



# PAC Dive Into Spring LC Meet

Saturday, April 29, 2023

Sanction # PVC-23-86



<b>MEET DIRECTOR</b> John Venit, 301-254-7946, <a href="mailto:dpws@aol.com">dpws@aol.com</a>	<b>MEET REFEREE</b> Bill McMahon <a href="mailto:wjmcmahon@verizon.net">wjmcmahon@verizon.net</a>	<b>CLUB OFFICIALS CHAIR</b> Cherlynn Venit <a href="mailto:dpws@aol.com">dpws@aol.com</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-23-86</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Patuxent Aquatic Club, and Fairland Aquatics 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>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 a 50m x 25yd pool 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 <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>April 17, 2023 at 11:59 p.m.</b></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>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>SATURDAY ONLY</b></p> <ul style="list-style-type: none"> <li><b>13 &amp; Older: Warm-up 8:00 – 9:00 AM Events 9:05 AM</b></li> <li>12 &amp; Under: Warm-Up 12:00 – 1:00 PM Events 1:05 PM</li> <li>Meet Director reserves 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 registered Potomac Valley Swimmers.</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> </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>Deck entries must be submitted with payment (\$15.00 per event) no later than 30 minutes prior to the first event. No new heats will be created.</li> </ul>

	<ul style="list-style-type: none"> <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>• The meet will be limited to no more than 350 swimmers per session.</li> <li>• Swimmers shall compete at the age attained on the first day of the meet.</li> <li>• A swimmer may enter and compete in a maximum of four (4) individual.</li> <li>• All events are timed finals.</li> <li>• Deck entries will be accepted. Entries will be accepted in empty lanes only. No new heats will be created. The athlete's member card must be shown to the meet referee for entry.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</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-up, including times/lane assignments.</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> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• Standard seeding will be used.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• The meet will not be scored</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• 12 &amp; under event results will be awarded as "10 &amp; under" and "11-12".</li> <li>• 13 &amp; over event results will be awarded as "13-14" and "15 &amp; over".</li> <li>• Open event results will be awarded as 10 &amp; under, 11-12, 13-14 and 15 &amp; over.</li> <li>• For each age group, there will be 3 levels of awards given out based on achieved time standard: <ul style="list-style-type: none"> <li>✓ Swimmers achieving USA "A" times or faster will receive ribbons for 1st – 8th place.</li> <li>✓ Swimmers achieving times equal or faster than USA "B" times but slower than USA "A" times will receive ribbons for 1st – 8th place.</li> <li>✓ Swimmers achieving times slower than USA "B" times will receive ribbons for 1st – 8th place.</li> </ul> </li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Meet programs will be emailed to teams and 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 in the facility. Only athletes, USA Swimming certified coaches, and deck officials will be permitted in the facility. 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>• None.</li> <li>• No personal chairs will be allowed in the facility lobby or viewing area.</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 sign-up at <a href="https://formsmarts.com/form/2800">https://formsmarts.com/form/2800</a></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.</li> <li>• A comprehensive officials' briefing will precede each session during warm-ups.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> <li>• Two timers per lane. There will be two Head Timers.</li> <li>• An online Timer's Signup will be emailed to participating clubs.</li> <li>• Swimmers/Teams are responsible for providing their own timers for the 200 meter events after the break in the 13 &amp; over session.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director at <a href="mailto:dpws@aol.com">dpws@aol.com</a>.</li> <li>• Include in the subject of the email, "2023 Dive Into Spring LC Meet - ****" 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>• <b>Entries MUST be submitted as LCM times. Time conversions are permitted.</b> Entries with a no time (NT) will be accepted.</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 postal service, 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>	<p style="text-align: center;">Per Swimmer Surcharge: \$10.00                      Deck entries: \$15.00 Individual event fee: \$8.00</p> <ul style="list-style-type: none"> <li>• Make checks payable to PAC. Checks may be mailed to: Patuxent Aquatics Club 414 Forest Bridge Ct. Laurel, MD 20724</li> <li>• Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. A certified USA-S coach must also be designated as the responsible coach on deck. Payment may be made by cash or check.</li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>

# Dive into Spring LC Meet

29 April 2023

Girls	<b>13 &amp; Over Events</b> <b>Warm-ups 8-9 AM</b> <b>Events 9:05 AM</b>	Boys
1	13 & Over 200 Free	2
3	13 & Over 100 Back	4
5	13 & Over 100 Breast	6
7	13 & Over 100 Fly	8
9	13 & Over 100 Free	10
11	13 & Over 200 IM	12
13	13 & Over 50 Free	14
	5 minute break	
51	*13 & Over 200 Back	52
53	*13 & Over 200 Breast	54
55	*13 & Over 200 Fly	56
	* Swimmers/Teams responsible for providing their own timers	

Girls	<b>12 &amp; Under Events</b> <b>Warm-ups 12 Noon -1 PM</b> <b>Events 1:05 PM</b>	Boys
15	10 & Under 200 IM	16
17	11-12 200 IM	18
19	10 & Under 100 Back	20
21	11-12 100 Back	22
23	10 & Under 100 Breast	24
25	11-12 100 Breast	26
27	10 & Under 50 Back	28
29	11-12 50 Back	30
31	10 & Under 50 Breast	32
33	11-12 50 Breast	34
35	10 & Under 100 Fly	36
37	11-12 100 Fly	38
39	10 & Under 100 Free	40
41	11-12 100 Free	42
43	10 & Under 50 Fly	44
45	11-12 50 Fly	46
47	10 & Under 50 Free	48
49	11-12 50 Free	50