



PVS 2022 Short Course Senior Championships

March 3-6, 2022
Sanction # PVS-22-76

Hosted for PVS by:



MEET DIRECTOR	MEET REFEREE	ADMINISTRATIVE REFEREE	ENTRY CHAIR
Karyn McCannon kmccannon@nationscapitalswimming.com	Cherlynn Venit dpws@aol.com Application to Officiate	Barb Ship barb@ships3.com	Karyn McCannon kmccannon@nationscapitalswimming.com

POSITIVE CHECK-IN/SCRATCH FOR 1000 yd Freestyle, 1650 yd Freestyle, 400 yd Relays, and 800 yd Relays

Scratches for all other events and scratches from Finals should be sent to scratch@pvswim.org

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-22-76 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swim Club, and University of Maryland, Eppley Recreation 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	<p style="text-align: center;">University of Maryland College Park Campus Eppley Recreation Center College Park, MD 20740 (301) 226-4400</p> <ul style="list-style-type: none"> The competition pool at the University of Maryland is 50m x 25yd with two moveable bulkheads. There are two (2), eight (8) lane 25yd competition courses. Competition will be held in the shallow end course. The shallow end course runs wall to bulkhead and is 8' deep at the starting end and 10'6" deep at the turning end. Seven lanes of continuous warm down will be available. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
PARKING	<ul style="list-style-type: none"> Parking information will be posted on the Potomac Valley Swimming website. Cost of parking will be approximately \$15.00 per day.
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, February 22, 2022, 5:00pm</p> <ul style="list-style-type: none"> IMPORTANT: The above date is the deadline for clubs to submit their entries to the Entry Chair. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information. Late entries will be accepted for a fee of \$150 per club plus two times the event entry fee. Deadline for late entries is Monday, February 28, 2022, at NOON. NOTE (FOR 2022 MEET ONLY): Due to the cancellation of the PVS 18&U Qualifier, entries will be accepted for swimmers who qualify for the first-time at meets between February 22 – 27, 2022. No additional entries for swimmers already entered or time updates will be allowed. Entries for first-time qualifiers must be submitted in a Meet Entry file containing only those athletes. Failure to adhere to these rules will result in the late entry fees listed above. Entries for first-time qualifiers must be submitted by Monday, February 28, 2022, at NOON. The email should also include the names/events of any athletes that have moved from Junior Champs to Senior Champs.

SCHEDULE		Warm Up	Events
ELIGIBILITY	<p style="text-align: center;">Thursday, March 3 Timed Finals</p> <p style="text-align: center;">Friday, Saturday, Sunday, March 4-6 Preliminary Session Finals Session</p> <p style="text-align: center;">4:30 - 5:30pm</p> <p style="text-align: center;">7:00 – 8:50am 4:30 – 5:50pm</p> <p style="text-align: center;">5:40pm 9:00am 6:00pm</p> <ul style="list-style-type: none"> In accordance with PVS Policy & Procedures, if the sessions are longer than 4 hours and 15 minutes, warm ups for preliminary sessions will start at 6:30am and events for preliminary sessions will start at 8:30am. Meet Director, with concurrence of the PVS Senior Chair, reserves the right to adjust times/sessions after entries are received. 		
DISABILITY SWIMMERS	<ul style="list-style-type: none"> Open to all Potomac Valley Swimming registered athletes and invited USA Swimming 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 shall compete at the age attained on the first day of the meet. Non-PVS Clubs interested in participating should request an invitation from the PVS Senior Chair, Evan Stiles, estile@arlingtonva.us. Swimmers must have equaled or bettered the applicable Qualifying Time listed. Qualifying times must have been achieved on or after February 22, 2020. Qualifying times must have been achieved in a USA-Swimming sanctioned, observed, or approved meet. 		
INCLEMENT WEATHER	<ul style="list-style-type: none"> In the event of inclement weather, the Meet Director, Meet Referee and PVS Senior 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, NATION'S CAPITAL SWIM CLUB, AND THE UNIVERSITY OF MARYLAND, EPPLEY RECREATION 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 measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must 		

