



SNOW SC/LC Spring Classic May 1-3, 2009

Hosted by: SNOW Swimming
Sponsored by: Sport Fair

Sanctioned by USA Swimming through PVS and VA Swimming
Sanction #: PVI-09-51

Intent of this Meet:

The intent of the SNOW SC/LC Classic meet serves a dual purpose –

1. It offers an end of season championship style format held in a yards course for those swimmers who traditionally end their season by Memorial Day and then focus on their summer league programs.
2. It offers those who focus on long course, an opportunity to post fast "mid-season" long course times in an evening finals type environment. It also allows for a complete training cycle for those who are preparing for Championship meets in July & August.

Meet Director: Eric Adams
coacheric@snowbirdaquatics.com

Location: Claude Moore Recreation Center
46105 Loudoun Park Lane
Sterling, VA 20164
571-258-3600

Schedule:

Friday, May 1st:

Long Course meet: Warm-up: 4:00pm / Events: 5:00pm

Saturday, May 2nd &
Sunday, May 3rd:

Short Course meet:

11 and over: Warm-up: 7:10-7:55am / Events: 8:05am

10 and under: Warm-up: 11:45-12:15pm / Events: 12:25pm

Long Course meet: Warm-up: 4:45-5:30pm / Events: 5:40pm

** The Meet Director reserves the right to adjust times after entries are received **

This meet has two formats, short course and long course. One 10 lane course will be used for the short course sessions and one 8 lane course will be used during the long course sessions. Warm-up / warm-down lanes will be available throughout the meet.

Eligibility:

Open to invited USA Swimming teams. Swimmers shall compete at the age attained on Friday, May 1st, 2009.

PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the Board of Directors. Athletes with disabilities are welcome to participate, and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

Rules:

The Short Course meet has no qualification standards.

The Long Course meet *does have* qualifying time standards.

Swimmers may only participate in their own age group events or in open events.

Swimmers may enter a maximum of 8 individual events during the entire meet and no more than 3 individual events per day, regardless of session.

No on-deck USA-S registrations will be permitted.

Yard times will be the conforming times for this meet.

Please use the 100 yard qualifying times for the 13-14 & 15 over 50 Back, 50 Breast & 50 Fly.

Warm-Up:

The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas. Coaches & deck officials are required to display their valid 2009 USA Swimming credentials.

Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.

PVS Check-in policy:

For those events requiring positive check-in, athletes (or coaches for relay events) shall designate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked-in prior to the specified time will be scratched from the event. Athletes who have checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Referee.

Admission:

There is no admission charge. Meet programs will be made available at www.snowswimming.org by Thursday, April 30th at 12pm.

Awards:

Short Course meet: All 10 and under events will receive ribbons 1st through 16th place. All 11-12 and 13 and over events will receive ribbons 1st through 8th place.

Long Course meet: All events will receive awards for 1st through 8th place.

Long Course Stroke Awards: The swimmer who has the fastest combined time in the 50, 100 and 200 for each stroke. One boy and one girl from the following age groups: 11-12, 13-14 and 15 and over. Note, the swimmer must swim all three events long course to be eligible to win the award.

IM/Distance Award: The swimmer who has the fastest combined time in the 200 IM, 400 IM and 400 Freestyle. One boy and one girl from the following age groups: 11-12, 13-14 and 15 and over. Note, the swimmer must swim all three events long course to be eligible to win the award.

Swim of the meet: One male and one female will be awarded for the *Swim of the meet*.

Officials:

All certified officials wishing to volunteer to work this meet should contact Mike Ryan, Email: LJKLM@comcast.net. Please include your club affiliation, certifications held, and sessions you wish to work.

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-up.

Each participating club is requested to provide at least one official and 3 timers per session if entering 25 or more swimmers.

Seating:

Due to the limited pool deck space, no chairs are allowed on deck.

Penalties:

Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

Entries:

Teams should provide entries as follows:

Email:

Send e-mail to Eric Adams at: coacheric@snowbirdaquatics.com
Include with your commlink file one report by name and one by event.
Create these reports in HyTek Team Manager and save as Word for Windows files. In the body of your email, provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).

Entry Deadline: Tuesday, April 20th by 5pm

Important:

The Meet Director will acknowledge receipt by return email within 24 hours.
Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.

