

MEET DIRECTOR

Swim & Rock

November 22-24, 2024

Sanction # PVI-25-29

MEET REFEREE



CLUB OFFICIALS CHAIR

Melanie McKula,		Tim Husson	Co	rey Steiner	
admin@seadevils.org, 703-283-1182		tim.husson@gmail.com	<u>co</u>	rey.steiner70@gmail.com	
			<u>Of</u>	ficial Signup	
SANCTION	Held under	Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-25-29.			9.
	In granting	 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley 			/
		Swimming. The Capitol Sea Devils, and Oakmont Rec 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 conduc	t of this event.			
FACILITY		Oakmont Rec Center			
			200 Jermantown Rd		
			Oakton, VA 22124		
			(703) 281-6501		
	 Oakmont R 	ec Center pool is 50m x 25	yds with two movabl	e bulkheads. Competition will	l be
		o courses, one for boys an	d one for girls. Contin	uous warm up/cool down will	be
	available.				
	,	• • • • • • • • • • • • • • • • • • • •	of 7'3" at the start and	turn end of lane 1 and 5' at th	ne start
	and turn er	nd of lane 7.			
	• Course 2 (g	irls and finals, 8 lanes) has	a depth of 13'6"'at th	e start and turn end of lane 1	and
	7'3" at the	start and turn end of lane	8.		
	The meet h	The meet hosts shall ensure the required course dimensions.			
ENTRY DEADLINE	Wednesday, November 6, 2024 by 5 pm				
	IMPORTANT: T	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 th	is information.			
SCHEDULE			WARM-UPS	EVENTS	
	FRID	AY			
		11 & Over Prelims*	6:30 – 7:50 a	am 8:00 am	
		Distance*	Immediately following	ng 30 minutes after the	
			11 & Over Session	start of warm-ups	
		11 & Over Finals	5:00 – 5:50 p	om 6:00 pm	
	SATU	JRDAY			
		13 & Over Prelims	6:30 – 7:50 a	am 8:00 am	
		11 - 12 Prelims	11:00 – 11:50 a	nm Noon	
		9 – 10 Timed Finals*	2:30 – 3:10 p	-	
		11 & Over Finals	5:00 – 5:50 p	om 6:00 pm	
	SUN		1		
		13 & Over Timed Finals	6:30 – 7:30 a		
		11 – 12 Timed Finals	12:00 – 12:50 p		
		9 – 10 Timed Finals*	3:40 – 4:20 p		
	*Session Combined: Boys and Girls will swim in one course (8 lane side)				
	Meet Direct	tor reserves the right to a	djust times/sessions at	fter entries are received.	

ELIGIBILITY	 Open to all invited Potomac Valley Swimming registered athletes from YORK, MAKO, SDS, FISH, NCAP-Marymount, HACC, and FXFX.
	Open to invited Maryland Swimming registered athletes from JCC-MD and to invited
	Pennsylvania Swimming registered athletes from NLSC.
	All athletes shall compete at the age attained on the first day of the meet. No swimmer will be permitted to compete in the most unless the swimmer is registered as an
	 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	 PVS and host clubs along with their meet directors are committed to the <u>Inclusion Policy</u> 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	Automatic timing (touchpad primary) will be used.
RULES	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-S 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 without the use of the backstroke ledge. 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	No Deck Entries will be accepted.
	 On Friday, swimmers aged 11-12 may swim in either the prelims/finals session OR the distance session.
	 All 11 & Over events on Friday and Saturday, with the exception of the 1000yd and 1650yd Freestyle events are prelims/finals.
	The 1000yd and 1650yd Freestyle events are Timed Finals.
	All 9-10 events are Timed Finals.
	All events on Sunday are Timed Finals.
	 11 & over contestants are limited to a total of (7) seven events: No more than 3 events on Friday. Up to 2 Events on Saturday Up to 3 Events on Sunday

