



# 2024 EARLY BIRD LONG COURSE

## INVITATIONAL

May 4 -5 2024

Sanction # PVI-24-91

Hosted by:



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>OFFICIALS CONTACT</b>
David Miller <a href="mailto:davidm.miller202@gmail.com">davidm.miller202@gmail.com</a>	Linda Tucker (301) 526-5926 <a href="mailto:lastucker@verizon.net">lastucker@verizon.net</a>	Linda Tucker (301) 526-5926 <a href="mailto:lastucker@verizon.net">lastucker@verizon.net</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-24-91</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Suburban Aquatics, and Fairland Sports and Aquatics 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>Fairland Aquatics Center</b> 13820 Old Gunpowder Road 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 meet hosts shall ensure the required course dimensions.</li> </ul>									
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Friday, April 19, 2024</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, May 4-5, 2024</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;"></th> <th style="width: 30%; text-align: center;">Warm Up</th> <th style="width: 30%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;"><b>12&amp;Under Sessions</b></td> <td style="text-align: center;">7:00 – 7:50 AM</td> <td style="text-align: center;">8:00 AM</td> </tr> <tr> <td style="text-align: center;"><b>13&amp;Over and Open Sessions</b></td> <td style="text-align: center;">11:30 AM – 12:20 PM</td> <td style="text-align: center;">12:30 PM</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>		Warm Up	Events	<b>12&amp;Under Sessions</b>	7:00 – 7:50 AM	8:00 AM	<b>13&amp;Over and Open Sessions</b>	11:30 AM – 12:20 PM	12:30 PM
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all invited USA Swimming clubs and registered athletes. If your club would like an invitation to this meet, please contact the Meet Director.</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> </ul>
	<ul style="list-style-type: none"> <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 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>• All events are timed finals.</li> <li>• This meet has no qualifying times. Short course times are conforming.</li> <li>• Athletes shall compete at the age attained on the first day of the meet; and may only compete in his or her own age division.</li> <li>• A contestant may enter no more than four (4) individual events per day.</li> <li>• Entries limited to the first 4500 received.</li> <li>• Each session is limited to 350 athletes. Once capacity has been reached, no more entries will be accepted.</li> <li>• Deck entries will be accepted however no new heats will be created. The deck entry fee is \$15.00 per individual event plus athlete surcharge if not already in meet.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• Events may require positive check-in. If so, check-in closing times will be 30 minutes before the start of the session for the first 3 strokes and the remaining events will close 90 minutes after the start of the first event of the session. <ul style="list-style-type: none"> <li>☐ Session 1 events 1-12 close at 7:30 AM and 13-20 at 9:30 AM</li> <li>☐ Session 2 events 21-28 close at 1:30 PM and 29-38 at 3:30 PM</li> <li>☐ Session 3 events 39-50 close at 7:30 AM and 51-58 at 9:30 AM</li> <li>☐ Session 4 events 59-68 close at 1:30 PM and 69-76 at 3:30 PM</li> </ul> </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.</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> </ul>
<b>FACILITY RULES</b>	<ul style="list-style-type: none"> <li>• Swimmers are not to leave the pool deck without appropriate attire.</li> <li>• No glass containers are permitted within the pool area.</li> </ul>

	<ul style="list-style-type: none"> <li>No camera cell phones are permitted in the locker rooms</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>Short course times are conforming times for this meet. Non-conforming times will be seeded after conforming times.</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>Ribbons will be awarded for 1st through 8th place in the following age groups: <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 &amp; Under</li> <li><input type="checkbox"/> 11-12</li> </ul> </li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Meet Programs will be posted to Meet Mobile and emailed to participating teams.</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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>There is no admission charge.</li> <li>Spectator capacity is limited to 250 people in the gallery.</li> <li>No chairs may be set up in the lobby.</li> <li>There will be no concessions.</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 contact Linda Tucker (<a href="mailto:lastucker@verizon.net">lastucker@verizon.net</a>) by April 26, 2024.</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>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>The Meet Director will determine the number of timers per club and lane assignments.</li> <li>Volunteers may sign up on the volunteer link.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the Meet Director (<a href="mailto:davidm.miller202@gmail.com">davidm.miller202@gmail.com</a>).</li> <li>Include in the subject of the email, <b>Early Bird 2024 - ****</b> 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>

<b>ENTRY FEES</b>	Per Swimmer Surcharge:     \$10.00     Deck Entry fee:     \$15.00
	Individual event fee:     \$9.00
	<ul style="list-style-type: none"> <li data-bbox="360 184 1568 378">• Make checks payable to <b>Suburban Aquatics</b>. Checks may be mailed to: <b>Attn: David Miller</b> <b>11222 Cherry Hill Road #301</b> <b>Beltsville, MD 20705</b></li> <li data-bbox="360 378 1568 483">• 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.</li> <li data-bbox="360 483 1568 560">• 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>

# 2024 EARLY BIRD LONG COURSE INVITATIONAL

May 4-5, 2024

**Saturday, May 4, 2024**

**12&Under Session**

**Warm-Up: 7:00 – 7:50 AM**

**Events: 8:00 AM**

GIRLS	EVENT	BOYS
1	12 & under 200 Meter IM	2
3	12 & under 50 Meter Backstroke	4
5	12 & under 50 Meter Breaststroke	6
7	12 & under 100 Meter Butterfly	8
9	12 & under 100 Meter Freestyle	10

Events may require positive check-in.

**Sunday, May 5, 2024**

**12&Under Session**

**Warm-Up: 7:00 – 7:50 AM**

**Events: 8:00 AM**

GIRLS	EVENT	BOYS
23	12 & under 200 Meter Freestyle	24
25	12 & under 100 Meter Breaststroke	26
27	12 & under 100 Meter Backstroke	28
29	12 & under 50 Meter Butterfly	30
31	12 & under 50 Meter Freestyle	32

Events may require positive check-in.

**13&Over Session**

**Warm-Up: 11:30 AM – 12:20 PM**

**Events: 12:30 PM**

GIRLS	EVENT	BOYS
11	Open 200 Meter IM	12
13	13 & Over 100 Meter Backstroke	14
15	Open 200 Meter Butterfly	16
17	13 & Over 100 Meter Breaststroke	18
19	13 & Over 100 Meter Freestyle	20
21	Open 400 Meter Freestyle	22

Events may require positive check-in.

**13&Over Session**

**Warm-Up: 11:30 AM – 12:20 PM**

**Events: 12:30 PM**

GIRLS	EVENT	BOYS
33	13 and Over 200 Meter Freestyle	34
35	13 and Over 100 Meter Butterfly	36
37	Open 200 Meter Breaststroke	38
39	Open 200 Meter Backstroke	40
41	13 and Over 50 Meter Freestyle	42
43	Open 400 Meter IM	44

Events may require positive check-in.