



PVS 2021 Long Course Age Group Championships

Hosted for PVS by:



July 15 - 18, 2021

Sanction # PVS-21-07

VSI Sanction # VS-21-217DS

MEET DIRECTOR	MEET REFEREE	ADMINISTRATIVE OFFICIAL
Karyn McCannon kmccannon@nationscapitalswimming.com	John Kost marlinsofficials@gmail.com Officials Signup	Jan van Nimwegen jnimwegen@earthlink.net

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-21-07 and Virginia Swimming, Inc: VS-21-217DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Nation's Capital Swim Club, and Freedom Aquatic & Fitness Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 																																															
FACILITY	Freedom Aquatic & Fitness Center 9100 Freedom Center Blvd Manassas, VA 20110 (703) 993-8444																																															
	<ul style="list-style-type: none"> The pool at Freedom Aquatic & Fitness Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 10 lanes, 50 meters, starting at the western end of the pool. Warm up: 10 lanes, 50 meters. Continuous warm-up/cool-down will not be available. Water depth range of 13.5' at the starting end and 3.5' at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 																																															
ENTRY DEADLINE	Wednesday, June 30, 2021, 5:00pm																																															
	<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	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%; text-align: center;">Warm Up</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;">Thursday & Sunday, July 15 & 18</td> </tr> <tr> <td>13-14 Prelim Session</td> <td style="text-align: center;">6:30 – 7:30am</td> <td style="text-align: center;">7:35am</td> </tr> <tr> <td>11-12 Prelim Session</td> <td style="text-align: center;">10:30 – 11:20am</td> <td style="text-align: center;">11:25am</td> </tr> <tr> <td>10&U Prelim Session</td> <td style="text-align: center;">2:00 – 2:50pm</td> <td style="text-align: center;">2:55pm</td> </tr> <tr> <td>13-14 Distance Session</td> <td style="text-align: center;">4:15 – 4:45pm</td> <td style="text-align: center;">4:50pm</td> </tr> <tr> <td>FINALS</td> <td style="text-align: center;">6:15 – 7:05pm</td> <td style="text-align: center;">7:10pm</td> </tr> <tr> <td colspan="3" style="text-align: center;">Friday, July 16</td> </tr> <tr> <td>13-14 Prelim Session</td> <td style="text-align: center;">6:30 – 7:30am</td> <td style="text-align: center;">7:35am</td> </tr> <tr> <td>11-12 Prelim Session</td> <td style="text-align: center;">10:30 – 11:20am</td> <td style="text-align: center;">11:25am</td> </tr> <tr> <td>10&U Prelim Session</td> <td style="text-align: center;">2:00 – 2:50pm</td> <td style="text-align: center;">2:55pm</td> </tr> <tr> <td>FINALS</td> <td style="text-align: center;">4:30 – 5:20pm</td> <td style="text-align: center;">5:25pm</td> </tr> <tr> <td colspan="3" style="text-align: center;">Saturday, July 17</td> </tr> <tr> <td>13-14 Timed Finals</td> <td style="text-align: center;">2:00 – 2:55pm</td> <td style="text-align: center;">3:00pm</td> </tr> <tr> <td>12&U Timed Finals</td> <td style="text-align: center;">5:30 – 6:30pm</td> <td style="text-align: center;">6:35pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director, in coordination with the PVS Age Group Chair, reserves the right to adjust times/sessions after entries are received. 				Warm Up	Events	Thursday & Sunday, July 15 & 18			13-14 Prelim Session	6:30 – 7:30am	7:35am	11-12 Prelim Session	10:30 – 11:20am	11:25am	10&U Prelim Session	2:00 – 2:50pm	2:55pm	13-14 Distance Session	4:15 – 4:45pm	4:50pm	FINALS	6:15 – 7:05pm	7:10pm	Friday, July 16			13-14 Prelim Session	6:30 – 7:30am	7:35am	11-12 Prelim Session	10:30 – 11:20am	11:25am	10&U Prelim Session	2:00 – 2:50pm	2:55pm	FINALS	4:30 – 5:20pm	5:25pm	Saturday, July 17			13-14 Timed Finals	2:00 – 2:55pm	3:00pm	12&U Timed Finals	5:30 – 6:30pm	6:35pm
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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 <i>USA Swimming Rules and Regulations</i> Article 302. • Swimmers must have equaled or bettered the applicable qualifying time listed.
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.
INCLEMENT WEATHER	<ul style="list-style-type: none"> • In the event of inclement weather, the Meet Director, Meet Referee and Age Group Chair will work with the facility manager to make any necessary changes. Information will be posted on the PVS web site and/or a Flash Mail will be sent out.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic Timing (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> • An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, VIRGINIA SWIMMING INC., NATION’S CAPITAL SWIM CLUB, GEORGE MASON UNIVERSITY FREEDOM AQUATIC & FITNESS CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. • We have taken enhanced health and safety for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. • By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., the Commonwealth of Virginia, and Prince William County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • Athletes should arrive and depart in their suits. Locker room use is minimized to emergency use only. • Athletes must shower prior to arrival at the pool. • Some outside seating may be required. Exact plans will be provided after the entry deadline. • All attendees (athletes, coaches, officials, volunteers, spectators) should wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. • All attendees should bring a filled, reusable (non-glass) water bottle to the meet. • Athletes should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming.