- 9 & 10 contestants may enter a total of seven (7) events one (1) distance event on Friday (500 free), up to 3 events on Saturday, and up to 3 events on Sunday.
- Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. EACH SESSION WILL BE LIMITED TO 450 SWIMMERS. ENTRIES WILL BE ACCEPTED BEGINNING October 16, 2024, ON A FIRST-COME, FIRST-SERVED BASIS. The Meet Manager will endeavor to inform invited teams promptly when the meet has been fully subscribed.
- Swimmers in the 1650, 1000, and 500 FREESTYLE must provide their own timer and counter (if desired). Counters and timers will be coaches, volunteers, and swimmers present at the meet.
- For 11-12 Age Group A Final Top eight (8) qualifiers from prelims swim in finals (Friday and Saturday events, unless noted as timed finals).
- For 13-14 and 15 & Over Age Groups A and B Finals Top sixteen (16) qualifiers from prelims swim in Finals session. Order of Finals is B, A. There will only be the A Final (Top eight (8) qualifiers) for the 400 IM.
- All Distance event entries must submit proof of time. Please check the box for "proof of time" in the Hy-Tek meet entry report.
- Minimum provable times:
 - For 13 & Older Athletes: The minimal provable time for 1000 yd (800M) Freestyle is
 14:00:00 or must have a provable time of NST 6:30.00 in the 500 yd (400M) Freestyle;
 - For 13 & Older Athletes: The minimal provable time for the 1650 yd Freestyle is 23:00.00 or a provable time of NST 13:30.00 in the 1000 yd Freestyle.
 - For 12 & Under Athletes: A provable time of 7:20 must be swum in the 500 yd (400 M)
 Freestyle before entering the 1000 yd (800M) Freestyle.
- For 12 & Under athletes, a provable time of 15:00:00 must be swum in the 1000 yd Freestyle before entering the 1650 yd Freestyle.

WITHDRAWING FROM FINALS

- Swimmers who do not wish to swim in the Final must "Scratch" from the event by completing the Scratch from Finals form within 30 minutes of the announcement of qualifiers for the A, B, and C finals, if scheduled.
- Swimmers may declare an "Intent to Scratch" by completing the Scratch from Finals form within

30 minutes of the announcement of qualifiers for the A, B, and C finals, if scheduled, indicating Intent. Intents to Scratch must be confirmed within 30 minutes of the conclusion of the swimmer's last preliminary event of the session or they will be automatically seeded into Finals.

- If a swimmer fails to properly scratch from an event and does not appear for the Final event, they shall be removed from their next scheduled individual event.
- Prelims Results and Scratches from Finals will be available on the Meet Central page: https://sites.google.com/view/swimrockmeetcentral/home
- Coaches should make sure their contact information is up to date. The coach or team representative will be contacted should a swimmer scratch into finals.

