



2023 June Long Course Invitational- **UPDATED**

June 15 - 18, 2023

Sanction # PVC-23-101

VSI Sanction # VS-23-36DS



MEET DIRECTOR Paris Jacobs- 571-238-7657 paris@machineaquatics.com Jason Cochran jason@machineaquatics.com	MEET REFEREE Eric Ramey officials@machineaquatics.com	CLUB OFFICIALS CHAIR Courtney Johnston officials@machineaquatics.com Officials Sign Up
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-23-101 and Virginia Swimming, Inc.: VS-23-36DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Machine Aquatics, and Claude Moore 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.
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FACILITY	<p style="text-align: center;">Claude Moore Recreation Center 46105 Loudoun Park Ln, Sterling, VA 20164 (571) 258-3600</p> <ul style="list-style-type: none"> The pool at Claude Moore is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 lanes, 50 meters, running from wall to bulkhead at the eastern end of the pool. One (1) lane will be available for continuous warm-up/cool-down during the meet. Water depth of 12'6" at the starting end and 4'6" at the turning end of the competition course. 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.
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ENTRY DEADLINE	<p style="text-align: center;">FINAL ENTRY FILE IS DUE BY 11:00 PM, THURSDAY JUNE 7, 2023</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>
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SCHEDULE	<table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>Warm Ups</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td colspan="3">Thursday, June 15th, 2023</td> </tr> <tr> <td>13 & Over Prelims/ Finals</td> <td>7:30- 8:40 AM</td> <td>8:50 AM</td> </tr> <tr> <td>13 & Over Finals</td> <td style="background-color: yellow;">4:00- 5:00 PM</td> <td style="background-color: yellow;">5:10 PM</td> </tr> <tr> <td colspan="3">Friday, June 16th, 2023</td> </tr> <tr> <td>13 & Over Prelims/ Finals</td> <td>7:30- 8:40 AM</td> <td>8:50 AM</td> </tr> <tr> <td>12 & Under Mixed Timed Finals</td> <td style="background-color: yellow;">12:15- 1:10 PM</td> <td style="background-color: yellow;">1:20 PM</td> </tr> <tr> <td>13 & Over Finals</td> <td style="background-color: yellow;">4:00- 5:00 PM</td> <td style="background-color: yellow;">5:10 PM</td> </tr> <tr> <td colspan="3">Saturday, June 17th, 2023</td> </tr> <tr> <td>Distance Session</td> <td>2:00- 3:00 PM</td> <td>3:10 PM</td> </tr> <tr> <td colspan="3">Sunday, June 18th, 2023</td> </tr> <tr> <td>13 & Over Timed Finals</td> <td style="background-color: yellow;">8:15- 9:15 AM</td> <td style="background-color: yellow;">9:25 AM</td> </tr> <tr> <td>12 & Under Timed Finals</td> <td style="background-color: yellow;">12:15- 1:10 PM</td> <td style="background-color: yellow;">1:20 PM</td> </tr> </tbody> </table>		Warm Ups	Events	Thursday, June 15th, 2023			13 & Over Prelims/ Finals	7:30- 8:40 AM	8:50 AM	13 & Over Finals	4:00- 5:00 PM	5:10 PM	Friday, June 16th, 2023			13 & Over Prelims/ Finals	7:30- 8:40 AM	8:50 AM	12 & Under Mixed Timed Finals	12:15- 1:10 PM	1:20 PM	13 & Over Finals	4:00- 5:00 PM	5:10 PM	Saturday, June 17th, 2023			Distance Session	2:00- 3:00 PM	3:10 PM	Sunday, June 18th, 2023			13 & Over Timed Finals	8:15- 9:15 AM	9:25 AM	12 & Under Timed Finals	12:15- 1:10 PM	1:20 PM
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***NOTE: The Meet Director reserves the right to adjust start times in order to allow the full meet to fit within the pool rental time and USA Swimming Rules.**