The above date is the deadline for teams to submit their entries to the Meet Director.
Therefore, teams usually set an earlier deadline to receive entries from their swimmers.
Check with your team for this information.

Other Registration Details:

Entries directly from individual team members will not be accepted.
Entries by phone or fax will not be accepted.
Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.

Fees:

\$5.00 per individual short course event
\$6.00 per individual long course event
\$2.00 per athlete Facility surcharge

Checks:

Each participating team is requested to remit one check to cover the entry fee for the entire team.

Please make checks payable to "SNOW Swimming". Please do not send cash.

Entry fees are due with each team's entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.

Send Entries To:

Eric Adams
342 Hedgestone Terrace NE
Leesburg, VA 20176

SNOW Spring Classic
 May 1-3, 2009
 Claude Moore Recreation
 Center
Long Course Meet

Friday, May 1st, 2009

Timed Finals

Warm-up: 4:00-4:45pm / Events: 5:00pm

** Meet Director reserves the right to adjust times after entries are received

Girls Event #	NST SCY		NST SCY	Boys Event #
1	33.99	10 and under 50 Freestyle	33.89	2
3	29.99	11-12 50 Freestyle	29.89	4
5	28.09	13-14 50 Freestyle	26.89	6
7	27.19	15 and over 50 Freestyle	24.39	8
9	3:08.99	10 and under 200 IM	3:09.99	10
11	2:41.89	11-12 200 IM	2:44.49	12
13	2:28.99	13-14 200 IM	2:24.49	14
15	2:20.79	15 and over 200 IM	2:09.49	16
17	44.89	10 and under 50 Breaststroke	45.59	18
19	39.09	11-12 50 Breaststroke	39.99	20
21	1:18.59	13-14 50 Breaststroke	1:15.89	22
23	1:15.69	15 and over 50 Breaststroke	1:08.89	24
25	7:29.99	10 and under 400 Freestyle	7:39.99	26
27	6:12.99	11-12 400 Freestyle	6:13.29	28
29	5:42.99	13-14 400 Freestyle	5:34.99	30
31	5:24.19	15 and over 400 Freestyle	4:59.39	32

Saturday, May 2nd, 2009

Timed Finals

Warm-up: 4:45-5:30pm / Events: 5:45pm

** Meet Director reserves the right to adjust times after entries are received

Girls Event #	NST SCY		NST SCY	Boys Event #
33	39.89	10 and under 50 Backstroke	40.19	34
35	35.29	11-12 50 Backstroke	35.69	36
37	1:09.19	13-14 50 Backstroke	1:06.99	38
39	1:06.49	15 and over 50 Backstroke	1:00.69	40
41	1:34.19	10 and under 100 Butterfly	1:37.19	42
43	1:16.29	11-12 100 Butterfly	1:17.99	44
45	1:09.99	13-14 100 Butterfly	1:07.29	46
47	1:05.59	15 & Over 100 Butterfly	58.99	48
49	1:37.99	10 and under 100 Breaststroke	1:39.39	50
51	1:24.99	11-12 100 Breaststroke	1:27.19	52
53	1:18.59	13-14 100 Breaststroke	1:15.89	54
55	1:15.69	15 & over 100 Breaststroke	1:08.89	56
57	1:16.09	10 and under 100 Freestyle	1:15.19	58
59	1:05.29	11-12 100 Freestyle	1:05.79	60
61	1:00.49	13-14 100 Freestyle	57.59	62
63	58.29	15 & over 100 Freestyle	52.69	64
65	2:40.99	12 and under 200 Backstroke	2:45.99	66
67	2:27.49	13-14 200 Backstroke	2:23.99	68
69	2:21.89	15 and over 200 Backstroke	2:10.79	70
71	5:14.39	14 and under 400 IM	5:12.99	72
73	4:56.89	15 & over 400 IM	4:35.09	74

SNOW Spring Classic
 May 1-3, 2009
 Claude Moore Recreation
 Center
Long Course Meet