POSITIVE CHECK IN	•	- All events 200 yd and up will be positive check-in.	All other events will be pre-seeded.	
			POSITIVE CHECK IN DEADLINE*	
		FRIDAY		
		11 & Over Prelims events	7:30 am	
		1000 yd & 1650 yd Freestyle events	11:15 am	
		500 yd Freestyle events	1:00 pm	
		SATURDAY		
		13 & Over Prelims events	7:45 am	
		11 - 12 Prelims events	11:30 am	
		9 – 10 Timed Finals events	2:45 pm	
		SUNDAY		
		13 & Over 200 yd Butterfly events	7:15 am	
		13 & Over 500 yd Freestyle events	8:15 am	
		11 – 12 Timed Finals events	12:30 pm	
		9 – 10 Timed Finals events	4:00 pm	
		*Positive check-in schedule subject to change	based on entries and timelines	
	•	Athletes who check-in prior to the specified time will		
		have checked-in, been seeded into the event, and fai		
14/4 DA4 11D		their next scheduled individual event, unless excused		
WARM-UP	•	The prescribed PVS warm-up procedures and safety particles will determine the structure of warm-up, including the		
SUPERVISION	•	Coaches are responsible for the conduct of their swin		
		areas.	iniers and for cleaning up their team	
MEDICAL ASSISTANCE	•	Medical assistance will be provided by the facility sta	ff If you require medical assistance inlease	
		notify a facility lifeguard or a member of the meet sta		
SEEDING	•	The 1000 yd, 1650 yd, and 9-10 500 yd Freestyle ever		
		fastest to slowest.		
SCORING	•	None		
AWARDS	•	Medals will be awarded for 1st through 8th place; ribbons will be awarded for 9th through 16th		
		place.		
	•	All swimmers entered in an individual event will rece	ve a Swim & Rock 2022 Swim Cap and	
		Swim Bag Tag.	•	
PROGRAMS	•	Programs will be available via meet mobile. A limited number will be available on deck.		
CREDENTIALS	•	Parents not working the meet as a deck official, volur	teer timer or other position are not	
		permitted on deck. Only athletes, USA Swimming cer		
		permitted on the deck. Coaches and Officials should	nave proof of active USA Swimming	
CDECTATOR ENTRY FFF		membership with them.		
SPECTATOR ENTRY FEE	•	None		
OFFICIALS	•	Each participating club is requested to provide at least	•	
		Starter, Chief Judge or Stroke & Turn Judge) per sessi	·	
	•	Officials interested in volunteering should complete t	he Official's Sign-Up or contact the Meet	
		Referee, Tim Husson at <u>timhusson@gmail.com</u> .		
	•	Officials volunteering for this meet should sign in at t	·	
		warm-ups. Certified officials who have not previously		
		upon arrival to make their services available. A comp	renensive officials' briefing will precede	
TIMERS	1	each session during warm-ups.	nunnantian ta thain anti On a time of	
LINIEUS	•	Participating clubs are requested to provide timers in	proportion to their entries. One timer is	
		requested for each 25 entries.		
ENTRY PROCEDURES	•	Swim & Rock Timer Sign Up	antan admin Occada Na	
ENIKT PROCEDUKES	•	Entries should be submitted by email to the Meet Director – admin@seadevils.org.		

	• Include in the subject of the email, "Swim & Rock 2024- ****" 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.
	• 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 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	Per Swimmer Surcharge: \$20 Individual Event Fee: \$10
	 Make checks payable to The Capitol Sea Devils. Checks may be mailed to: The Capitol Sea Devils, PO Box 7965, McLean, VA 22106.
	 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.

November 22-24, 2024

Friday, November 22

11-12, 13-14 & 15-18 Sessions

Girls and Boys Prelims and Finals on One course

Prelims Warm-up: 6:30 - 7:50 AM **Events**: 8:00 AM **Finals Warm-up**: 5:00-5:50 PM **Events**: 6:00 PM

Girls Event #	Event	Boys Event #
1	11-12 100 IM	2
3	13-14 100 Fly	4
5	15 -18 100 Fly	6
7	11-12 100 Fly	8
9*¶	13-14 400 IM	10*¶
11*¶	15-18 400 IM	12*¶
13*	11-12 200 Breast	14*
15*	13-14 200 Breast	16*
17*	15-18 200 Breast	18*
19*	11-12 200 Back	20*
21*	13-14 200 Back	22*
23*	15-18 200 Back	24*

^{* -} Positive Check-In event, see Meet Announcement for closing time.

Friday DISTANCE Session

11 & Older 1000 & 1650 and 9-10 500 Free on ONE Course TIMED FINALS

Events will begin no earlier than 30 minutes following the last event of Friday AM session.

*An estimated timeline for the start of warm-ups and events will be available one week prior to meet.

Events start: 11:30 am (anticipated)

All Events for the Distance Session will be Mixed

Event #	Event
25*\$@%	11 & Older 1000 Free
26*\$@%	11 & Older 1650 Free
27*\$@%	9-10 500 Free

^{* -} Positive Check-In event, see Meet Announcement for closing time.

\$ - Swimmers must provide their own timer and counter during this Session.

@ - Timed Finals

% - Swum fastest to slowest.

^{¶ -} A Final Only (Top eight (8) qualifiers) for the 400 IM will go to Finals.