	<p>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.</p> <ul style="list-style-type: none"> • By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the State of Maryland, Prince George’s County, and the University of Maryland.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • All attendees (athletes, coaches, officials, and volunteers) must wear masks at all times, with the exception of athletes when warming up, cooling down, and competing. • All attendees (athletes, coaches, officials, and volunteers) are required to assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering “no” to the following questions: <ul style="list-style-type: none"> ○ 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 in the past 14 days? ○ Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has in the past 14 days? • Locker rooms will only be available for emergency use. On deck showers will be available, and all athletes are required to rinse off prior to entering the water during warm ups. • No one with symptoms of COVID-19 is permitted in the facility. • Athletes must arrive and depart in their suits. Locker room space will be available for female athletes to pull up suits, but full suit changes will not be permitted. • Swimmers must try to maintain proper social distancing. • Teams will be assigned a required number of marshals based on team size. Names of marshals will be required in advance. Marshals will monitor social distancing and mask compliance within their assigned spaces. • Bathroom use is allowed in emergencies, but all athletes must use the visiting team locker rooms and wipe down all surfaces touched. • Total number of athletes for Senior and Junior Championships (combined) is limited to 800 per session. • One-way traffic will be maintained on the pool deck. Swimmers will leave their assigned spot, walk along the turn (diving boards) end of the pool, down the lane 1 (window) side of the pool, stage along the lane 1 side of the pool deck and continue behind the blocks. See attached diagram in the supplemental document. Athletes swimming in the shallow pool will stage along lane 1 and will exit the area at the conclusion of their race towards lane 8. Athletes will only be permitted to stage for their heats 2 heats a time. • For warm-ups, swimmers will be assigned to a warm-up group. • Swimmers will proceed to their assigned seating area on deck or in the stands, prepare to enter the pool, and follow marshals’ and coaches’ directions to enter the pool while respecting social distancing guidelines. Swimmers not participating in warm-up will remain on the deck at their assigned spot. • Swimmers will wear their masks until they reach the starting blocks. A place will be available for masks in each lane. Athletes will put their mask back on before leaving the starting area. • Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility. • UV Light is used along with chlorine to disinfect the water constantly. • Spectators will not be permitted. The meet will be professionally live-streamed. Live-streaming details will be provided to all participating teams and posted on the PVS YouTube Channel. • 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 COVID19 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 Swimming registration is permitted. • 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. • 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 during the preliminary and timed finals sessions.
<p>INDIVIDUAL EVENT RULES</p>	<ul style="list-style-type: none"> • All individual events are prelims/finals, except for the 1000yd and 1650yd Freestyle events which are timed finals. • Top twenty-four (24) qualifiers from prelims advance to Finals. • A swimmer may enter as many events as they qualify for but may compete in a maximum of 7 individual events and no more than 3 individual events per day. • Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Entry Chair 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. • Distance Entries: Any swimmer who qualifies for the 1000 yd and/or 1650 yd 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. • Swimmers must provide their own counters (if desired) for the 500, 1000, and 1650 freestyle events. • Late entries will be accepted for a fee: \$150 per club plus two times the entry fee. • No deck entries will be accepted.
<p>RELAY EVENT RULES</p>	<ul style="list-style-type: none"> • All relay events are timed finals. • A club may enter up to 3 relay teams per relay event, but only two relay teams per club per event may score. • The 200 yd Freestyle and Medley relays will not be scored. • The 200 yd Freestyle and Medley relays will be swum during the preliminaries session. The 400 yd Freestyle and Medley relays will be swum during the finals session. • The fastest heat of the 800 yd Freestyle Relay will be swum in the finals session and the slower heats in the preliminary session. When checking in for the 800 yd Freestyle Relay, a club may indicate they want to swim in the preliminaries session.