Sunday, May 3rd, 2009
 Timed Finals

Warm-up: 4:45-5:30pm / Events: 5:45pm

** Meet Director reserves the right to adjust times after entries are received

Girls Event #	NST SCY		NST SCY	Boys Event #
75	38.79	10 and under 50 Butterfly	39.89	76
77	33.79	11-12 50 Butterfly	34.59	78
79	1:09.99	13-14 50 Butterfly	1:07.29	80
81	1:05.59	15 and over 50 Butterfly	58.99	82
83	3:02.99	12 and under 200 Breaststroke	3:02.99	84
85	2:48.79	13-14 200 Breaststroke	2:43.19	86
87	2:41.49	15 & over 200 Breaststroke	2:29.49	88
89	2:46.99	10 and under 200 Freestyle	2:46.99	90
91	2:21.49	11-12 200 Freestyle	2:23.89	92
93	2:09.89	13-14 200 Freestyle	2:05.19	94
95	2:03.49	15 & over 200 Freestyle	1:52.19	96
97	1:27.19	10 and under 100 Backstroke	1:27.79	98
99	1:14.99	11-12 100 Backstroke	1:15.89	100
101	1:09.19	13-14 100 Backstroke	1:06.99	102
103	1:06.49	15 & over 100 Backstroke	1:00.69	104
105	2:55.99	12 and under 200 Butterfly	2:52.99	106
107	2:40.09	13-14 200 Butterfly	2:35.59	108
109	2:25.69	15 & over 200 Butterfly	2:13.79	110

SNOW Spring Classic
 May 1-3, 2009
 Claude Moore Recreation Center
Short Course Meet

Saturday, May 2nd, 2009

11 and over Timed Finals

Warm-up: 7:10 -7:55am / Events: 8:05am

** Meet Director reserves the right to adjust times after entries are received

Girls Event #		Boys Event #
1	11-12 200 Freestyle	2
3	13 & over 200 Freestyle	4
5	11-12 100 Backstroke	6
7	13 & over 100 Backstroke	8
9	11-12 50 Breaststroke	10
11	11 & over 400 IM	12
13	11-12 100 IM	14
15	13 & Over 100 Butterfly	16
17	11-12 100 Butterfly	18
19	13 & over 200 Breaststroke	20
21	11- 12 200 Breaststroke	22
23	13 & over 50 Freestyle	24
25	11-12 50 Freestyle	26

Saturday, May 2nd, 2009

10 and under Timed Finals

Warm-up: 11:45-12:15pm / Events: 12:25pm

** Meet Director reserves the right to adjust times after entries are received

Girls Event #		Boys Event #
27	10 and under 200 IM	28
29	8 & under 25 Backstroke	30
31	9-10 50 Backstroke	32
33	8 & under 50 Breaststroke	34
35	9-10 50 Breaststroke	36
37	8 & under 25 Freestyle	38
39	9-10 100 Freestyle	40
41	8 & Under 50 Butterfly	42
43	10 and under 100 Butterfly	44
45	8 & under 100 Freestyle	46

SNOW Spring Classic
 May 1-3, 2009
 Claude Moore Recreation Center
Short Course Meet

Sunday, May 3rd, 2009
 11 and over Timed Finals

Warm-up: 7:10 - 7:55am / Events: 8:05am

** Meet Director reserves the right to adjust times after entries are received

Girls Event #		Boys Event #
47	11-12 50 Backstroke	48
49	13 & over 200 IM	50
51	11-12 200 IM	52
53	13 & over 200 Butterfly	54
55	11-12 200 Butterfly	56
57	11 & over 500 Freestyle	58
59	11-12 50 Butterfly	60
61	13 & over 100 Breaststroke	62
63	11-12 100 Breaststroke	64
65	13 & over 100 Freestyle	66
67	11-12 100 Freestyle	68
69	13 and over 200 Backstroke	70
71	11-12 200 Backstroke	72

Sunday, May 3rd, 2009
 10 and under Timed Finals

Warm-up: 11:45-12:15pm / Events: 12:25pm

** Meet Director reserves the right to adjust times after entries are received

Girls Event #		Boys Event #
73	10 and under 200 Freestyle	74
75	8 & under 25 Butterfly	76
77	9-10 50 Butterfly	78
79	8 & under 50 Backstroke	80
81	10 and under 100 Backstroke	82
83	8 & under 100 IM	84
85	9-10 100 IM	86
87	8 & under 25 Breaststroke	88
89	10 and under 100 Breaststroke	90
91	8 & under 50 Freestyle	92
93	9-10 50 Freestyle	94