



PVS November Open

November 8-10, 2019

Sanction # PVS-20-21

For PWCS VSI Sanction # VS-20-17DS

Hosted for PVS by:



ENTRY DEADLINE: Thursday, October 24, 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	The FISH Ryan Westhafer rwesthafer@pvfish.org	PATUXENT AQUATICS CLUB John Venit dpws@aol.com	FORT BELVOIR SWIM TEAM Bill Sprague FBSTMeetDirector@gmail.com	FAIRFAX FOXES Matt Salerno fairfaxfoxes@gmail.com
MEET REFEREE	Sergio Nirenberg snirenberg@gmail.com	Cherlynn Venit dpws@aol.com	Mark Harris Mharris131@aol.com	Tim Husson Tim.husson@gmail.com
CLUB OFFICIALS CHAIR	Nathan Dean officials@pvfish.org Officials Signup	Cherlynn Venit dpws@aol.com Officials Signup	Mark Harris Mharris131@aol.com Officials Signup	Lisa Gillen gillenlisaj@hotmail.com Officials Signup
FACILITY	<p>Providence RECenter 7525 Marc Dr. Falls Church, VA 22046 (703) 698-1351</p> <ul style="list-style-type: none"> • 8 lanes, 25 yards • Water depth ranges from 4' – 12.5' at both the starting and turning ends. • The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). 	<p>Fairland Aquatics Center 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060</p> <ul style="list-style-type: none"> • 10 lanes, 25 yards • Water depth ranges from 5' – 13' at both the starting and turning ends. • The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). 	<p>PWCS Aquatics Center 13833 Dumfries Road (Door #25) Manassas, VA 20112 (571) 374-6333</p> <ul style="list-style-type: none"> • 8 lanes, 25 yards • Water depth is 12' at the starting end and 4' at the turning end. • 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. 	<p>The St. James 6805 Industrial Road Springfield, VA 22151 (703) 768-3223</p> <ul style="list-style-type: none"> • 10 lanes, 25 yards • Water depth is 6'9" at the start end and 7'9" at the turn ends. • 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
TEAM ASSIGNMENTS	BWST, FISH, GMU, JCCW, MAC, MAKO, NCAP (Claude Moore, Tysons, Dulles South), RIPS, SNOW, SSCT, YORK	ASA, ASTS, FAST, HEAL, JFD, MDNA, MSSC, NCAP-AU, NCAP (Georgetown Prep, Holton Arms, North, Prince George's), PAC, PGKS, PGPR, RMSC, TIBU, TOLL, YSS	ANSC, FBST, HACC, LCL, NCAP (Burke, West), OCCS, PM, RY, SDS, TANK, TRA, VLAC	AAC, DCPR, DRAG, DSS, ERSC, FXFX, LIFE, MACH, NCAP (Alexandria, Marymount), STJS, WEA, 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.

SANCTION	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-20-21. The PWCS site is also sanctioned through Virginia Swimming: VS-. • In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Providence RECenter, Fairland Aquatic Center, The St. James, PWCS Aquatics Center, Fort Belvoir Swim Team, The FISH, Patuxent Aquatics Club, and Fairfax Foxes shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
ENTRY DEADLINE	<p style="text-align: center;">Thursday, October 24, 2019, 5:00 PM</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	<p style="text-align: center;">Friday, November 8, 2019</p> <p style="text-align: center;">Warmup 5:00pm – 5:40pm; Events 5:50pm</p> <p style="text-align: center;">Saturday, November 9 & Sunday, November 10, 2019</p> <p style="text-align: center;">9-10: Warmup 6:30am – 7:20am; Events 7:30am</p> <p style="text-align: center;">11-12: Warmup 11:00am – 11:40am; Events 11:50am</p> <p style="text-align: center;">13&Over: Warmup 3:00pm – 3:50pm; Events 4:00pm</p> <ul style="list-style-type: none"> • PVS Administrator and the Technical Committee reserve the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> • 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 & Regulations Article 302. • Swimmers shall compete at the age attained on the first day of the meet. • It may be necessary to limit entries due to time constraints. • For the PWCS site only, teams from VSI Northern Region will be permitted to enter the Meet by emailing the PVS Senior Chair, Evan Stiles (estile@arlingtonva.us). Acceptance is at the Senior Chair’s discretion, timelines permitting, and may not exceed 15% of the total entries accepted.
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	<ul style="list-style-type: none"> • Automatic timing (touch pads primary) will be used for this meet.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), shall govern this meet. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • 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.