ELIGIBILITY	<ul style="list-style-type: none"> • Open to all USA Swimming Registered athletes. Teams wishing to attend should contact the Meet Director. • 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.
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 (touchpads primary) will be used.
RULES	<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. • 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"> • Swimmers may enter a maximum of ten (10) individual events. Swimmers may enter no more than three (3) events on Thursday, Friday, and Sunday, and no more than two (2) events on Saturday. • All 13-14 and 15 & Over events on Thursday and Friday are prelims/ finals EXCEPT FOR the 400 Freestyle and 400 IM, which are timed finals. All 13-14 and 15 & Over finals will have an "A" final (top 8 prelim finishers) and "B" final (top 9-16 prelim finishers). The "B" finals will be swum first. 13-14 final heats will be swum before the 15 & over final heats. • The 13-14 and 15 & Over 400 Freestyle on Thursday and the 400 IM on Friday will be timed finals and swum fastest to slowest in the preliminary session, EXCEPT the fastest heat of each event will be swum at finals. • All 9-12 events on Friday and Sunday are timed finals and mixed gender. • All events in the Saturday Distance session are timed finals, mixed gender, and swum fastest to slowest. • All events on Sunday are timed finals. • Entries in the 400/800 and 400 IM may be limited due to time constraints. If necessary, this will be done based on the verifiable proof of time. To the extent possible, any swimmer removed

	<p>from an event due to time constraints will be provided the opportunity to enter another event, so long as it does not violate any applicable entry limits or facility-related capacity restrictions.</p> <ul style="list-style-type: none"> • All swimmers must provide their own timers and counters (if desired) for the 800m Freestyle events. All swimmers must provide their own timers for the 9-12 400m Freestyle and 9-12 400m Individual Medley. • Entries must be submitted as LCM times. Time conversions are permitted. Entries with no time (NT) will be accepted. • Deck entries are permitted for this meet. Deck entries will be \$20.00 each (cash or check only). <i>Swimmers will be required to prove current USA Swimming membership in good standing if the swimmer is not already in the meet and vetted through the PVS meet recon procedure.</i>
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • PVS scratch rules apply for swimmers scratching Finals. • If you do not wish to swim in the Final, you may “scratch” from the event by following this procedure: <ul style="list-style-type: none"> ○ You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement qualifiers for “A” and “B” finals, if scheduled. ○ You may declare an “intent to scratch.” You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for “intent.” If you declare an “intent to scratch” and do not wish to swim Finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event or you will be automatically seeded into the event. • 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.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events in the Saturday Distance session are positive check-in events. Swimmers who do not check-in by the deadline will not be seeded into those events. • The check-in deadline for the Saturday Distance events will be provided by the meet director once entries are received. • All other events will be pre-seeded.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments based on entries submitted.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> • All events will be swum slow-to-fast EXCEPT for the 400 Freestyle, 400 IM and all events in the Saturday Distance session, which will be swum fast-to-slow. • The fastest heats of the 400 Freestyle and 400 IM will be swum at Finals.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> • Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
PROGRAMS and LIVESTREAM	<ul style="list-style-type: none"> • Programs will be made available on Meet Mobile prior to each session for free. • Due to internet connection issues at Claude Moore, livestreaming of the meet is not guaranteed.
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.

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 Stroke & Turn Judge) per session if entering 25 or more splashes. • Officials interested in volunteering should contact Eric Ramey at officials@machineaquatics.com or use the Officials Sign Up Form. • 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.
TIMERS	<ul style="list-style-type: none"> • Participating clubs are requested to provide timers in proportion to their entries as assigned by the Meet Director. • Swimmers in the 400 FREE, 800 FREE and 400 INDIVIDUAL MEDLEY MUST PROVIDE THEIR OWN TIMERS.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director at entries@machineaquatics.com. • Include in the subject of the email, "2023 June Long Course Invitational" with the club's initials AND SITE. 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 24-36 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	<p style="text-align: center;">Per Swimmer Surcharge: \$5.00 Deck entry fee: \$20.00</p> <p style="text-align: center;">Individual event fee: \$12.00</p> <p>Make checks payable to Machine Aquatics Checks may be mailed to:</p> <p style="text-align: center;"><i>Machine Aquatics 2023 June Long Course Invitational 204-D Mill Street, NE Vienna, VA 22180</i></p> <ul style="list-style-type: none"> • 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. • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

2023 June Long Course Invitational

June 15th- 18th, 2023

Sponsored by Machine Aquatics

Thursday, June 15th, 2023

13 & Over Preliminaries

Warm-up: 7:30am Events: 8:50am

	EVENT
1	Girls 13-14 100 Freestyle
2	Boys 13-14 100 Freestyle
3	Girls 15 & Over 100 Freestyle
4	Boys 15 & Over 100 Freestyle
5	Girls 13-14 200 Breaststroke
6	Boys 13-14 200 Breaststroke
7	Girls 15 & Over 200 Breaststroke
8	Boys 15 & Over 200 Breaststroke
9	Girls 13-14 100 Backstroke
10	Boys 13-14 100 Backstroke
11	Girls 15 & Over 100 Backstroke
12	Boys 15 & Over 100 Backstroke
13	Girls 13-14 400 Freestyle*
14	Boys 13-14 400 Freestyle*
15	Girls 15 & Over 400 Freestyle*
16	Boys 15 & Over 400 Freestyle*

* The 400 Freestyle will be timed final and swum fastest to slowest, with the fastest heat swum at Finals.