<p>WITHDRAWING FROM FINALS</p>	<ul style="list-style-type: none"> • National Championship scratch rules (<i>USA Swimming Rules and Regulations</i>, Rule 207.11.6) apply for swimmers scratching from finals. • 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 announcement of qualifiers for finals. Swimmers will receive an automated reply that the email has been received and a reply when their scratch has been processed. If you do not receive a reply, please confirm your scratch with the Administrative Referee. <ul style="list-style-type: none"> ○ Subject of email: FINALS SCRATCH: <event>, <athlete name> ○ For example: FINALS SCRATCH: Event 21, Women’s 200m Individual Medley, Jane Smith. • Swimmers may declare an “intent to scratch” from a Finals event by emailing scratch@pvswim.org within 30 minutes of the announcement of qualifiers for finals. Swimmers will receive an automated reply that the email has been received and a reply when their intent to scratch has been processed. If you do not receive a reply, please confirm your scratch with the Administrative Referee. <ul style="list-style-type: none"> ○ Subject of email: FINALS INTENT TO SCRATCH: <event>, <athlete name> ○ For example: FINALS INTENT TO SCRATCH: Event 21, Women’s 200m Individual Medley, Jane Smith. • If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch by emailing scratch@pvswim.org within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event. • Body of email should include swimmer’s first and last name, club, coach’s name, and event being scratched. If declaring an intent to scratch, include the swimmer’s last preliminary event of the day. It is required 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.
<p>SEEDING AND POSITIVE CHECK IN</p>	<ul style="list-style-type: none"> • The 1000 yd and 1650 yd Freestyle events and the 400 yd and 800 yd relay events are positive check in events. Athletes and relay teams must complete the 2022 PVS SC Senior Championships Positive Check-In form to check-in for these events. Athletes and relay teams must check in by the check-in deadline for the event in order to be seeded into the event. Athletes and relay teams not checked-in will not be seeded into the event. When checking in for the Women’s 1000 yd Freestyle, Men’s 1650 yd Freestyle, and the 800 yd Freestyle Relay athletes/clubs may indicate they want to swim in the preliminaries session. • All other events will be seeded after the scratch/check-in deadlines listed below in accordance with <i>USA Swimming Rules and Regulations</i>, Rule 207.11.6(C). To scratch from any preliminary event, athletes must email scratch@pvswim.org. In all preliminary events or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with deadlines listed below will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the scratch deadline for that day’s events. <ul style="list-style-type: none"> ○ Check-in deadline for Thursday 1000yd/1650yd Freestyle is Thursday at 5:00 pm ○ Scratch deadline for Friday events and positive check-in for 800 yd Freestyle Relay is Thursday at 6:10 pm ○ Scratch deadline for Saturday events and positive check-in for 400 yd Medley Relay is Friday at 6:30 pm ○ Scratch deadline for Sunday events and positive check-in for 400 yd Freestyle Relay and Sunday 1000 yd/1650 yd Freestyle is Saturday at 6:30 pm

	<ul style="list-style-type: none"> • SCY entry times are conforming times for this meet. LCM entry times are non-conforming times and will be seeded after SCY entries. NT entries will not be accepted. Bonus entries will be seeded last. • The preliminaries of the 500 yd Freestyle and the 400 yd Individual Medley will be swum as follows: If there are seven or more heats, the four fastest heats of women (slow to fast) will be followed by the four fastest heats of men (slow to fast). The remaining heats will be swum fast-to-slow, alternating women and men, after the relay events. If there are six or fewer heats, the events will be swum all women (slow-to-fast) then all men (slow-to-fast).
ORDER OF SWIMS	<ul style="list-style-type: none"> • Preliminaries will be swum concurrently with the PVS SC Junior Championships (“Junior Champs”). • Three heats of each individual event from Senior Champs and two heats from Junior Champs events, except the 1000 yd and 1650 yd Freestyle, will be swum at finals. Three heats from Senior Champs will alternate with two heats from Junior Champs. Heats for Junior Champs will be swum in the following order: “B”, “A” and will be swum before the heats for Senior Champs. Heats for Senior Champs will be swum in the following order: “C”, “B”, “A”. • Heats of distance events (1000 yd & 1650 yd Freestyle) will be swum fastest to slowest, alternating women and men. The fastest seeded heat of the Women’s 1000 yd Freestyle and Men’s 1650 yd Freestyle will be the first event of the Sunday Finals session. When checking in for the Women’s 1000 yd Freestyle and Men’s 1650 yd Freestyle, swimmers may indicate they want to swim in the preliminaries session. Swimmers in the 1000 yd and 1650 yd Freestyle, except for those swimming in the Final session on Sunday, are responsible for providing their own timer and counter if needed.
BONUS EVENTS	<ul style="list-style-type: none"> • Any athlete who is entered in at least one individual event may enter one bonus event for which they meet the Bonus Qualifying Time. Athletes entered in 2 or more individual events may enter 2 bonus events for which they meet the Bonus Qualifying Time. • Athletes entering bonus events may compete in no more than the maximum number of individual events per day (3) or the meet (7).
TIME TRIALS	<ul style="list-style-type: none"> • Time Trials will be held following the completion of the timed finals session on Thursday and after the completion of the preliminaries sessions on Friday, Saturday and Sunday, time permitting • An athlete must compete in an individual event in either Senior Champs or Junior Champs in order to participate in Time Trials. • Athletes are permitted one time trial per time trial session provided that this participation does not cause them to exceed the three events per day limitation and two time trials total for the meet. • The time trial fee is \$15/attempt; cash or check made out to PVS due at the time of sign up. • The order of time trial events will be those events contested that day followed by those events remaining to be contested, followed by those events already contested, except that time trials for the 1000 yd and 1650 yd Freestyle will only be offered on Thursday. • Time Trial events may be combined and re-ordered to maximize lane usage.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • Due to COVID protocols, assigned warmups will be used for all preliminary sessions. Assigned warmups may be used for timed finals depending on current facility requirements. • The warm up schedule for the finals sessions will be as follows: <ul style="list-style-type: none"> ○ 4:30-5:20 pm: All lanes are general warm-up ○ 5:20-5:50 pm: Lanes 1 and 8 are designated for pace; Lanes 2 and 7 are designated for sprint; Lanes 3 through 6 will remain general warm-up. • During the meet there will be continuous warm-up/cool-down lanes. Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.

