



# PVS November Open

November 10-12, 2023

Sanction # PVS-24-24

For PWCS and Dulles South VSI Sanction # VS-24-14DS



Hosted for PVS by:

MEET HOST/ DIRECTOR	THE FISH	PATUXENT AQUATICS CLUB	TOLLEFSON SWIMMING	NATION'S CAPITAL SWIM CLUB
	Curtis Din <a href="mailto:cdin@pvfish.org">cdin@pvfish.org</a>	John Venit <a href="mailto:dpws@aol.com">dpws@aol.com</a>	Henry Tollefson <a href="mailto:henry@tolleffsonswimming.com">henry@tolleffsonswimming.com</a>	Tom Ugast Karyn McCannon <a href="mailto:ncap.scratch@gmail.com">ncap.scratch@gmail.com</a>
MEET REFEREE	Tim Husson <a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>	Kate Johnson <a href="mailto:spsjohnson@verizon.net">spsjohnson@verizon.net</a>	Barb Ship <a href="mailto:barb@ships3.com">barb@ships3.com</a>	Tom Allison <a href="mailto:Tom_allison@mac.com">Tom_allison@mac.com</a>
OFFICIALS SIGNUP	<a href="#">Officials Signup</a>	<a href="#">Officials Signup</a>	<a href="#">Officials Signup</a>	<a href="#">Officials Signup</a>
FACILITY	<p><b>Providence Rec Center</b> 7525 Marc Dr. Falls Church, VA 22046 (703) 698-1351</p> <ul style="list-style-type: none"> <li>The pool at Providence Rec Center is 25m x 25yd. Competition will be held in 8 lanes, 25 yards, running from wall to wall.</li> <li>10 lanes are available for warm-ups.</li> <li>Water depth ranges from 4'-12.5' at both the start and turn 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>	<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 10 lanes, 25 yards, running from wall to wall.</li> <li>18 lanes are available for warm-ups. Continuous warm-up/cool-down will be available.</li> <li>Water depth ranges from 5' – 13' at both the start and turn 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>	<p><b>PWCS Aquatics Center</b> 13833 Dumfries Road (Door #25) Manassas, VA 20112 (571) 374-6333</p> <ul style="list-style-type: none"> <li>The pool at PWCS Aquatics Center is 40m x 25yd with a moveable bulkhead. Competition will be held in 8 lanes, 25 yards, running from wall to wall.</li> <li>15 lanes are available for warm-ups. Continuous warm-up/cool-down will be available.</li> <li>Water depth ranges from 12 1/2' – 7' at both the start and turn ends.</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 such certification is on file with USA Swimming.</li> </ul>	<p><b>Dulles South Recreation Center</b> 24950 Riding Center Drive South Riding, VA 20152 (571) 258-3456</p> <ul style="list-style-type: none"> <li>The pool at Dulles South is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in ten (10) lanes, 25 yards, running from wall to bulkhead at the southern end of the pool.</li> <li>14 lanes are available for warm-ups. Continuous warm-up/cool-down will be available.</li> <li>Water depth of 12'6" at the starting end and 6'8" at the turning end of the competition course.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). A copy of such certificate is on file with USA Swimming.</li> </ul>
TEAM ASSIGNMENTS	BWST, DCPR, FISH, FAA, HACC, <del>MAC</del> , MACH (VA sites; not DS or CM), NCAP (AU), SSCT, WSH, <del>YORK</del>	ASA, ASTS, ERSC, FAST, HEAL, JFD, MACH (MD sites), SA, NCAP (Georgetown Prep, Holton Arms, North), PAC, PGPR, RMSC, TIBU, TRA	ANSC, APEX, DRAG, NCAP (Alexandria, Burke, Marymount, West), OCCS, PM, SDS, TANK, TOLL, <b>YORK (Sat &amp; Sun)</b>	AAC, CSC, FXFX, LIFE, MAKO, <b>MAC, MACH (DS &amp; CM sites only)</b> , NCAP (Claude Moore, Dulles South, Tysons), RIPS, RY, STJS, VLAC, WEA, <b>YORK (Fri only)</b>

