



# PVS 2023 Long Course Open Championships

Hosted for PVS by:



July 13-16, 2023

Sanction # PVS-23-105

VSI Sanction # VS-23-31DS

<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>ADMINISTRATIVE OFFICIAL</b>	<b>ENTRY CHAIR</b>
Tom Ugast <a href="mailto:tugast@nationscapitalswimming.com">tugast@nationscapitalswimming.com</a>	Tom Allison <a href="mailto:tom_allison@mac.com">tom_allison@mac.com</a> <a href="#">Application to Officiate</a>	Carolyn Kotarski <a href="mailto:ckotarski@gmail.com">ckotarski@gmail.com</a>	Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVS-23-105</b> and Virginia Swimming: <b>VS-23-31DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nations Capital Swimming, Virginia Swimming, Inc. and the Jeff Rouse Swim &amp; Sport 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.</li> </ul>									
<b>FACILITY</b>	<p style="text-align: center;"><b>Jeff Rouse Swim &amp; Sports Center</b> 1600 Mine Rd. Stafford, VA 22554 (804) 387-279</p> <ul style="list-style-type: none"> <li>The competition pool at Jeff Rouse Swim and Sport Center is 50m x 25yd with a movable bulkhead. Competition will be held in 8 lanes, 50 meters.</li> <li>Continuous warm-up/cool-down will be available in a separate 25 yard pool.</li> <li>No food of any kind is allowed on the pool deck. Only water and/or Gatorade are permitted on the pool deck.</li> <li>Water depth of 12'6" at the starting end and 6'7" at the turning end.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of the certification is on file with USA Swimming.</li> </ul>									
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Monday, July 3, 2023, 12:00pm</b></p> <ul style="list-style-type: none"> <li><b>IMPORTANT:</b> 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.</li> <li>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, July 10, 2023, at NOON.</li> </ul>									
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Thursday, Friday, Saturday, and Sunday, July 13-16, 2023</b></p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;"><b>Warm Up</b></td> <td style="text-align: center;"><b>Events</b></td> </tr> <tr> <td style="text-align: center;">Prelims</td> <td style="text-align: center;">7:00-8:20 am</td> <td style="text-align: center;">8:30 am</td> </tr> <tr> <td style="text-align: center;">Finals</td> <td style="text-align: center;">4:00-5:00 pm</td> <td style="text-align: center;">5:10 pm</td> </tr> </table> <ul style="list-style-type: none"> <li>There will be a coaches' meeting on Thursday at 7:30 am in hospitality.</li> <li>The Meet Director, in coordination with the Senior Chair, reserves the right to adjust times/sessions after entries are received.</li> </ul>		<b>Warm Up</b>	<b>Events</b>	Prelims	7:00-8:20 am	8:30 am	Finals	4:00-5:00 pm	5:10 pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to all Potomac Valley Swimming registered athletes and invited USA Swimming Teams; clubs interested in participation should request an invitation from the PVS Senior Chair, Evan Stiles (estile@arlingtonva.us).</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 must have equaled or bettered the applicable Qualifying Time listed.</li> <li>• Swimmers shall compete at the age attained on the first day of the meet.</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>INCLEMENT WEATHER</b>	<ul style="list-style-type: none"> <li>• In the event of inclement weather, the Meet Director, Meet Referee and 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.</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 (i.e., 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>• Dive-over starts will be used during the preliminary sessions.</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> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• <b>A swimmer may compete in a maximum of seven (7) individual events and no more than three (3) individual events per day including Time Trials.</b></li> <li>• <b>A club may enter up to three (3) relay teams per relay event, but only two (2) relay teams per club per event may score.</b></li> <li>• <b>An athlete may not swim in the same event in the LC Open Championship and the 13 &amp; Over Championships.</b></li> <li>• All individual events are prelims and finals, except the 800 m and 1500 m Freestyle which are timed finals.</li> <li>• Swimmers in the 800 m and 1500 m Freestyle are responsible for providing their own timer, except for those swimming in the Final session on Thursday and Sunday. Swimmers in the 800 m and 1500 m Freestyle are responsible for providing their own counter (if desired).</li> <li>• All relay events are timed finals.</li> <li>• The 200 m Freestyle Relays and 200 m Medley Relays will not be scored.</li> <li>• Entry times achieved prior to July 5, 2021, will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets.</li> </ul>