- Coaches, officials, and volunteers will use the hallway bathrooms for restroom purposes. Athletes will use the locker rooms accessed from the pool deck for restroom purposes (emergency use only).
- Spectators will not be permitted into the facility. The meet will be live streamed on the [NCAP Livestreams Facebook Page](#).
- Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently.
- Swimmers will be assigned to a seating area.
- Entry and exit for all participants, volunteers, and coaches will be through the patio side entrance.
- Before entering the facility, participants are required to be able to answer the following questions and will only be permitted entrance if answering with 'no':
 - Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?
 - Has anyone in your family been sick or diagnosed with COVID-19?
 - Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days?
- One-way traffic will be maintained around the pool. Swimmers will leave their assigned spot, walk along the turn end of the pool, down the lane 1 side of the pool, and continue behind the blocks.
- All swimmers must remain in their designated area until they are called for their event and they must return to their area immediately following their event.
- For warm-ups, swimmers for each session may be assigned to one of two warmup groups. Each group will be assigned an arrival time. Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines.
- During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool.
- Staging for swimmers during competition will be:
 - Heat 1 is at the blocks and will swim
 - Heat 2 is along the race course on deck spaced by 3' and will remain there until Heat 1 is starts
 - Heat 3 is staging under the scoreboard until directed to move to where Heat 2 is standing (after Heat 1 starts and Heat 2 proceeds to the starting blocks).
- During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area.
- For 50m events, runners will transport swimmers' masks to the finish end of the pool.
- Counters for 800m and 1500m Freestyle events will be provided by swimmers already entered in the meet session.
- Limited hospitality may be offered for coaches and officials.
- Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.
- Chlorine is used to disinfect the water and adjacent surfaces constantly.
- Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.
- We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.

<p>RULES</p>	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • No on-deck USA-S registration is permitted. • Swimmers may only participate in his or her own age group, based upon their age on the first day of the meet. • In compliance with <i>USA Swimming Rules and Regulations</i>, 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. • Dive-over starts may be used during the preliminary and timed finals sessions. • 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.
<p>EVENT RULES</p>	<ul style="list-style-type: none"> • A swimmer may enter and compete in a maximum of 6 individual events and no more than 3 individual events per day. • Times achieved prior to July 1, 2020 will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets. • Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event will result in the swimmer being scratched from that event. • SCY seed times are conforming for this meet and will be seeded before LCM seed times. • All events on Thursday, Friday, and Sunday, with the exception of the 800m and 1500m Freestyle events are prelims/finals. All events on Saturday are timed finals. • The top 8 swimmers in the 10&Under and 11-12 Year Old preliminary events will qualify for finals. The top 16 swimmers in the 13-14 Year Old preliminary events will qualify for finals. The 13-14 Year Old final events will swim in two heats of 8 swimmers each, "B" final followed by "A" final. • The 800m and 1500m Freestyle events are timed finals and will be swum fastest to slowest, alternating girls and boys. • Swimmers must provide their own timer and counter (if desired) for the 800m and 1500m Freestyle events. • Late entries will only be accepted for swimmers who achieve a qualifying time for the first time between July 1, 2021 and July 12, 2021. • No deck entries will be accepted. • Distance Entries: Any swimmer who qualifies for the 800m and/or 1500m freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle.

