



PVS 2023 Short Course Junior Championships

March 2-5, 2023
Sanction # PVS-23-72

Hosted for PVS by:



MEET DIRECTOR	MEET REFEREE	ADMINISTRATIVE OFFICIAL	ENTRY CHAIR
Karyn McCannon kmccannon@nationscapitalswimming.com	Steven Lutz stevendlutz@gmail.com Officials Signup	Steve Kaiser steve.kaiser270@gmail.com	Karyn McCannon kmccannon@nationscapitalswimming.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-23-72. 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. Preliminary and Timed Finals competition will be held in the deep end course. The deep end course runs from bulkhead to wall and is 10'6" deep at the starting end and 14' deep at the turning end. Finals events will be held in the shallow end course (wall to bulkhead). The shallow end course runs wall to bulkhead and is 8' deep at the starting end and 10'6" deep at the turning end. Eight 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 21, 2023, 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 27, 2023, at NOON. 																		
SCHEDULE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Up</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Thursday, March 2</td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">Timed Finals</td> <td style="text-align: center;">4:30 - 5:30pm</td> <td style="text-align: center;">5:40pm</td> </tr> <tr> <td style="text-align: center;">Friday, Saturday, Sunday, March 3-5</td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">Preliminary Session</td> <td style="text-align: center;">7:00 – 8:50am</td> <td style="text-align: center;">9:00am</td> </tr> <tr> <td style="text-align: center;">Finals Session</td> <td style="text-align: center;">4:30 – 5:50pm</td> <td style="text-align: center;">6:00pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director, with concurrence of the PVS Senior Chair, reserves the right to adjust times/sessions after entries are received. Finals are swum as part of PVS Short Course Senior Championships. 		Warm Up	Events	Thursday, March 2			Timed Finals	4:30 - 5:30pm	5:40pm	Friday, Saturday, Sunday, March 3-5			Preliminary Session	7:00 – 8:50am	9:00am	Finals Session	4:30 – 5:50pm	6:00pm
	Warm Up	Events																	
Thursday, March 2																			
Timed Finals	4:30 - 5:30pm	5:40pm																	
Friday, Saturday, Sunday, March 3-5																			
Preliminary Session	7:00 – 8:50am	9:00am																	
Finals Session	4:30 – 5:50pm	6:00pm																	

ELIGIBILITY	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes age 13 & Over as of the first day of the meet. • 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. • A swimmer may not enter an event they are participating in at the PVS 2023 14 & Under Championships. • Swimmers must have equaled or bettered the applicable Qualifying Times listed and have not achieved a faster time than the 2023 SC Senior Champ QT or the 2023 PVS 14 & Under Championships 13-14 Qualifying Time. Qualifying times must have been achieved on or after February 21, 2021. All qualifying times must have been achieved in a USA Swimming sanctioned, observed or approved meet.
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 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.
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 during the preliminary and timed finals sessions.

INDIVIDUAL EVENT RULES	<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 sixteen (16) qualifiers from prelims advance to Finals. • A swimmer may enter and compete in a maximum of seven (7) individual events and no more than three (3) individual events per day. • Entry times may be verified through SWIMS. Coaches may 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. Due to the limitations of SWIMS this year, proof of time may be required for athletes that do not meet the qualification standard during competition. • 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. Swimmers must provide their own timer for the 500, 1000, and 1650 freestyle and the 400 Individual Medley, except for those swimming in Final sessions. • SCY entry times will be used for this meet. No LCM times will be accepted. NT entries will not be accepted. • No deck entries will be accepted.
RELAY RULES	<ul style="list-style-type: none"> • All relays are timed finals. • All relay events will be swum slow-to-fast in the preliminaries session. Heats of the 800 yd Freestyle Relay will alternate women and men. • 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.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • PVS Scratch Procedures apply. • If you do not want to swim in the Final, you must “scratch” from the event by following this procedure: <ul style="list-style-type: none"> ○ You must fill out and sign the scratch form within 30 minutes of the announcement of qualifiers for “A” and “B” finals. ○ You may declare 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 of the day 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"> • Positive check in will be required for all individual and relay events 400 yd and longer. These events will be seeded on the deck. Athletes and relay teams must check in by the check-in deadline in order to be seeded into the event. Athletes and relay teams not checked-in will not be seeded into that event. Athletes who have checked-in, been seeded, and fail to swim the event will be barred from their next scheduled individual event. • If the size of PVS Junior Championships warrants, positive check in for individual events 200 yd or shorter may be announced.

ORDER OF SWIMS	<ul style="list-style-type: none"> • Preliminaries will be swum concurrently with the PVS SC Senior Championships (“Senior 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. Swimmers in the 1000 yd and 1650 yd Freestyle are responsible for providing their own timer and counter (if needed).
TIME TRIALS	<ul style="list-style-type: none"> • There will be no Time Trials as part of the Junior Championships Meet. Swimmers entered in an individual event in this meet may participate in Time Trials at the conclusion of the Senior Champs prelims sessions. See the Senior Champs meet announcement for details.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • The warm-up schedule for preliminaries sessions will be as follows: <ul style="list-style-type: none"> ○ 7:00-8:00 am: All lanes are general warm-up ○ 8:00-8:50 am: 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. • 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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • There will be no spectator entry fee.
PROGRAMS	<ul style="list-style-type: none"> • The meet will be available on Meet Mobile. Programs will be posted on the PVS website.
CREDENTIALS	<ul style="list-style-type: none"> • 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.
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.
OFFICIALS	<ul style="list-style-type: none"> • 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. • All certified officials wishing to volunteer please use the Officials Signup or contact the Meet Referee; Late applications and walk-ons are welcome.