	<ul style="list-style-type: none"> <li>• Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the 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.</li> <li>• NT entries will not be accepted.</li> <li>• No deck entries will be accepted.</li> <li>• Distance Entries: <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ Any swimmer achieving a qualifying time in the 800 m or 1500 m freestyle may choose to enter the other distance event; their entry time will be at the Time Standard.</li> </ul> </li> </ul>
<b>SEEDING and POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• Long Course Meters seed times are conforming for this meet. Short Course Yard entry times will be seeded after Long Course entry times.</li> <li>• All events, except the 800 m and 1500m freestyle, will be preseeded at 6pm each night before competition. Please send scratches to the Administrative Official, Carolyn Kotarski (<a href="mailto:ckotarski@gmail.com">ckotarski@gmail.com</a>).</li> <li>• The check in deadline for the 800 m and 1500 m Freestyle events on Sunday will be Saturday at 6:40 pm.</li> <li>• The preliminaries of the 400 m Freestyle and the 400 m IM will be seeded 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) followed by all men (slow to fast).</li> </ul>
<b>WITHDRAWING FROM FINALS</b>	<ul style="list-style-type: none"> <li>• PVS scratch rules apply for swimmers scratching from finals.</li> <li>• 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"> <li>○ You must complete and initial the Declaration of Scratch From Finals or Intent to Scratch From Finals form for the event within 30 minutes of the announcement of qualifiers for “A”, “B”, or “C” finals, if scheduled.</li> <li>○ If you declare an “intention to scratch” and do not wish to swim finals, you must confirm your scratch on the Declaration of Scratch From Finals or Intent to Scratch From Finals form for the event within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.</li> </ul> </li> <li>• If a swimmer 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.”</li> </ul>

<b>ORDER OF SWIMS</b>	<ul style="list-style-type: none"> <li>• There will be three heats swum in finals for all individual events except the 800 m and 1500 m events. Heats at finals will be swum in the following order: “C”, “B” and “A”.</li> <li>• Heats of distance events (800 m &amp; 1500 m) will be swum fastest to slowest, alternating women and men. The fastest seeded heats will be swum at Finals. The women’s 1500 and men’s 800 will be the first event of the Sunday finals session. Athletes may elect to swim the Sunday distance events during the prelims session. They must make this designation when they positive check in for the event.</li> <li>• All relay events swum during the preliminary sessions will be swum slow-to-fast.</li> <li>• All heats of the 200 m Freestyle Relay and 200 m Medley Relay will be swum in the preliminaries session.</li> <li>• The top two heats of the 400 m Freestyle Relay and the 400 m Medley Relay will be swum in the finals session.</li> <li>• Heats of the 800 m Freestyle Relay will alternate women and men. The fastest heat of women and men will be swum as the last events in the finals session. Coaches may elect to swim the 800 m Freestyle Relay during the prelims session. They must make this designation when they positive check in for the event.</li> </ul>
<b>BONUS EVENTS</b>	<ul style="list-style-type: none"> <li>• Athletes who qualify for one (1) individual event may enter three (3) bonus events. Athletes who qualify for two (2) individual events may enter two (2) bonus events. Athletes who qualify for three (3) individual events may enter one (1) bonus event. Athletes who qualify for four (4) or more individual events may not enter any bonus events. There are no qualifying times for bonus events.</li> <li>• Athletes entering a bonus event may compete in no more than the maximum number of events per day or meet.</li> <li>• Athletes must qualify for the 800 m Freestyle in order to enter the 1500 m Freestyle as a bonus event. Athletes must qualify for the 1500 m Freestyle in order to enter the 800 m Freestyle as a bonus event.</li> </ul>
<b>TIME TRIALS</b>	<ul style="list-style-type: none"> <li>• Time trials will be held following the completion of preliminary sessions on Thursday, Friday, Saturday, and Sunday, time permitting.</li> <li>• An athlete must compete in an individual event in PVS LC Open Championships in order to participate in time trials.</li> <li>• Athletes are permitted a total of two (2) time trials during the meet. They may only swim one (1) time trial per session provided that this participation does not cause them to exceed the three (3) events per day.</li> <li>• The time trial fee is \$15/attempt and must be paid when registering for time trial by either cash or check made out to PVS.</li> <li>• 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 800M and 1500M freestyle will only be offered on Thursday. Time Trial events may be combined for efficiency.</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 may determine the structure of warm-ups, times and lane assignments.</li> <li>• 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.</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>• Meet Marshals will be used to patrol the facility and ensure compliance with safety and MAAPP protocols.</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>SCORING</b>	<ul style="list-style-type: none"> <li>Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</li> <li>Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</li> <li>Team scoring will be divided into divisions for small, medium, and large teams. The teams in each division will be determined before the meet.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>There are no awards.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>The meet program and results will be 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 the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.</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>This meet will be an Officials Qualifying Meet, under the USA Swimming National Certification program. Officials wishing to volunteer should submit an <a href="#">Application to Officiate</a>; any official interested in being evaluated must submit an Application to Officiate no later than July 6, 2023, noting the request for evaluation. You can review information about the National Certification Program on the <a href="#">USA Swimming Website</a>. Interested officials may also contact the Meet Referee, <a href="#">Tom Allison</a>. Walk-ons are welcome.</li> <li>Each participating club is requested to provide at least one table worker or official (referee, starter or stroke &amp; turn judge) per session if entering 25 or more splashes.</li> </ul>
<b>TIMERS &amp; VOLUNTEERS</b>	<ul style="list-style-type: none"> <li>Two timers per lane will be used.</li> <li>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.</li> <li>Lane assignments for timers will be made in advance.</li> </ul>