**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>SANCTION</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVS-24-24</b>. The PWCS and Dulles South sites are also sanctioned through Virginia Swimming: <b>VS-24-14DS</b>.</li> <li>• In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Providence Rec Center, Fairland Aquatics Center, PWCS Aquatics Center, Dulles South Recreation Center, The FISH , Patuxent Aquatics Club, Tollefson Swimming, and Nation’s Capital Swim Club 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>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Thursday, October 26, 2023, 5:00 PM</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>Friday, November 10, 2023</b> Warmup 5:00pm – 5:55pm; Events 6:00pm</p> <p style="text-align: center;"><b>Saturday, November 11 &amp; Sunday, November 12, 2023</b> 9-10: Warmup 6:30am – 7:25am; Events 7:30am 11-12: Warmup 10:30 – 11:25am; Events 11:30 am 13&amp;Over: Warmup 3:00pm – 3:50pm; Events 4:00pm</p> <p style="text-align: center;"><b><u>Fairland Changes</u></b> Sunday 13 &amp; over: Warm up 2:15-3:05 pm, Events 3:15 pm</p> <p style="text-align: center;"><b><u>Providence Changes</u></b> Remove YORK Saturday 13 &amp; Over: Warm up: 3:15-4:05 pm, Events 4:15 pm Sunday 11-12: Warm up: 11:00-11:50 am, Events 12:00 pm Sunday 13 &amp; Over: Warm up: 3:15-4:05 pm, Events 4:15 pm</p> <p style="text-align: center;"><b><u>PWSC Changes</u></b> Add YORK on Saturday and Sunday Sunday 11-12: Warm up: 11:00-11:50 am, Events 12:00 pm</p> <p style="text-align: center;"><b><u>Dulles South Changes</u></b> Add YORK on Friday Sat. &amp; Sun. 11-12: warm up: 10:00-10:50 am, Events 11:00 am Sat. &amp; Sun. 13 &amp; Over: warm up: 2:00-2:50 pm, Events 3:00 pm</p> <ul style="list-style-type: none"> <li>• PVS LSC Services Manager and the Age Group and 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. 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 &amp; Regulations</i> Article 302.</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>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 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.</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 Directors 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 short course yards. If short course yard times are not available, coaches' times are preferred over "no times" for all events.</li> <li>• An athlete may enter no more than four (4) events per day, or seven (7) events for the meet.</li> <li>• The 500 yd Freestyle on Friday night will be swum fastest to slowest, seeded by times, genders combined.</li> <li>• <b>Athletes must provide their own timer and counter (if desired) for all 500 freestyle events.</b></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 45 minutes prior to the first event of each session.</li> <li>• Evidence of current USA Swimming registration required for deck entries.</li> <li>• Time constraints may require limiting the number of events that are swum.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• Positive check-in may be required for events 200 yd and longer. Meet Directors will determine events that require positive check-in and will communicate positive check-in events and schedule to participating clubs.</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 their team areas.</li> <li>• No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted if enough safe deck space is available.</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>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 the 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>None.</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 complete the appropriate online signup or contact the appropriate Meet Referee prior to November 6<sup>th</sup>. <table border="0" style="width: 100%; margin-top: 10px;"> <tr> <td style="width: 25%;"><b>PROVIDENCE</b></td> <td style="width: 25%;"><b>FAIRLAND</b></td> <td style="width: 25%;"><b>PWCS</b></td> <td style="width: 25%;"><b>DULLES SOUTH</b></td> </tr> <tr> <td><b>Tim Husson</b></td> <td><b>Kate Johnson</b></td> <td><b>Barb Ship</b></td> <td><b>Tom Allison</b></td> </tr> <tr> <td><a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a></td> <td><a href="mailto:spsjohnson@verizon.net">spsjohnson@verizon.net</a></td> <td><a href="mailto:barb@ships3.com">barb@ships3.com</a></td> <td><a href="mailto:Tom_allison@mac.com">Tom_allison@mac.com</a></td> </tr> <tr> <td><a href="#">Officials Signup</a></td> <td><a href="#">Officials Signup</a></td> <td><a href="#">Officials Signup</a></td> <td><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>PROVIDENCE</b>	<b>FAIRLAND</b>	<b>PWCS</b>	<b>DULLES SOUTH</b>	<b>Tim Husson</b>	<b>Kate Johnson</b>	<b>Barb Ship</b>	<b>Tom Allison</b>	<a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>	<a href="mailto:spsjohnson@verizon.net">spsjohnson@verizon.net</a>	<a href="mailto:barb@ships3.com">barb@ships3.com</a>	<a href="mailto:Tom_allison@mac.com">Tom_allison@mac.com</a>	<a href="#">Officials Signup</a>	<a href="#">Officials Signup</a>	<a href="#">Officials Signup</a>	<a href="#">Officials Signup</a>
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<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 will 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 NOVEMBER OPEN - ****" 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>
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<b>ENTRY FEES</b>	<table border="0" style="width: 100%; margin-bottom: 10px;"> <tr> <td style="width: 50%;">Individual event fee: \$5.00</td> <td style="width: 50%;">Per Swimmer Surcharge: \$5.00</td> </tr> <tr> <td></td> <td>Deck Entry: \$10.00</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 and where to send a check.</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</li> </ul>	Individual event fee: \$5.00	Per Swimmer Surcharge: \$5.00		Deck Entry: \$10.00
Individual event fee: \$5.00	Per Swimmer Surcharge: \$5.00				
	Deck Entry: \$10.00				