	<ul style="list-style-type: none"> 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. 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 & U events per Rule 205.3.1F.
EVENT RULES	<ul style="list-style-type: none"> All events are timed finals. 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. An athlete may enter no more than 4 events per day, or 7 events for the meet. 500 yd Freestyle on Friday night will be swum fastest to slowest, alternating girls and boys. For Friday night events, swimmers must provide their own timers for all events for and their own counter for the 500 yd Freestyle. Time constraints may require limiting the number of events that are swum. Deck entries will be accepted if space is available in existing heats. No new heats will be created. 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. Evidence of current USA-S registration required for deck entries.
POSITIVE CHECK IN	<ul style="list-style-type: none"> All events 200 Yards or longer will be positive check in. The Meet Directors will determine if positive check-in will be required for other events. 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. Positive check in will close 30 minutes after the start of warmups.
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. No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.
AWARDS	<ul style="list-style-type: none"> There will be no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> 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.
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"> NONE 																
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 interested in volunteering should contact the appropriate meet referee prior to November 6th. <table border="0" style="width: 100%; text-align: center;"> <tr> <td>PROVIDENCE</td> <td>FAIRLAND</td> <td>PWCS</td> <td>The St. James</td> </tr> <tr> <td>Nathan Dean</td> <td>Cherlynn Venit</td> <td>Mark Harris</td> <td>Lisa Gillen</td> </tr> <tr> <td>officials@pvfish.org</td> <td>dpws@aol.com</td> <td>Mharris131@aol.com</td> <td>gillenlisaj@hotmail.com</td> </tr> <tr> <td>Officials Signup</td> <td>Officials Signup</td> <td>Officials Sign up</td> <td>Officials Signup</td> </tr> </table> 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. 	PROVIDENCE	FAIRLAND	PWCS	The St. James	Nathan Dean	Cherlynn Venit	Mark Harris	Lisa Gillen	officials@pvfish.org	dpws@aol.com	Mharris131@aol.com	gillenlisaj@hotmail.com	Officials Signup	Officials Signup	Officials Sign up	Officials Signup
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officials@pvfish.org	dpws@aol.com	Mharris131@aol.com	gillenlisaj@hotmail.com														
Officials Signup	Officials Signup	Officials Sign up	Officials Signup														
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. The Meet Director may send out a request for timers based upon entries. Swimmers must provide their own timer for all events at the Friday night session. 																
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 PVS NOVEMBER 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. 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	<table border="0" style="width: 100%; text-align: center;"> <tr> <td>Individual event fee:</td> <td>\$5.00</td> <td>Deck entries:</td> <td>\$10.00</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 payment and where to send a check. 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). 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. 	Individual event fee:	\$5.00	Deck entries:	\$10.00												
Individual event fee:	\$5.00	Deck entries:	\$10.00														

PVS November Open

Friday, November 8, 2019

Warmup 5:00pm – 5:40pm; Events 5:50pm

GIRLS	EVENT	BOYS
1	9-12 200 yd Breaststroke	2
3	11 & Over 500 yd Freestyle	4

- Positive check-in for 200 yd Breaststroke and 500 yd Freestyle by **5:30pm**.
- 500 yd Freestyle will be swum Fastest to Slowest, alternating girls and boys.
- **Swimmers must provide their own timers for all events and their own counter for the 500 yd Freestyle.**

Saturday, November 9, 2019

9-10 Session		
Warmup 6:30am – 7:20am; Events 7:30am		
GIRLS	EVENT	BOYS
5	9-10 200 yd Backstroke	6
7	9-10 50 yd Freestyle	8
9	9-10 100 yd Individual Medley	10
11	9-10 50 yd Breaststroke	12
13	9-10 100 yd Backstroke	14
15	9-10 200 yd Freestyle	16
17	9-10 100 yd Butterfly	18

11-12 Session		
Warmup 11:00am – 11:40am; Events 11:50am		
GIRLS	EVENT	BOYS
19	11-12 200 yd Backstroke	20
21	11-12 50 yd Freestyle	22
23	11-12 100 yd Individual Medley	24
25	11-12 50 yd Breaststroke	26
27	11-12 100 yd Backstroke	28
29	11-12 200 yd Freestyle	30
31	11-12 100 yd Butterfly	32

13 & Over Session		
Warmup 3:00pm – 3:50pm; Events 4:00pm		
GIRLS	EVENTS	BOYS
33	13 & O 200 yd Butterfly	34
35	13 & O 100 yd Breaststroke	36
37	13 & O 100 yd Freestyle	38
39	13 & O 200 yd Individual Medley	40
41	13 & O 100 yd Backstroke	42

Sunday, November 10, 2019

9-10 Session		
Warmup 6:30am – 7:20am; Events 7:30am		
GIRLS	EVENT	BOYS
43	9-10 200 yd Individual Medley	44
45	9-10 100 yd Freestyle	46
47	9-10 50 yd Butterfly	48
49	9-10 100 yd Breaststroke	50
51	9-10 50 yd Backstroke	52
53	9-10 200 yd Butterfly	54
55	9-10 500 yd Freestyle	56

11-12 Session		
Warmup 11:00am – 11:40am; Events 11:50am		
GIRLS	EVENT	BOYS
57	11-12 200 yd Individual Medley	58
59	11-12 100 yd Freestyle	60
61	11-12 50 yd Butterfly	62
63	11-12 100 yd Breaststroke	64
65	11-12 50 yd Backstroke	66
67	11-12 200 yd Butterfly	68

13 & Over Session		
Warmup 3:00pm – 3:50pm; Events 4:00pm		
GIRLS	EVENTS	BOYS
69	13 & O 50 yd Freestyle	70
71	13 & O 200 yd Backstroke	72
73	13 & O 100 yd Butterfly	74
75	13 & O 200 yd Breaststroke	76
77	13 & O 200 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.