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.
SCORING	<ul style="list-style-type: none"> Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
AWARDS	<ul style="list-style-type: none"> There are no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> The meet will be available on Meet Mobile. Programs will be posted on the PVS website.
SPECTATORS	<ul style="list-style-type: none"> No spectators will be permitted.
CREDENTIALS	<ul style="list-style-type: none"> Individuals 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.
OFFICIALS	<ul style="list-style-type: none"> This meet will be an Officials Qualifying Meet, under the USA Swimming National Certification program. Officials wishing to volunteer should submit an Application to Officiate. Any official interested in being evaluated must submit an Application to Officiate no later than February 15, 2022, noting the request for evaluation. You can review information about the National Certification Program on the USA Swimming Website. Interested officials may also contact the Meet Referee: Cheryl Venit (dpws@aol.com). Walk-on officials are welcome. Each participating club is requested to provide at least one table worker or official (referee, starter or stroke & turn judge) per session if entering 25 or more splashes.
TIMERS	<ul style="list-style-type: none"> Clubs will be required to provide timers in proportion to the number of entries they have in each session. An initial number of timers required per club and their lane assignments will be posted on the PVS website in mid-February. Timer requirements may be adjusted after all entries have been received. Timers should report to the timers meeting 30 minutes before the start of each session. All swimmers are required to provide a timer and a counter (if desired) for the 1000 yd and 1650 yd Freestyle events on Thursday afternoon and Sunday morning. All swimmers are required to provide a timer for the 400 yd Individual Medley during preliminary sessions. All swimmers are required to provide a timer and a counter (if desired) for the 500 yd Freestyle during preliminary sessions.

ENTRY PROCEDURES	<ul style="list-style-type: none"> • All entry files must be sent to the Entry Chair, Karyn McCannon, kmccannon@nationscapitalswimming.com • Conforming (SCY) and Non-Conforming (LCM) times may be used for entry. Conforming times will be seeded first. • Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry. • Proof for times annotated as unproven (*) must be provided to the Administrative Referee prior to the scratch deadline, or the swimmer will be scratched from that event. • Relay Entries: Ensure “relay only” athletes are included in the team entry roster. <ul style="list-style-type: none"> ○ There are no qualifying times for the 200 yd relays. • 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 Entry chair 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 and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	<p style="text-align: center;">Per Swimmer Surcharge: \$10.00 Relay event fee: \$20.00 Individual event fee: \$12.50 Deck entries: NA</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 2022 Short Course Senior Championships

March 3-6, 2022

Thursday, March 3, 2022

Warm up: 4:30-5:30 pm, Events: 5:40 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
1	18:09.99	18:26.59	1650 yd Freestyle			
			1000 yd Freestyle	10:04.99	9:02.59	2
Positive check-in deadline for all events is 5:00 pm. All swimmers must provide their own timer and counter.						