POSITIVE CHECK IN	<ul style="list-style-type: none"> Positive check-in is required for all individual events 400m and longer. Swimmers must complete the 2021 PVS LC Age Group Championships Positive Check-In to check-in for those events. Positive check-in schedule: <table border="1" data-bbox="370 212 1557 541"> <thead> <tr> <th>EVENT</th> <th>POSITIVE CHECK-IN DEADLINE</th> </tr> </thead> <tbody> <tr> <td>19, 20 13-14 Girls & 13-14 Boys 1500m Freestyle</td> <td>Thursday, July 15, 2021, NOON</td> </tr> <tr> <td>39, 40 13-14 Girls & 13-14 Boys 400m Freestyle</td> <td rowspan="2">Saturday, July 17, 2021, 30 minutes before the start of the session's events</td> </tr> <tr> <td>41, 42 13-14 Girls & 13-14 Boys 400m Individual Medley</td> </tr> <tr> <td>53, 54 11-12 Girls & 11-12 Boys 400m Freestyle</td> <td>Saturday, July 17, 2021, 30 minutes before the start of the session's events</td> </tr> <tr> <td>57, 58 10&U Girls & 10&U Boys 400m Freestyle</td> <td>Saturday, July 17, 2021, 30 minutes before the start of the session's events</td> </tr> <tr> <td>77, 78 13-14 Girls & 13-14 Boys 800m Freestyle</td> <td>Sunday, July 18, 2021, NOON</td> </tr> </tbody> </table> Swimmers who do not check-in will not be seeded into that event. Swimmers who have checked in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee. If the size of the PVS LC Age Group Championships warrants, positive check-in for individual events 200m and shorter may be announced. 	EVENT	POSITIVE CHECK-IN DEADLINE	19, 20 13-14 Girls & 13-14 Boys 1500m Freestyle	Thursday, July 15, 2021, NOON	39, 40 13-14 Girls & 13-14 Boys 400m Freestyle	Saturday, July 17, 2021, 30 minutes before the start of the session's events	41, 42 13-14 Girls & 13-14 Boys 400m Individual Medley	53, 54 11-12 Girls & 11-12 Boys 400m Freestyle	Saturday, July 17, 2021, 30 minutes before the start of the session's events	57, 58 10&U Girls & 10&U Boys 400m Freestyle	Saturday, July 17, 2021, 30 minutes before the start of the session's events	77, 78 13-14 Girls & 13-14 Boys 800m Freestyle	Sunday, July 18, 2021, NOON
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WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> Swimmers who do not wish to swim in the Final event may “scratch” from the event by emailing scratch@pvswim.org within 30 minutes of the completion of the last preliminary event of the session. <ul style="list-style-type: none"> Subject of email: FINALS SCRATCH: PVS LC AG Champs <event>, <swimmer name>. <p>For example: FINALS SCRATCH: PVS LC AG Champs, Event 21, Girls' 13-14 Year Old 200m Individual Medley, Jane Smith.</p> Body of email should include swimmer's first and last name, club, coach's name, and event being scratched. It is recommended that your coach is included on the email. If an athlete fails to properly scratch from an event and does not appear for the “Final” event, they “shall be barred from further competition for the remainder of the meet.” 													
TIME TRIALS	<ul style="list-style-type: none"> There are no Time Trials. 													
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. No more than 15 swimmers per lane (150 total) will be permitted and warm up protocol will be provided prior to the meet for coaches. 													
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. Meet Marshals will be used to patrol the facility as well as help with crowd control and COVID regulation compliance. No personal chairs are allowed on deck. 													
SEEDING	<ul style="list-style-type: none"> All preliminary events 200m and shorter will be seeded after 6pm the night prior. Scratches are requested before this time and should be emailed to scratch@pvswim.org. <ul style="list-style-type: none"> Subject of email: PRELIMS SCRATCH: PVS LC AG Champs <event>, <swimmer name>. <p>For example: PRELIMS SCRATCH: PVS LC AG Champs, Event 21, Girls' 13-14 Year Old 200m Individual Medley, Jane Smith.</p> Body of email should include swimmer's first and last name, club, coach's name, and event being scratched. It is recommended that your coach is included on the email. The 800m and 1500m Freestyle events are timed finals and will be swum fastest to slowest, alternating girls and boys. 													
SCORING	<ul style="list-style-type: none"> Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Team scoring will be divided into divisions for small, medium, large and x-large teams. The teams in each division will be determined before the meet. For 11-12 year old and 10&Under events, scoring for places 9-16 will be based on preliminary results. 													

