



# PVS LC Open 1

June 18, 2023

Sanction # PVS-23-102

Hosted for PVS by:



## ENTRY DEADLINE: Tuesday, June 6, 2023 5:00 PM

**IMPORTANT:** The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.

<b>MEET HOST/ DIRECTOR</b>	<b>TOLLEFSON SWIMMING</b> Henry Tollefson <a href="mailto:henry@tollefsonswimming.com">henry@tollefsonswimming.com</a>	<b>MASON MAKOS SWIM TEAM</b> Heather Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>
<b>MEET REFEREE</b>	Tom Allison <a href="mailto:tom_allison@mac.com">tom_allison@mac.com</a> <a href="#">Officials Signup</a>	Jan van Nimwegen <a href="mailto:jnimwegen@earthlink.net">jnimwegen@earthlink.net</a> <a href="#">Officials Signup</a>
<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming <b>PVS-23-102</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatic Center, Franconia Rec Center, Tollefson Swimming, and Mason Makos 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.</li> </ul>	
<b>FACILITIES</b>	<p><b>Fairland Aquatics Center</b> 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060</p> <ul style="list-style-type: none"> <li>The pool at Fairland Aquatics Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 8 lanes, 50 meters, running from wall to bulkhead.</li> <li>Water depth range of 4.5' at the starting end and 13' at the turning end.</li> <li>The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).</li> </ul>	<p><b>Franconia Rec Center</b> 6601 Telegraph Rd. Alexandria, VA 22313 (703) 922-9840</p> <ul style="list-style-type: none"> <li>The pool at Franconia Rec Center is a 50m x 25 yd pool. Competition will be held in 8 lanes, 50 meters, running wall to wall.</li> <li>Water depth is 12' at the starting end and 3' 7" at the turning ends.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>
<b>TEAM ASSIGNMENTS</b>	ASA, AU, BWST, DCPR, ERSC, FAST, HEAL, JFD, GWU, MSSC, MAC, NCAP (AU, Georgetown Prep, Holton Arms, North, PG), PGPR, PAC, RMSC, TIBU, TOLL, TRA, WEA, YSS	AAC, APAC, ASTS, CSC, DRAG, FAA, FISH, FFXF, HAC, LIFE, MAC, MACH, MAKO, NCAP (Alexandria, Burke, Claude Moore, Tysons, Dulles South, Marymount, West), OCCS, PM, RIPS, RY, SDS, SSCT, STJS, TANK, VLAC, WSH, YORK

**NOTE: Assignments of clubs to pool sites will be reviewed by the PVS LSC Services Manager after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned.**

<b>ENTRY DEADLINE</b>	<b>Tuesday, June 6, 2023, 5:00 PM</b>  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.
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<b>SCHEDULE</b>	<p style="text-align: center;"><b>Sunday, June 18, 2023</b></p> <p style="text-align: center;">11-12: Warmup 6:30am – 7:20am; Events 7:30am  10 &amp; Under: Warmup 10:00am – 10:40am; Events 10:50am  13 &amp; Over: Warmup 1:00pm – 1:50pm; Events 2:00pm</p> <ul style="list-style-type: none"> <li>• PVS LSC Services Manager and the Age Group &amp; Senior Chairs reserve the right to adjust times/sessions after entries are received.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to all Potomac Valley Swimming registered athletes.</li> <li>• 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.</li> <li>• Swimmers shall compete at the age attained on the first day of the meet.</li> <li>• It may be necessary to limit entries due to time constraints.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>• PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic timing (touchpads primary) will be used.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• No on-deck USA Swimming registration is permitted.</li> <li>• 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts will be used.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• Seed times are long course meters. If long course meter times are not available, coaches’ times are preferred over “no times” for all events.</li> <li>• Athletes may enter up to three (3) events.</li> <li>• Deck entries will be accepted if the meet is not over-subscribed. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. No new heats will be created. All deck entries must be submitted no later than 30 minutes prior to first event of each session.</li> <li>• Evidence of current USA Swimming registration required for deck entries.</li> </ul>