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Thursday, June 15th, 2023

(cont.) Session 2

Thursday Finals

Warm-up: 4:00 Events: 5:10pm

	EVENT
1	Girls 13-14 100 Freestyle
2	Boys 13-14 100 Freestyle
3	Girls 15 & Over 100 Freestyle
4	Boys 15 & Over 100 Freestyle
5	Girls 13-14 200 Breaststroke
6	Boys 13-14 200 Breaststroke
7	Girls 15 & Over 200 Breaststroke
8	Boys 15 & Over 200 Breaststroke
9	Girls 13-14 100 Backstroke
10	Boys 13-14 100 Backstroke
11	Girls 15 & Over 100 Backstroke
12	Boys 15 & Over 100 Backstroke
13	Girls 13-14 400 Freestyle
14	Boys 13-14 400 Freestyle
15	Girls 15 & Over 400 Freestyle
16	Boys 15 & Over 400 Freestyle

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Friday, June 16th, 2023

Session 3

13 & Over Preliminaries

Warm-up: 7:30am Events: 8:50am

	EVENT
17	Girls 13-14 100 Breaststroke
18	Boys 13-14 100 Breaststroke
19	Girls 15 & Over 100 Breaststroke
20	Boys 15 & Over 100 Breaststroke
21	Girls 13-14 100 Butterfly
22	Boys 13-14 100 Butterfly
23	Girls 15 & Over 100 Butterfly
24	Boys 15 & Over 100 Butterfly
25	Girls 13-14 200 Backstroke
26	Boys 13-14 200 Backstroke
27	Girls 15 & Over 200 Backstroke
28	Boys 15 & Over 200 Backstroke
29	Girls 13-14 400 IM*
30	Boys 13-14 400 IM*
31	Girls 15 & Over 400 IM*
32	Boys 15 & Over 400 IM*

*The 400 IM will be timed final and swum fastest to slowest, with the fastest heat swum at Finals.

Friday, June 16th, 2023

Session 4

Mixed 9-12

Timed Finals

Warm-up: 12:15 pm Events: 1:20 pm

	EVENT
33	Mixed 8-12 100 Freestyle
34	Mixed 8-12 50 Breaststroke
35	Mixed 8-12 100 Backstroke
36	Mixed 8-12 100 Butterfly
37	Mixed 8-12 50 Backstroke

Friday, June 17(cont.)

Session 5

Friday Finals

Warm-up: 4:00pm Events: 5:10pm

	EVENT
17	Girls 13-14 100 Breaststroke
18	Boys 13-14 100 Breaststroke
19	Girls 15 & Over 100 Breaststroke
20	Boys 15 & Over 100 Breaststroke
21	Girls 13-14 200 Butterfly
22	Boys 13-14 200 Butterfly
23	Girls 15 & Over 200 Butterfly
24	Boys 15 & Over 200 Butterfly
25	Girls 13-14 100 Backstroke
26	Boys 13-14 100 Backstroke
27	Girls 15 & Over 100 Backstroke
28	Boys 15 & Over 100 Backstroke
29	Girls 13-14 400 IM
30	Boys 13-14 400 IM
31	Girls 15 & Over 400 IM
32	Boys 15 & Over 400 IM

Saturday, June 17th, 2023

Session 6- Distance

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

	EVENT
38	Mixed Open 800 Freestyle*
39	Mixed 9-12 400 Freestyle*
40	Mixed 9-12 400 IM*

All events will be swum fastest to slowest Swimmers must provide their own timer for all events.

Swimmers must provide their own counter (if desired) for the 800m Freestyle event.

Sunday, June 18th, 2023

Session 7

Mixed 13 & Over Timed Finals

Warm-up: 8:15am Events: 9:25am

	EVENT
41	Mixed 13 & Over 200 Freestyle
42	Mixed 13 & Over 200 Butterfly
43	Mixed 13 & Over 50 Freestyle
44	Mixed 13 & Over 200 IM

Session 8

Mixed 9-12 Timed Finals

Warm-up: 12:15pm Events: 1:20pm

	EVENT
45	Mixed 8-12 200 Freestyle
46	Mixed 8-12 50 Butterfly
47	Mixed 8-12 100 Breaststroke
48	Mixed 8-12 200 IM
49	Mixed 8-12 50 Freestyle