AWARDS	<ul style="list-style-type: none"> There will be no awards.
PROGRAMS	<ul style="list-style-type: none"> Programs will not be sold, however the meet will be available on Meet Mobile.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted in the facility. 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.
OFFICIALS	<ul style="list-style-type: none"> Officials wishing to volunteer should complete the Officials Signup by July 8, 2021. Interested officials may also contact the Meet Referee, John Kost (marlinsofficials@gmail.com). Walk-on officials are welcome. Officials who have volunteered for this meet should check in at the recording table upon arrival. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. 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. An officials' meeting will precede each session during warm-ups.
TIMERS & VOLUNTEERS	<ul style="list-style-type: none"> Two timers per lane. Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to all COVID-19 mitigation processes as well as MAAPP policies. Each club will be required to provide timers and volunteers in proportion to the number of entries. The Meet Director will assign timer requirements to each club after entries have been received. The Meet Director will notify clubs of their timer and volunteer requirements by email. Lane assignments will be made in advance.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director, Karyn McCannon (kmccannon@nationscapitalswimming.com). Include in the subject of the email, "2021 PVS LC AG Champs - ****" 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, and report of entries by event. In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact), and coach's cell phone number that they will answer between prelims and finals, in case a swimmer scratches into finals and needs to be notified. 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. Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status. Individual Unattached Athletes may enter individually. <ul style="list-style-type: none"> Payment for unattached athletes is due in advance of the start of the meet. Contact the Meet Director for payment instructions. 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	<p>Per Swimmer Surcharge: \$ 20.00 Individual event fee: \$ 12.50</p> <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 payments and where to send a check.

PVS 2021 Long Course Age Group Championships

July 15-18, 2021

Thursday, July 15, 2021

13-14 Year Old Prelim Events

Warm up: 6:30-7:30 am, Events: 7:35 am

Girls' Event #	LCM QT	SCY QT	Event	SCY QT	LCM QT	Boys' Event #
1	1:23.89	1:12.29	13-14 100m Breaststroke	1:06.79	1:17.89	2
7	2:23.19	2:04.99	13-14 200m Freestyle	1:57.49	2:14.79	8
13	1:11.19	1:02.69	13-14 100m Butterfly	58.49	1:06.79	14

11-12 Year Old Prelim Events

Warm up: 10:30-11:20 am, Events: 11:25 am

Girls' Event #	LCM QT	SCY QT	Event	SCY QT	LCM QT	Boys' Event #
3	41.99	36.89	11-12 50m Breaststroke	36.09	41.29	4
9	1:12.09	1:03.09	11-12 100m Freestyle	1:00.89	1:09.69	10
15	35.39	31.29	11-12 50m Butterfly	31.19	35.19	16