	<p>deck entries or lost payments is the responsibility of the host club.</p> <ul style="list-style-type: none"><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></ul>
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# PVS November Open

## Friday, November 10, 2023

Warmup 5:00pm – 5:55pm; Events 6:00pm

Event #	EVENT
1	Combined Genders 9-12 200 yd Breaststroke
2	Combined Genders 11 & Over 500 yd Freestyle*

If used, Positive check-in for 200 yd Breaststroke and 500 yd Freestyle by **5:20pm**.  
500 yd Freestyle will be swum Fastest to Slowest, combining girls and boys.  
**\* Swimmers must provide their own timer for both the 200 Breast and 500 Freestyle and counter (if desired) for the 500 yd Freestyle.**

## Saturday, November 11, 2023

9-10 Session		
Warmup 6:30am – 7:25am; Events 7:30am		
GIRLS	EVENT	BOYS
3	9-10 200 yd Backstroke	4
5	9-10 50 yd Freestyle	6
7	9-10 100 yd Individual Medley	8
9	9-10 50 yd Breaststroke	10
11	9-10 100 yd Backstroke	12
13	9-10 200 yd Freestyle	14
15	9-10 100 yd Butterfly	16

11-12 Session		
Warmup 10:30am – 11:25am; Events 11:30am		
GIRLS	EVENT	BOYS
17	11-12 200 yd Backstroke	18
19	11-12 50 yd Freestyle	20
21	11-12 100 yd Individual Medley	22
23	11-12 50 yd Breaststroke	24
25	11-12 100 yd Backstroke	26
27	11-12 200 yd Freestyle	28
29	11-12 100 yd Butterfly	30

13 & Over Session		
Warmup 3:00pm – 3:50pm; Events 4:00pm		
GIRLS	EVENTS	BOYS
31	13 & O 200 yd Butterfly	32
33	13 & O 100 yd Breaststroke	34
35	13 & O 100 yd Freestyle	36
37	13 & O 200 yd Individual Medley	38
39	13 & O 100 yd Backstroke	40

## Sunday, November 12, 2023

9-10 Session		
Warmup 6:30am – 7:25am; Events 7:30am		
GIRLS	EVENT	BOYS
41	9-10 200 yd Individual Medley	42
43	9-10 100 yd Freestyle	44
45	9-10 50 yd Butterfly	46
47	9-10 100 yd Breaststroke	48
49	9-10 50 yd Backstroke	50
51	9-10 200 yd Butterfly	52
53	9-10 500 yd Freestyle*	54

11-12 Session		
Warmup 10:30am – 11:25am; Events 11:30am		
GIRLS	EVENT	BOYS
55	11-12 200 yd Individual Medley	56
57	11-12 200 yd Butterfly	58
59	11-12 50 yd Butterfly	60
61	11-12 100 yd Breaststroke	62
63	11-12 50 yd Backstroke	64
65	11-12 100 yd Freestyle	66

13 & Over Session		
Warmup 3:00pm – 3:50pm; Events 4:00pm		
GIRLS	EVENTS	BOYS
67	13 & O 50 yd Freestyle	68
69	13 & O 200 yd Backstroke	70
71	13 & O 100 yd Butterfly	72
73	13 & O 200 yd Breaststroke	74
75	13 & O 200 yd Freestyle	76

If used, Positive Check-In for all events 200 yd or more closes 30 minutes before the start of events in each sessions.

**\*Swimmers must provide their own timer and counter (if desired) for the 500 yd Freestyle.**

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