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 500 yd, 1000 yd, and 1650 yd Freestyle events. • All swimmers are required to provide a timer for the 400 yd Individual Medley during preliminary sessions. 								
ENTRY PROCEDURES	<ul style="list-style-type: none"> • All entry files must be sent to the Entry Chair, Karyn McCannon, karyn.mccannon@gmail.com • SCY entries only, no LCM times will be accepted. • 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 Official prior to the event 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 will be required prior to 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	<table border="0" style="width: 100%;"> <tr> <td style="padding-right: 20px;">Per Swimmer Surcharge:</td> <td style="padding-right: 20px;">\$10.00</td> <td style="padding-right: 20px;">Relay event fee:</td> <td>\$20.00</td> </tr> <tr> <td>Individual event fee:</td> <td>\$12.50</td> <td>Deck entries:</td> <td>NA</td> </tr> </table> <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. 	Per Swimmer Surcharge:	\$10.00	Relay event fee:	\$20.00	Individual event fee:	\$12.50	Deck entries:	NA
Per Swimmer Surcharge:	\$10.00	Relay event fee:	\$20.00						
Individual event fee:	\$12.50	Deck entries:	NA						

PVS 2023 Short Course Junior Championships

March 2-5, 2023

Thursday, March 2, 2023

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

Women's Event #	NFT	NST	Event	NST	NFT	Men's Event #
101	18:12.00Y	19:43.99Y	13 & Over 1650 yd Freestyle			
			13 & Over 1000 yd Freestyle	10:43.99Y	10:06.00Y	102
Positive check-in deadline for all events is 5:00 pm. All swimmers must provide their own timer and counter.						

Friday, March 3, 2023

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 #	NFT	NST	Event	NST	NFT	Men's Event #
103	1:57.70Y	2:02.49Y	13 & Over 200 yd Freestyle	1:52.69Y	1:48.00Y	104
105	1:10.40Y	1:14.59Y	13 & Over 100 yd Breaststroke	1:07.29Y	1:03.00Y	106
107	1:00.40Y	1:03.59Y	13 & Over 100 yd Butterfly	57.79Y	54.50Y	108
109	4:46.00Y	4:58.59Y	13 & Over 400 yd Individual Medley	4:33.99Y	4:22.60Y	110
10 minute Break						
111	8:28.80Y	9:02.69Y	13 & Over 800 yd Freestyle Relay	8:16.09Y	7:41.00Y	112
Positive Check-in for the 400 yd Individual Medley is 9:00 am. Positive Check-in for the 800 yd Freestyle Relay is 10:00 am. All swimmers must provide their own timer for the 400 IM. Break will be 10 minutes and the competition pool will be open for Warm-ups.						

Saturday, March 4, 2023

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 #	NFT	NST	Event	NST	NFT	Men's Event #
113	2:30.60Y	2:38.99Y	13 & Over 200 yd Breaststroke	2:25.99Y	2:16.60Y	114
115	25.30Y	26.39Y	13 & Over 50 yd Freestyle	23.59Y	22.70Y	116
117	1:00.50Y	1:03.79Y	13 & Over 100 yd Backstroke	58.79Y	55.40Y	118
119	5:13.50Y	5:25.99Y	13 & Over 500 yd Freestyle	5:00.99Y	4:51.00Y	120
121			13 & Over 200 yd Freestyle Relay			122
10 minute Break						
123	4:30.20	4:48.99Y	13 & Over 400 yd Medley Relay	4:23.89Y	4:02.60Y	124
Positive Check-in deadline for 500 yd Freestyle is 9:00 am. Positive Check-in deadline for 400 yd Medley Relay is 10:00 am. All swimmers must provide their own timer and counter (if desired) for the 500 Free. Break will be 10 minutes and the competition pool will be open for Warm-ups.						

PVS 2023 Short Course Junior Championships

March 2-5, 2023

Sunday, March 5, 2023

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 #	NFT	NST	Event	NST	NFT	Men's Event #
125	2:11.60Y	2:18.49Y	13 & Over 200 yd Backstroke	2:09.19Y	2:01.30Y	126
127	54.60Y	56.79Y	13 & Over 100 yd Freestyle	51.09Y	49.20Y	128
129	2:15.70Y	2:27.39Y	13 & Over 200 yd Butterfly	2:12.39Y	2:02.40Y	130
131	2:13.60Y	2:18.49Y	13 & Over 200 yd Individual Medley	2:06.69Y	2:01.50Y	132
133			13 & Over 200 yd Medley Relay			134
10 minute Break						
135	3:56.50Y	4:08.49Y	13 & Over 400 yd Freestyle Relay	3:48.09Y	3:32.00Y	136
137	10:54.00Y	11:41.99Y	13 & Over 1000 yd Freestyle			
			13 & Over 1650 yd Freestyle	18:25.99Y	17:21.00Y	138
<p>Positive Check-in deadline for 400 yd Freestyle Relay is 10:00 am</p> <p>Positive check in deadline for 1000 yd and 1650 yd Freestyle is 10:00 am</p> <p>Break will be 10 minutes and the competition pool will be open for Warm-ups.</p> <p>Swimmers must provide their own timer and counter (if desired) for the 1000 yd and 1650 yd Freestyle.</p>						