10 & Under Prelim Events

Warm up: 2:00-2:50 pm, Events: 2:55 pm

Girls' Event #	LCM QT	SCY QT	Event	SCY QT	LCM QT	Boys' Event #
5	49.89	43.89	10 & U 50m Breaststroke	43.09	49.39	6
11	1:24.39	1:14.09	10 & U 100m Freestyle	1:13.19	1:23.79	12
17	42.89	38.09	10 & U 50m Butterfly	37.19	42.29	18

13-14 Year Old Distance Events

Warm up: 4:15-4:45 pm, Events: 4:50 pm

Girls' Event #	LCM QT	SCY QT	Event	SCY QT	LCM QT	Boys' Event #
19	19:48.09	19:12.89	13-14 1500m Freestyle	18:19.79	18:58.89	20

Positive check-in for all individual events 400m and longer.
1500m Freestyle: Timed Finals, heats swum fastest to slowest alternating girls and boys.

FINALS

Warm up: 6:15-7:05 pm, Events: 6:10 pm

Girls' Event #	Event	Boys' Event #
1	13-14 100m Breaststroke	2
3	11-12 50m Breaststroke	4
5	10 & Under 50m Breaststroke	6
7	13-14 200m Freestyle	8
9	11-12 100m Freestyle	10
11	10 & Under 100m Freestyle	12
13	13-14 100m Butterfly	14
15	11-12 50m Butterfly	16
17	10 & Under 50m Butterfly	18

PVS 2021 Long Course Age Group Championships

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Friday, July 16, 2021

13-14 Year Old Prelim Events

Warm up: 6:30-7:30 am, Events: 7:35 am

Girls' Event #	LCM QT	SCY QT	Event	SCY QT	LCM QT	Boys' Event #
21	2:40.79	2:19.49	13-14 200m Individual Medley	2:11.39	2:31.69	22
27	3:00.49	2:36.79	13-14 200m Breaststroke	2:25.09	2:48.79	28
33	1:13.89	1:02.99	13-14 100m Backstroke	58.69	1:08.89	34

11-12 Year Old Prelim Events

Warm up: 10:30-11:20 am, Events: 11:25 am

Girls' Event #	LCM QT	SCY QT	Event	SCY QT	LCM QT	Boys' Event #
23	2:56.59	2:34.49	11-12 200m Individual Medley	2:30.69	2:53.19	24
29	1:32.79	1:20.19	11-12 100m Breaststroke	1:17.49	1:30.29	30
35	37.69	32.69	11-12 50m Backstroke	32.09	36.99	36

10 & Under Prelim Events

Warm up: 2:00-2:50 pm, Events: 2:55 pm

Girls' Event #	LCM QT	SCY QT	Event	SCY QT	LCM QT	Boys' Event #
25	3:26.99	3:01.39	10 & Under 200m Individual Medley	2:59.59	3:25.19	26
31	1:50.19	1:36.49	10 & Under 100m Breaststroke	1:34.49	1:47.89	32
37	45.09	38.59	10 & Under 50m Backstroke	38.89	45.19	38

FINALS

Warm up: 4:30-5:20 pm, Events: 5:25 pm

Girls' Event #	Event	Boys' Event #
21	13-14 200m Individual Medley	22
23	11-12 200m Individual Medley	24
25	10 & Under 200m Individual Medley	26
27	13-14 200m Breaststroke	28
29	11-12 100m Breaststroke	30
31	10 & Under 100m Breaststroke	32
33	13-14 100m Backstroke	34
35	11-12 50m Backstroke	36
37	10 & Under 50m Backstroke	38

PVS 2021 Long Course Age Group Championships

July 15-18, 2021

Saturday, July 17, 2021

13-14 Year Old Timed Finals

Warm up: 2:00-2:55 pm, Events: 3:00 pm

Girls' Event #	LCM QT	SCY QT	Event	SCY QT	LCM QT	Boys' Event #
39	30.49	26.79	13-14 50m Freestyle	24.59	28.29	40
41	5:01.29	5:34.99	13-14 400m Freestyle	5:17.59	4:46.69	41
43	5:41.29	4:58.69	13-14 400m Individual Medley	4:40.49	5:22.59	44
Positive check-in for all individual events 400m and longer.						