<p><b>ENTRY PROCEDURES</b></p>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Entry Coordinator, Karyn McCannon at <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>.</li> <li>• Include in the subject of the email, "2023 LC Open 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.</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), 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.</li> <li>• Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry.</li> <li>• TEAMS SENDING ENTRIES FROM TEAM UNIFY are requested to include a PDF copy of entries to confirm bonus events, as TU removes that designation before importing into Hy-Tek. (Please send report by Athlete Name).</li> <li>• <b>Proof for times annotated as unproven (*) must be provided to the Meet Director prior to the event, or the swimmer will be scratched from that event.</b></li> <li>• Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status.</li> <li>• Individual Unattached Athletes may enter individually. <ul style="list-style-type: none"> <li>○ Payment for unattached athletes is due in advance of the start of the meet. Contact the Meet Director for payment instructions.</li> </ul> </li> <li>• <b>All Relay-only swimmers must be included in the meet entry file in order to participate in the meet.</b></li> <li>• Please designate Bonus entries as such.</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 and no further entries will be accepted from that club until the said fine is paid.</li> </ul>								
<p><b>ENTRY FEES</b></p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">Per Swimmer Surcharge:</td> <td style="width: 20%;">\$10.00</td> <td style="width: 30%;">Individual event fee:</td> <td style="width: 20%;">\$12.50</td> </tr> <tr> <td>Time Trial Fee (per attempt)</td> <td>\$15.00</td> <td>Relay entry fee:</td> <td>\$20.00</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.</li> </ul>	Per Swimmer Surcharge:	\$10.00	Individual event fee:	\$12.50	Time Trial Fee (per attempt)	\$15.00	Relay entry fee:	\$20.00
Per Swimmer Surcharge:	\$10.00	Individual event fee:	\$12.50						
Time Trial Fee (per attempt)	\$15.00	Relay entry fee:	\$20.00						

