



# PVS October Open

October 18-20, 2019

Sanction # PVS-20-08

for Claude Moore VSI Sanction #: VS-20-16DS



Hosted for PVS by:



## ENTRY DEADLINE: Thursday, October 3, 2019, 5:00 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.

MEET HOST/ DIRECTOR	NATION'S CAPITAL SWIM CLUB	MARYLAND SUBURBAN SWIM CLUB/ FAIRLAND AQUATICS SWIM TEAM	FORT BELVOIR SWIM TEAM
	Leslie Tomlinson <a href="mailto:ltomlinson@nationscapitalswimming.com">ltomlinson@nationscapitalswimming.com</a>	Manga Dalizu <a href="mailto:fairlandswim@comcast.net">fairlandswim@comcast.net</a>	Bill Sprague <a href="mailto:fbstentries@gmail.com">fbstentries@gmail.com</a>
MEET REFEREE	Tim Husson <a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>	Lynne Gerlach <a href="mailto:gerlach@msscswimming.com">gerlach@msscswimming.com</a>	Mark Harris <a href="mailto:Mharris131@aol.com">Mharris131@aol.com</a>
CLUB OFFICIALS CHAIR	Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a> <a href="#">Officials Signup</a>	Lynne Gerlach <a href="mailto:gerlach@msscswimming.com">gerlach@msscswimming.com</a>	Mark Harris <a href="mailto:Mharris131@aol.com">Mharris131@aol.com</a> <a href="#">Officials Signup</a>
	<p><b>Claude Moore Recreation Center</b> 46105 Loudoun Park Lane Sterling, VA 20164 (571) 258-3600</p> <ul style="list-style-type: none"> <li>• 10 lanes, 25 yards</li> <li>• Water depth is 12'6" at the start end and 6' 8" at the turn end.</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>	<p><b>Fairland Aquatics Center</b> 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060</p> <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>	<p><b>Lee District RECenter</b> 6601 Telegraph Rd. Alexandria, VA 22313 (703) 922-9840</p> <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>
TEAM ASSIGNMENTS	BWST, DSS, FXFX, GMU, HACC, JCCW, MAKO, MARY, NCAP (Burke, Claude Moore, Dulles South, West), OCCS, PM, RIPS, RY, SNOW, TRA, VLAC, YORK	ASA, ASTS, AU, FAST, HEAL, JFD, MDNA, MSSC, NCAP (AU, Georgetown Prep, Holton Arms, North, Prince George's), PAC, PGKS, PGPR, RMSC, TIBU, TOLL, WEA, YSS	AAC, ANSC, DCPR, DRAG, ERSC, FBST, FISH, LCL, LIFE, MAC, MACH, NCAP (Alexandria, Marymount, Tysons), SDS, SSCT, SSS, STJS, TANK, YASD

**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>SANCTION</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming through Potomac Valley Swimming <b>PVS-20-08</b> and Virginia Swimming, Inc: <b>VS-20-16D.S</b></li> <li>• In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Lee District RECenter, Fairland Aquatic Center, Claude Moore Recreation Center, Fairland Aquatic Swim Team, Maryland Suburban Swim Club, Nation’s Capital Swim Club, 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, October 3, 2019, 5:00 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>Friday, October 18, 2019</b> Warmup 5:00pm – 5:40pm; Events 5:50pm</p> <p style="text-align: center;"><b>Saturday, October 19, 2019 &amp; Sunday, October 20, 2019</b> 13&amp;Over: Warmup 6:30am – 7:20am; Events 7:30am 11-12: Warmup 12:00pm – 12:50pm; Events 1:00pm 9-10: Warmup 3:00pm – 3:50pm; Events 4:00pm</p> <ul style="list-style-type: none"> <li>• PVS Administrator and the Technical Committee reserve 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. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in USA Swimming Rules &amp; Regulations Article 302.</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> <li>• For the Claude Moore Recreation Center site only, teams from VSI Northern Region will be permitted to enter the Meet by emailing the PVS Senior Chair, Evan Stiles (<a href="mailto:estile@arlingtonva.us">estile@arlingtonva.us</a>). Acceptance is at the Senior Chair’s discretion, timelines permitting, and may not exceed 15% of the total entries accepted.</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 <a href="#">Inclusion Policy</a> 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, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> (“MAAPP”), 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> </ul>