November 22-24, 2024

Saturday, November 23

Saturday 13 & Older Prelims Session
Girls and Boys on separate courses

Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM

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Girls Event #	Event	Boys Event #	
30	13-14 50 Free	31	
34	15-18 50 Free	35	
38*	13-14 200 IM	39*	
40*	15-18 200 IM	41*	
44	13-14 100 Breast	45	
46	15-18 100 Breast	47	
50*	13-14 200 Free	51*	
52*	15-18 200 Free	53*	
01	The second second		

^{* -} Positive Check-In event, see Meet Announcement for closing time.

Saturday 11 & 12 Prelims Session Girls and Boys on separate courses

11&12 Prelims Warm-up: 11:00 - 11:50 AM Events: 12:00 PM 11&12 Finals Warm-up: 5:00 -5:50 PM Events: 6:00 PM

11&12 Finals Warm-up: 5:00 -5:50 Pivi Events: 6:00 Pivi			
Girls Event #	Event	Boys Event #	
28	11-12 100 Back	29	
36*	11-12 200 Free	37*	
42*	11-12 200 IM	43*	
32	11-12 50 Free	33	
48	11-12 100 Breast	49	
* Decitive Charles are the second and Mark Assessment for all aircrafts			

^{* -} Positive Check-In event, see Meet Announcement for closing time.

Saturday 9-10 (Timed Finals) Session Girls and Boys on one course

Warm-up: 2:30 pm to 3:10 pm Events: 3:20 pm Girls Event # **Event** Boys Event # 54 9-10 100 Back 55 56* 57* 9-10 200 Free 58 9-10 100 IM 59 60 9-10 50 Fly 61 62 9-10 50 Free 63 9-10 100 Breast

^{* -} Positive Check-In event, see Meet Announcement for closing time.

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Saturday, November 23 (cont.)

Saturday 11 & Older Finals Session – Event Order			
Warm-up: 5:00-5:50 PM Events: 6:00 PM			
Girls Event #	Event	Boys Event #	
28	11-12 100 Back	29	
30	13-14 50 Free	31	
32	11-12 50 Free	33	
34	15-18 50 Free	35	
36	11-12 200 Free	37	
38	13-14 200 IM	39	
40	15-18 200 IM	41	
42	11-12 200 IM	43	
44	13-14 100 Breast	45	
46	15-18 100 Breast	47	
48	11-12 100 Breast	49	
50	13-14 200 Free	51	
52	15-18 200 Free	53	

Sunday, November 24. 2024

Sunday 13 & Older Timed Finals Session Girls and Boys Separate courses Warm-up: 6:30 - 7:30 AM Events: 7:45 AM			
Girls Event # Event Boys Event #			
66	15-18 100 Free	67	
68	13-14 100 Free	69	
70*	15-18 200 Fly	71*	
72*	13-14 200 Fly	73*	
74	15-18 100 Back	75	
76	13-14 100 Back	77	
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK	
78*\$	15-18 500 Free	79*\$	
80*\$	13-14 500 Free	81*\$	

^{* -} Positive Check-In event, see Meet Announcement for closing time.

^{\$ -} Swimmers must provide their own timer and counter for this event during this Session.

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Sunday, November 24 (cont.)

Sunday 11-12 Timed Finals Session Girls and Boys on separate courses			
Warm-up: 12:00 - 12:50 PM			
Girls Event #	Event	Boys Event #	
82	11-12 100 Free	83	
84	11-12 50 Back	85	
86*	11-12 200 Fly	87*	
88	11-12 50 Breast	89	
90	11-12 50 Fly	91	
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK	
92*\$	11-12 500 Free	93*\$	

^{* -} Positive Check-In event, see Meet Announcement for closing time.

^{\$ -} Swimmers must provide their own timer and counter for this event during this Session.

Sunday 9-10 Timed Finals Session Girls and Boys on a single combined course Warm-up: 3:40-4:20 pm Events Start: 4:30 pm		
Girls Event #	Event	Boys Event #
94	9-10 100 Free	95
96	9-10 100 Fly	97
98	9-10 50 Breast	99
100*	9-10 200 IM	101*
102	9-10 50 Back	103
* - Positive Check-In event, see Meet Announcement for closing time.		