly	
61	Mixed 13 & Over	100 Breast	
63	Mixed 13 & Over	200 IM	
65	Mixed 13 & Over	200 Back	
67	Mixed Open	400 Free	



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### Sunday

**All events except Event 69, Mixed 12 & Under 50 Free, require positive check-in.**

**Positive check-in for Events 71-79 will close at 8:15am.**

**Positive check-in for Events 91-101 will close at 12 noon.**

**Athletes in the 400 IM must provide their own timer.**

Sunday 12 & Under Session			
<i>All events EXCEPT THE MIXED 50 FREE require positive check-in, which closes at 8:15am.</i>			
69	Mixed 12 & Under	50 Free	
71	Mixed 12 & Under	200 Breast	
73	Mixed 12 & Under	100 Back	
75	Mixed 12 & Under	100 Fly	
77	Mixed 12 & Under	200 Free	
79	Mixed 12 & Under	50 Breast	

Sunday 13 & Over Session			
<i>All events require positive check-in, which closes at 12 noon.</i>			
<i>The 400 IM will be swum fastest to slowest.</i>			
<i>Athletes in the 400 IM must provide their own timer</i>			
91	Mixed 13 & Over	50 Free	
93	Mixed 13 & Over	100 Back	
95	Mixed 13 & Over	200 Free	
97	Mixed 13 & Over	200 Breast	
99	Mixed 13 & Over	100 Fly	
101	Mixed Open	400 IM	