	<ul style="list-style-type: none"> <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>400 IM on Friday night will be swum fastest to slowest, alternating girls and boys.</li> <li>Swimmers must provide their own timers for all events on Friday night.</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. No new heats will be formed. 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.</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> <li>No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.</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</li> </ul>

	permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
<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 October 8<sup>th</sup>. <ul style="list-style-type: none"> <li><b>CLAUDE MOORE</b> Tim Husson <a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a> <a href="#">Officials Signup</a></li> <li><b>FAIRLAND</b> Lynne Gerlach <a href="mailto:gerlach@msscswimming.com">gerlach@msscswimming.com</a></li> <li><b>LEE DISTRICT</b> Mark Harris <a href="mailto:Mharris131@aol.com">Mharris131@aol.com</a> <a href="#">Officials Sign up</a></li> </ul> </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> <li>• Swimmers must provide their own timer for all events at the Friday night session.</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 OCTOBER 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 entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check (payable to PVS).</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 OCTOBER OPEN

Friday, October 18, 2019

Warmup 5:00pm – 5:40pm

Events 5:50pm

GIRLS	EVENT	BOYS
1	9-10 100 yd Individual Medley	2
3	11-12 100 yd Individual Medley	4
5	Open 400 yd Individual Medley	6
7	9-12 200 yd Butterfly	8

- Positive check-in for 400 Individual Medley and 200 Butterfly by **6:00pm**. 100 Individual Medley will be pre-seeded.
- 400 IM will be swum fastest to slowest, alternating girls and boys.
- **Swimmers must provide their own timers for all events.**

Saturday, October 19, 2019

13 & Over Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
9	13 & Over 100 yd Butterfly	10
11	13 & Over 200 yd Freestyle	12
13	13 & Over 100 yd Backstroke	14
15	13 & Over 200 yd Breaststroke	16
17	13 & Over 50 yd Freestyle	18

  

11-12 Session		
Warmup 12:00pm – 12:50pm		
Events 1:00pm		
GIRLS	EVENT	BOYS
19	11-12 200 yd Breaststroke	20
21	11-12 100 yd Backstroke	22
23	11-12 50 yd Butterfly	24
25	11-12 200 yd Individual Medley	26
27	11-12 50 yd Breaststroke	28
29	11-12 100 yd Freestyle	30

  

9-10 Session		
Warmup 3:00pm – 3:50pm		
Events 4:00pm		
GIRLS	EVENT	BOYS
31	9-10 200 yd Breaststroke	32
33	9-10 100 yd Backstroke	34
35	9-10 50 yd Butterfly	36
37	9-10 200 yd Individual Medley	38
39	9-10 50 yd Breaststroke	40
41	9-10 100 yd Freestyle	42

Sunday, October 20, 2019

13 & Over Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
43	13 & Over 200 yd Individual Medley	44
45	13 & Over 100 yd Breaststroke	46
47	13 & Over 200 yd Butterfly	48
49	13 & Over 100 yd Freestyle	50
51	13 & Over 200 yd Backstroke	52

  

11-12 Session		
Warmup 12:00pm – 12:50pm		
Events 1:00pm		
GIRLS	EVENT	BOYS
53	11-12 200 yd Backstroke	54
55	11-12 100 yd Breaststroke	56
57	11-12 200 yd Freestyle	58
59	11-12 50 Backstroke	60
61	11-12 100 yd Butterfly	62
63	11-12 50 yd Freestyle	64

  

9-10 Session		
Warmup 3:00pm – 3:50pm		
Events 4:00pm		
GIRLS	EVENT	BOYS
65	9-10 200 yd Backstroke	66
67	9-10 100 yd Breaststroke	68
69	9-10 200 yd Freestyle	70
71	9-10 50 yd Backstroke	72
73	9-10 100 yd Butterfly	74
75	9-10 50 yd Freestyle	76

- 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.