# PVS 2023 Long Course Open Championships

July 13-16, 2023

Thursday, July 13, 2023

Prelims: Warm up: 7:00-8:20 am, Events 8:30 am

Finals: Warm up: 5:00-6:00 pm, Events 6:10 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
1		1:59.99	200 m Freestyle Relay		1:50.09	2
3	2:12.69	2:30.49	200 m Individual Medley	2:00.29	2:18.09	4
5	53.89	1:01.59	100 m Freestyle	48.99	56.29	6
7	1:08.79	1:18.99	100 m Breaststroke	1:01.89	1:10.69	8
9	10:41.99	9:32.99	800 m Freestyle			
			1500 m Freestyle	16:45.99	17:20.99	10
<p><b>800 m &amp; 1500 m Freestyle</b> events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Swimmers must provide their own timer and counter (if desired). The fastest heat of the Women's 800 m and Men's 1500 m Freestyle will swim at finals.</p> <p><b>200 m Freestyle Relay:</b> Events are timed finals and will be swum only during preliminaries</p>						

Friday July 14, 2023

Prelims: Warm up: 7:00-8:20 am, Events 8:30 am

Finals: Warm up: 5:00-6:00 pm, Events 6:10 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
11	1:55.99	2:11.39	200 m Freestyle	1:46.49	2:01.49	12
13	58.89	1:06.99	100 m Butterfly	53.29	1:00.19	14
15	4:39.39	5:20.99	400 m Individual Medley	4:18.09	4:52.89	16
<b>10 Minute Break</b>						
17		4:13.09	400 m Freestyle Relay		3:53.99	18
<p>400 m Freestyle Relay: Events are timed finals and will be swum slowest to fastest during preliminaries. Top 2 heats will swim at finals.</p> <p>Relay break will be 10 minutes and the competition pool will be open for warm-ups.</p>						

# PVS 2023 Long Course Open Championships

July 13-16, 2023

**Saturday July 15, 2026**

**Prelims: Warm up: 7:00-8:20 am, Events 8:30 am**

**Finals: Warm up: 5:00-6:00 pm, Events 6:10 pm**

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
19		5:05.09	200 m Medley Relay		4:22.99	20
21	2:13.09	2:31.09	200 m Butterfly	2:01.69	2:17.29	22
23	59.89	1:08.59	100 m Backstroke	54.89	1:02.79	24
25	5:10.79	4:39.69	400 m Freestyle	4:49.39	4:19.79	26
<b>10 Minute Break</b>						
27		9:20.09	800 m Freestyle Relay		8:40.09	28
<p>Relay break will be 10 minutes and the competition pool will be open for warm-ups.</p> <p><b>200 m Medley Relay: Events are timed finals and will be swum only during preliminaries.</b></p> <p><b>For Qualifying times use the 400 m Medley Relay Qualifying Times.</b></p> <p>800 m Freestyle Relay: Events are timed finals. Heats will be swum slowest to fastest alternating women and men in the preliminary session. Fastest heat for women and men will be swum as the last event in the finals session.</p>						

**Sunday, July 16, 2023**

**Prelims: Warm up: 7:00-8:20 am, Events 8:30 am**

**Finals: Warm up: 5:00-6:00 pm, Events 6:10 pm**

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
29	2:09.49	2:27.19	200 m Backstroke	1:58.99	2:15.79	30
31	25.09	28.49	50 m Freestyle	22.49	25.69	32
33	2:29.99	2:50.39	200 m Breaststroke	2:15.59	2:33.99	34
<b>10 Minute Break</b>						
35		5:05.09	400 m Medley Relay		4:22.99	36
37	17:49.99	18:20.09	1500 m Freestyle			
			800 m Freestyle	10:01.99	9:02.39	38
<p>400 m Medley Relay: Events are timed finals and will be swum slowest to fastest during preliminaries. Top 2 heats will swim at finals.</p> <p>Relay break will be 10 minutes and the competition pool will be open for warm-ups.</p> <p><b>800 m &amp; 1500 m Freestyle:</b> Events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Fastest heat of each event will be swum as the first event in the finals session. Swimmers must provide their own timer and counter (if needed) during the preliminary session.</p> <p>Positive check-in for the 800 m &amp; 1500 m deadline is Saturday, July 15, 2023, 30 minutes after the beginning of Saturday's Finals session.</p>						