



# PVS January Distance Meet

January 6-7, 2024

Sanction # PVS-24-42

Hosted for PVS by:



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| <b>MEET DIRECTOR</b><br>Matt Salerno<br><a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a> | <b>MEET REFEREE</b><br>Tim Husson<br><a href="mailto:tim.husson@gmail.com">tim.husson@gmail.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>PVS-24-42.</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairfax Foxes Swimming, and The St. James: Sports, Wellness &amp; Entertainment Complex 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>The St. James: Sports, Wellness &amp; Entertainment Complex</b><br/>         6805 Industrial Road<br/>         Springfield, VA 22151<br/>         (703) 768-3223</p> <ul style="list-style-type: none"> <li>The pool at St. James is 50m x 25yd with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from bulkhead to wall 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 is 7'4' at the start end and 4' at the turn end.</li> <li>The meet hosts will ensure the required course dimensions.</li> </ul> |
| <b>ENTRY DEADLINE</b>      | <p style="text-align: center;"><b>Tuesday, December 26, 2023 at 11:59 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>Saturday and Sunday, January 6-7, 2024</b><br/>         Warmup 7:00 - 8:00 am; Events 8:10 am</p>   |
| <b>ELIGIBILITY</b>         | <ul style="list-style-type: none"> <li>Open to all registered Potomac Valley Swimmers. 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><b>REMINDER: Please make sure all athletes are registered for the 2024 season before entering them in the meet.</b></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> <li>Athletes requiring special accommodation are asked to complete the form below.<br/> <a href="#">NECESSARY ACCOMMODATIONS FORM</a></li> </ul>   |
| <b>TIMING SYSTEM</b>       | <ul style="list-style-type: none"> <li>Automatic timing (touchpads primary) will be used.</li> </ul>  |

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| <p><b>RULES</b></p>            | <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 USA Swimming Rules and Regulations, 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> </ul> |
| <p><b>EVENT RULES</b></p>      | <ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• All events will be swum mixed gender.</li> <li>• Conforming seed times are short course yards and must meet qualifying standards. Athletes may also enter with LCM seed times that meet the qualifying standards.</li> <li>• Deck entries will be accepted if the meet is not over-subscribed. 2 hours prior to the pre-scratch estimated finish time. They will be seeded after the pre-seeded heats..</li> <li>• Swimmers must provide their own timers and counters (if desired).</li> </ul>   |
| <p><b>QUALIFYING TIMES</b></p> | <ul style="list-style-type: none"> <li>• Qualifying provable times for 13&amp;Over Swimmers: <ul style="list-style-type: none"> <li>○ The athlete must have a provable time for 1000 yd Freestyle of 14:00 or faster for the 1000y/800M Freestyle or must have a provable time of 6:30 or faster in the 500y/400M Freestyle.</li> <li>○ The athlete must have a provable time for the 1650 yd Freestyle of 23:00 or faster for the 1650y/1500M Freestyle or a provable time of 14:00 or faster in the 1000y/800M Freestyle</li> </ul> </li> <li>• Coaches of 13&amp;O athletes that can complete the event(s) faster than the QT's, but do not satisfy the entry rule, should petition Matt Cohen, <a href="mailto:matthewcohen82@gmail.com">matthewcohen82@gmail.com</a>.</li> <li>• Qualifying provable times for 12&amp;Under Swimmers: <ul style="list-style-type: none"> <li>○ A provable qualifying time in the event as listed above or the athlete must meet the following stepping stone progression: <ul style="list-style-type: none"> <li>➤ A provable time of 7:20 or faster must have been swum in the 500y/400M Freestyle before entering the 1000yd Freestyle</li> <li>➤ A provable time of 15:00 or faster must have been swum in the 1000y/800M Freestyle before entering the 1650yd Freestyle</li> </ul> </li> </ul> </li> <li>• There are NO petitions allowed for 12&amp;Under athletes.</li> </ul>   |