12 & Under Timed Finals

Warm up: 5:30 – 6:30 pm, Events: 6:35 pm

Girls' Event #	LCM QT	SCY QT	Event	SCY QT	LCM QT	Boys' Event #
45	32.99	28.99	11-12 50m Freestyle	27.89	31.99	46
47	37.39	32.99	10 & Under 50m Freestyle	32.59	37.29	48
49	2:55.29	2:31.39	11-12 200m Backstroke	2:27.39	2:50.99	50
51	3:19.39	2:52.19	11-12 200m Breaststroke	2:46.39	3:12.59	52
53	2:55.59	2:34.29	11-12 200m Butterfly	2:28.39	2:51.89	54
55	6:23.69	7:04.59	10 & Under 400m Freestyle	6:57.29	6:17.49	56
57	5:29.09	6:07.59	11-12 400m Freestyle	5:57.69	5:21.89	58
Positive check-in for all individual events 400m and longer.						

PVS 2021 Long Course Age Group Championships

July 15-18, 2021

Sunday, July 18, 2021

13-14 Year Old Prelim Events

Warm up: 6:30-7:30 am, Events: 7:35 am

Girls' Event #	LCM QT	SCY QT	Event	SCY QT	LCM QT	Boys' Event #
59	2:38.09	2:17.09	13-14 200m Backstroke	2:08.39	2:29.59	60
65	1:06.19	57.99	13-14 100m Freestyle	53.89	1:01.79	66
71	2:38.59	2:18.79	13-14 200m Butterfly	2:09.99	2:28.59	72

11-12 Year Old Prelim Events

Warm up: 10:30-11:20 am, Events: 11:25 am

Girls' Event #	LCM QT	SCY QT	Event	SCY QT	LCM QT	Boys' Event #
61	1:23.19	1:11.39	11-12 100m Backstroke	1:09.19	1:20.49	62
67	2:36.19	2:17.49	11-12 200m Freestyle	2:12.49	2:32.19	68
73	1:20.79	1:10.89	11-12 100m Butterfly	1:09.29	1:18.59	74

10 & Under Prelim Events

Warm up: 2:00-2:50 pm, Events: 2:55 pm

Girls' Event #	LCM QT	SCY QT	Event	SCY QT	LCM QT	Boys' Event #
63	1:37.39	1:23.29	10 & Under 100m Backstroke	1:22.79	1:35.59	64
69	3:05.19	2:43.19	10 & Under 200m Freestyle	2:36.89	2:59.39	70
75	1:40.79	1:28.29	10 & Under 100m Butterfly	1:26.99	1:39.29	76

13-14 Year Old Distance Events

Warm up: 4:15-4:45 pm, Events: 4:50 pm

Girls' Event #	LCM QT	SCY QT	Event	SCY QT	LCM QT	Boys' Event #
77	10:20.99	11:31.59	13-14 800m Freestyle	10:58.09	9:56.29	78

Positive check-in for all individual events 400m and longer.

800m Freestyle: Timed Finals, heats swum fastest to slowest alternating girls and boys.

FINALS

Warm up: 6:15-7:05 pm, Events: 7:10 pm

Girls' Event #	Event	Boys' Event #
59	13-14 200m Backstroke	60
61	11-12 100m Backstroke	62
63	10 & Under 100m Backstroke	64
65	13-14 100m Freestyle	66
67	11-12 200m Freestyle	68
69	10 & Under 200m Freestyle	70
71	13-14 200m Butterfly	72
73	11-12 100m Butterfly	74
75	10 & Under 100m Butterfly	76