

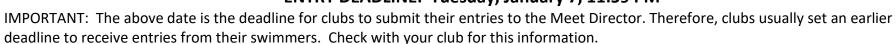
PVS January Open

January 18-19, 2020

Sanction # PVS-20-49

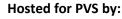
For PWCS VSI Sanction #: VS-20-82DS

ENTRY DEADLINE: Tuesday, January 7, 11:59 PM



MEET HOST/ DIRECTOR	Co-hosted: Herndon Aquatics/PM Bill Marlin Bill.marlin@verizon.net	ALL STAR AQUATICS Chris Schlegel Christopher.schlegel@hotmail.com	FORT BELVOIR SWIM TEAM Bill Sprague fbstentries@gmail.com
MEET REFEREE	Saturday: Tony Martinich tonymartinich@gmail.com Sunday: Ben Holly Bholly6275@gmail.com	Bill Pritchard wfpecj@earthlink.net	Barb Ship barb@ships3.com
CLUB OFFICIALS CONTACT	Bill Marlin Bill.marlin@verizon.net Officials Signup	Kelly Opipari kellyopipari@gmail.com Officials Signup	Barb Ship barb@ships3.com Officials Sign up
FACILITY	PWCS Aquatics Center 13833 Dumfries Road (Door #25) Manassas, VA 20112 (571) 374-6333 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	Fairland Aquatics Center 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060 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	Audrey Moore 8100 Braddock Rd Annandale, VA 22003 (703) 922-9840 10 lanes, 25 yards Water depth ranges from 4' – 9' at both the starting and turning ends. The competition course has not been certified in accordance with current USA
	and Regulations, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.	Swimming Rules and Regulations, Article 104.2.2(C).	Swimming Rules and Regulations, Article 104.2.2(C).
TEAM ASSIGNMENTS	AAC, BWST, DSS, FXFX, GWU, HACC, JCCW, MAKO, NCAP (Alexandria, Burke, Marymount, West), OCCS, PM, RY, STJS, VLAC, YORK	ASA, ASTS, AU, FAST, HEAL, JFD, MACH (MD sites), MSSC, NCAP (AU, Georgetown Prep, Holton Arms, North, Prince George's), PAC, PGKS, PGPR, RMSC, TIBU, TOLL, TRA, WEA, YSS	ANSC, DCPR, DRAG, ERSC, FBST, FISH, GMU, LCL, LIFE, MAC, MACH (VA Sites), NCAP (Claude Moore, Dulles South, Tysons), RIPS, SDS, SNOW, SSCT, SSS, TANK, YASD, WSH

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	 Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-20-49 and VSI: VS-20-82DS.
	 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Audrey Moore RECenter, Fairland Aquatic Center, PWCS Aquatics Center, Herndon Aquatic Club, Potomac Marlins, 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.
ENTRY DEADLINE	Tuesday, January 7, 2020 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.
SCHEDULE	Saturday, January 18, 2020 & Sunday, January 19, 2020
	11-12: Warmup 6:30am – 7:20am; Events 7:30am
	9-10: Warmup 12:00pm – 12:50pm; Events 1:00pm
	13 & Over: Warmup 3:00pm – 3:50pm; Events 4:00pm
	• The PVS Service Manager and Technical Committee reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	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 and 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.
DISABILITY SWIMMERS	• PVS and host clubs along with their meet directors are committed to the <u>Inclusion Policy</u> 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.
RULES	 Current USA Swimming rules, including the <u>Minor Athlete Abuse Prevention Policy</u> ("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 (e.g., 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		
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	Dive-over starts will be used at this meet. The Mark Biantana of the BVC Technical Constitutions and the divition of the background		
	 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	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.		
	 Swimmers must provide their own timers and counters (if needed) for the 500 yd Freestyle and the 400 yd Individual Medley. 		
	Time constraints may require limiting the number of events that are swum.		
	 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. 		
	Evidence of current USA-S registration required for deck entries.		
POSITIVE CHECK IN	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.		
	• 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	• 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	• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.		
AWARDS	There will be no awards for this meet.		
PROGRAMS	 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	 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	• NONE		
OFFICIALS	Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes.		
	Officials interested in volunteering should complete the appropriate Officials Signup or contact the appropriate meet referee prior to January 8.		
	PWCS FAIRLAND AUDREY MOORE Bill Marlin Kelly Opipari Barb Ship Bill.marlin@verizon.net kellyopipari@gmail.com barb@ships3.com		

	 Officials Signup Officials Signup Officials Sign up Officials volunteering for this meet should sign in at the recording table prior to the start of warmups. 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	 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.		
ENTRY PROCEDURES	Entries should be submitted by email to the Meet Director.		
	• Include in the subject of the email, "2020 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.		
	• 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	Individual event fee: \$5.00 Deck entries: \$10.00		
	 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 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. 		
	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).		

PVS JANUARY OPEN

Saturday, January 18, 2020

11-12 Session Warmup 6:30am - 7:20am Events 7:30am **GIRLS EVENT BOYS** 1 11-12 200 yd Breaststroke 2 3 11-12 50 yd Backstroke 4 5 11-12 200 yd Individual Medley 6 7 11-12 100 yd Butterfly 8 9 11-12 50 yd Breaststroke 10 11 11-12 100 yd Freestyle 12 13 11-12 200 yd Backstroke 14 15 11-12 500 yd Freestyle 16

9-10 Session Warmup 12:00pm - 12:50pm Events 1:00pm **GIRLS EVENT BOYS** 17 9-10 50 yd Backstroke 18 19 9-10 200 yd Individual Medley 20 21 9-10 100 yd Butterfly 22 23 24 9-10 50 yd Breaststroke 25 9-10 100 yd Freestyle 26 27 9-10 500 yd Freestyle 28

13 & Over Session			
	Warmup 3:00pm – 3:50pm		
Events 4:00pm			
29	13 & O 100 yd Backstroke	30	
31	13 & O 200 yd Individual Medley	32	
33	13 & O 200 yd Butterfly	34	
35	13 & O 100 yd Breaststroke	36	
37	13 & O 50 yd Freestyle	38	
39	13 & O 500 yd Freestyle	40	

Sunday, January 19, 2020

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

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

13 & Over Session			
	Warmup 3:00pm – 3:50pm		
	Events 4:00pm		
67	13 & O 200 yd Freestyle	68	
69	13 & O 100 yd Butterfly	70	
71	13 & O 200 yd Breaststroke	72	
73	13 & O 200 yd Backstroke	74	
75	13 & O 100 yd Freestyle	76	
77	13 & O 400 yd Individual Medley	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