| <b>POSITIVE CHECK IN</b>                                  | <ul style="list-style-type: none"> <li>All events are positive check in. Swimmers may check in online to be pre-seeded. Swimmers who do not check in online prior to the online check in deadline may check in on deck before 11 a.m. each day and be deck-seeded. Deck-seeded heats will follow the pre-seeded heats.</li> <li>All heats will be seeded fastest to slowest, mixed gender. <table border="1" data-bbox="444 264 1471 373"> <thead> <tr> <th data-bbox="444 264 1016 300"></th> <th data-bbox="1026 264 1471 300"><b>Online Positive Check In Deadline</b></th> </tr> </thead> <tbody> <tr> <td data-bbox="444 300 1016 336"><a href="#">Online Positive Check In 1000yd Freestyle</a></td> <td data-bbox="1026 300 1471 336">Friday, January 5, 2024, Noon</td> </tr> <tr> <td data-bbox="444 336 1016 373"><a href="#">Online Positive Check In 1650yd Freestyle</a></td> <td data-bbox="1026 336 1471 373">Saturday, January 6, 2024, Noon</td> </tr> </tbody> </table> </li> <li>Swimmers who do not use Online Positive Check In must check in at least 2 hours prior to the pre-scratch estimated finish time in order to be deck-seeded. Heat sheets for pre-seeded heats and psych sheets for remaining swimmers will be available on Meet Mobile and posted on the PVS website (<a href="http://www.pvswim.org">www.pvswim.org</a>).</li> </ul> |  | <b>Online Positive Check In Deadline</b> | <a href="#">Online Positive Check In 1000yd Freestyle</a> | Friday, January 5, 2024, Noon | <a href="#">Online Positive Check In 1650yd Freestyle</a> | Saturday, January 6, 2024, Noon |
|---|---|--|--|---|-------------------------------|---|---------------------------------|
|   | <b>Online Positive Check In Deadline</b>  |  |  |   |                               |   |                                 |
| <a href="#">Online Positive Check In 1000yd Freestyle</a> | Friday, January 5, 2024, Noon   |  |  |   |                               |   |                                 |
| <a href="#">Online Positive Check In 1650yd Freestyle</a> | Saturday, January 6, 2024, Noon   |  |  |   |                               |   |                                 |
| <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.</li> <li>Four (4) continuous warm-up lanes will be available.</li> </ul>  |  |  |   |                               |   |                                 |
| <b>SUPERVISION</b>  | <ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas</li> <li>No personal chairs allowed.</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>SEEDING</b>  | <ul style="list-style-type: none"> <li>Events will be swum with mixed genders and seeded and swum fastest to slowest. Swimmers who check in online by the online positive check in deadline will be pre-seeded. Remaining heats will be deck seeded one heat at a time as swimmers check in. Events will be seeded in the following order: conforming (SCY) times in the event distance, non-conforming (LCM) times in the equivalent event distance, conforming times (SCY) in the alternate distance, non-conforming times (LCM) in the alternate distance.</li> </ul>  |  |  |   |                               |   |                                 |
| <b>SCORING</b>  | <ul style="list-style-type: none"> <li>This meet will not be scored.</li> </ul>   |  |  |   |                               |   |                                 |
| <b>AWARDS</b>   | <ul style="list-style-type: none"> <li>There are no awards for this meet.</li> </ul>  |  |  |   |                               |   |                                 |
| <b>PROGRAMS</b>   | <ul style="list-style-type: none"> <li>No programs will be available. Meet programs will be posted on the PVS website after the online positive check-in deadline. The seeded heats will be available on Meet Mobile.</li> </ul>  |  |  |   |                               |   |                                 |
| <b>CREDENTIALS</b>  | <ul style="list-style-type: none"> <li><b>Coaches and Officials must have their registration and certifications up-to-date for 2024 to be on deck.</b></li> <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 and certifications with them.</li> </ul>   |  |  |   |                               |   |                                 |
| <b>SPECTATOR ENTRY FEE</b>                                | <ul style="list-style-type: none"> <li>N/A</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 available to assist with the meet should contact the Meet Referee, Tim Husson &lt;<a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>&gt;. Walk on officials are welcome. All officials should check in with the meet referee upon arrival. All officials must be registered and certified for 2024 before the meet.</li> </ul>   |  |  |   |                               |   |                                 |
| <b>TIMERS</b>   | <ul style="list-style-type: none"> <li>Athletes must provide their own timers and counters, if desired.</li> </ul>  |  |  |   |                               |   |                                 |

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| <b>ENTRY PROCEDURES</b> | <ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director (<a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a>).</li> <li>• Include in the subject of the email, "2024 January Distance - ****" 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 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:      \$5.00      Deck Entries:      \$10.00<br/> Individual event fee:              \$6.00</p> <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 payments and where to send the fees.</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 deck entries or lost payments is the responsibility of the host club.</li> <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>   |

# PVS JANUARY DISTANCE

January 6-7, 2024

Warmup: 7:00-8:00 am, Events: 8:10 am

Saturday, January 6, 2024

| Mixed Event | EVENT             |
|-------------|-------------------|
| 1           | 1000 yd Freestyle |

Sunday, January 7, 2024

| Mixed Event | EVENT             |
|-------------|-------------------|
| 2           | 1650 yd Freestyle |

All events are positive check in.

Events will be swum fastest to slowest.

**All athletes must provide their own timer and counter (if desired).**