Friday, March 4, 2022

Prelims: Warm up: 7:00-8:50 am, Events: 9:00 am

Finals: Warm up: 4:30-5:50, Events: 6:00 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
3	1:57.29	2:13.29	200 yd Freestyle	1:47.99	2:03.19	4
5	1:10.19	1:20.49	100 yd Breaststroke	1:02.99	1:13.19	6
7	1:00.09	1:08.19	100 yd Butterfly	54.49	1:02.29	8
9	4:45.59	5:26.49	400 yd Individual Medley	4:22.59	5:02.99	10
10 minute Break						
11	8:28.79		800 yd Freestyle Relay	7:40.99		12
Positive Check-in deadline for 800 yd Freestyle Relay is Thursday, 6:10 pm Swimmers must provide their own timer for the 400 yd Individual Medley Break will be 10 minutes and the competition pool will be open for Warm-ups.						

Saturday, March 5, 2022

Prelims: Warm up: 7:00-8:50 am, Events: 9:00 am

Finals: Warm up: 4:30-5:50, Events: 6:00 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
13	2:30.19	2:50.09	200 yd Breaststroke	2:16.59	2:37.29	14
15	25.09	28.59	50 yd Freestyle	22.69	25.99	16
17	1:00.39	1:09.39	100 yd Backstroke	55.39	1:04.79	18
19	5:13.49	4:41.99	500 yd Freestyle	4:49.99	4:20.19	20
21			200 yd Freestyle Relay (prelims only)			22
10 minute Break						
23	4:30.19		400 yd Medley Relay (finals only)	4:02.59		24
Positive Check-in deadline for 400 yd Medley Relay is 30 minutes after the start of Finals on Friday Swimmers must provide their own timer and counter for the 500 yd Freestyle Break will be 10 minutes and the competition pool will be open for Warm-ups.						

PVS 2022 Short Course Senior Championships

March 3-6, 2022

Sunday, March 6, 2022

Prelims: Warm up: 7:00-8:50 am, Events: 9:00 am

Finals: Warm up: 4:30-5:50, Events: 6:00 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
25	2:11.39	2:29.79	200 yd Backstroke	2:01.09	2:19.79	26
27	54.19	1:01.59	100 yd Freestyle	49.19	56.29	28
29	2:15.39	2:33.49	200 yd Butterfly	2:01.99	2:18.29	30
31	2:13.29	2:32.59	200 yd Individual Medley	2:00.99	2:20.29	32
33			200 yd Medley Relay (prelims only)			34
10 minute Break – Finals Only						
35	3:56.49		400 yd Freestyle Relay (finals only)		3:31.99	36
15 minute Break						
37	10:52.99	9:37.79	1000 yd Freestyle			
			1650 yd Freestyle	17:18.99	17:45.63	38
<p style="color: red; margin: 0;">Positive Check-in deadline for 400 yd Freestyle Relay is 30 minutes after the start of Finals on Saturday</p> <p style="color: red; margin: 0;">Positive Check-in deadline for 1000 yd and 1650 yd Freestyle is 30 minutes after the start of Finals on Saturday</p> <p style="margin: 0;">The competition pool will be open for Warm-ups during breaks.</p> <p style="margin: 0;">Swimmers must provide their own timer and counter for the 1000 yd and 1650 yd Freestyle during prelims</p>						

BONUS QUALIFYING TIMES

Women NST	Event	Men NST
25.59Y	50 yd Freestyle	23.19Y
55.19Y	100 yd Freestyle	50.19Y
1:59.29Y	200 yd Freestyle	1:49.99Y
5:18.49Y	500 yd Freestyle	4:54.99Y
11:02.99Y	1000 yd Freestyle	10:14.99Y
18:19.99Y	1650 yd Freestyle	17:28.99Y
1:01.39Y	100 yd Backstroke	56.39Y
2:13.39Y	200 yd Backstroke	2:03.09Y
1:11.19Y	100 yd Breaststroke	1:03.99Y
2:32.19Y	200 yd Breaststroke	2:18.59Y
1:01.09Y	100 yd Butterfly	55.49Y
2:17.39Y	200 yd Butterfly	2:03.99Y
2:15.29Y	200 yd Individual Medley	2:02.99Y
4:49.99Y	400 yd Individual Medley	4:26.59Y