<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• There will be positive check in for events 400 m and longer. The check in will be due 30 minutes before the start of events. The Meet Director will determine if additional events will require positive check in.</li> <li>• 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.</li> </ul>								
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• 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 upon the number of swimmers per session to accommodate the appropriate number of swimmers per lane.</li> </ul>								
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> <li>• No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.</li> </ul>								
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• There will be no awards for this meet.</li> </ul>								
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Programs will be made available on Meet Mobile.</li> </ul>								
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• 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 deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.</li> </ul>								
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>• There will be no spectator entry fee.</li> </ul>								
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>								
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Each participating club is requested to provide at least one table worker or official (Referee, Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>• Officials interested in volunteering should contact the appropriate Meet Referee prior to June 15<sup>th</sup>. <table border="0" style="margin-left: 40px;"> <tr> <td style="text-align: center;"><b>FAIRLAND</b></td> <td style="text-align: center;"><b>FRANCONIA DISTRICT</b></td> </tr> <tr> <td style="text-align: center;">Tom Allison</td> <td style="text-align: center;">Jan van Nimwegen</td> </tr> <tr> <td style="text-align: center;"><a href="mailto:tom_allison@mac.com">tom_allison@mac.com</a></td> <td style="text-align: center;"><a href="mailto:jnimwegen@earthlink.net">jnimwegen@earthlink.net</a></td> </tr> <tr> <td style="text-align: center;"><a href="#">Officials Signup</a></td> <td style="text-align: center;"><a href="#">Officials Signup</a></td> </tr> </table> </li> <li>• 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.</li> </ul>	<b>FAIRLAND</b>	<b>FRANCONIA DISTRICT</b>	Tom Allison	Jan van Nimwegen	<a href="mailto:tom_allison@mac.com">tom_allison@mac.com</a>	<a href="mailto:jnimwegen@earthlink.net">jnimwegen@earthlink.net</a>	<a href="#">Officials Signup</a>	<a href="#">Officials Signup</a>
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<a href="#">Officials Signup</a>	<a href="#">Officials Signup</a>								
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• Participating clubs are requested to provide timers in proportion to their entries. There will be two timers per lane.</li> <li>• The Meet Director may send out a request for timers based upon entries.</li> </ul>								

<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director.</li> <li>• Include in the subject of the email, "2023 PVS LC OPEN 1 - ****" 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.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• 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.</li> <li>• 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.</li> </ul>						
<b>ENTRY FEES</b>	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">Individual event fee:</td> <td style="padding-right: 20px;">\$5.00</td> <td>Per Swimmer Surcharge: \$5.00</td> </tr> <tr> <td>Deck entries:</td> <td>\$10.00</td> <td></td> </tr> </table> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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).</li> <li>• 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.</li> </ul>	Individual event fee:	\$5.00	Per Swimmer Surcharge: \$5.00	Deck entries:	\$10.00	
Individual event fee:	\$5.00	Per Swimmer Surcharge: \$5.00					
Deck entries:	\$10.00						

# PVS LC OPEN 1

## 11-12 Session

Warm up: 6:30 am-7:20 am, Events: 7:30am

Women's Event #	Events	Men's Event #
1	11-12 400 m Freestyle*	2
3	11-12 100 m Backstroke	4
5	11-12 200 m Breaststroke	6
7	11-12 100 m Butterfly	8
9	11-12 50 m Freestyle	10
11	11-12 200 m Individual Medley	12
13	11-12 50 m Breaststroke	14

\*Positive Check-In deadline is 7:00 am (or 30 minutes prior to the first event of the session).  
Meet Director will determine if other events will require positive check-in.

## 10 & Under Session

Warm up: 10:00am - 10:40am; Events 10:50pm

Women's Event #	Events	Men's Event #
15	10 & Under 400 m Freestyle*	16
17	10 & Under 100 m Backstroke	18
19	10 & Under 100 m Butterfly	20
21	10 & Under 50 m Freestyle	22
23	10 & Under 200 m Individual Medley	24
25	10 & Under 50 m Breaststroke	26

\*Positive Check-In deadline is 10:20 am (or 30 minutes prior to the first event of the session).  
Meet Director will determine if other events will require positive check-in.

## 13 & Over Session

Warmup: 1:00pm – 1:50pm; Events 2:00pm

Women's Events #	Event	Men's Event #
27	13 & Over 400 m Freestyle*	28
29	13 & Over 100 m Backstroke	30
31	13 & Over 200 m Breaststroke	32
33	13 & Over 100 m Butterfly	34
35	13 & Over 200 m Individual Medley	36
37	13 & Over 50 m Freestyle	38

\*Positive Check-In deadline is 1:30 pm (or 30 minutes prior to the first event of the session).  
Meet Director will determine if other events will require positive check-in.