

3/1/10: Correction to Qualification Times
Women's 200 Fly LC: 2:41.19
Men's 200 IM LC: 2:23.59
Women's 400 Free Relay: 3:54.29



**PVS SHORT COURSE SENIOR
 CHAMPIONSHIPS
 March 11-14, 2010**

**Sanctioned by USA Swimming
 Through Potomac Valley Swimming**

Sanction # PVS-10-45

Time Trials Sanction #: PVS-10-45TT

Hosted for Potomac Valley Swimming By:

Curl Burke Swim Club

<u>Meet Director:</u>	CUBU Brian Pawlowicz 703-319-4168 brianpawlowicz@cubu.org			
<u>Meet Referee:</u>	Art Davis	703-671-2643	emerand@comcast.net	
<u>Meet Location:</u>	George Mason University 4400 University Blvd Fairfax, Virginia 22030 703-993-3939			
<u>Schedule:</u>	Session		Thursday	Friday, Saturday & Sunday
	Preliminaries	Warm-up		6:30 am - 7:50 am
		Events		8:00 am
	Finals	Warm-up	4:20 - 5:20 pm	4:30 pm - 5:50 pm
Events		5:30 pm	6:00 pm	
<u>Eligibility:</u>	Open to all USA Swimming registered athletes, with priority being given to PVS athletes. Clubs interested in participating should request an invitation from the PVS Senior Chairman, Riley Eaton at (301) 367-2819 or jreaton@verizon.net . Contestants must have equaled or bettered the applicable no slower than (NST) qualifying times listed. Qualifying times must			

	<p>have been achieved after March 11, 2008.</p> <p>Entry times for individual relay events shall have been achieved within the two years prior to the meet entry deadline; however, the times need not be the best competitive times of the swimmers but can be any time they have swum equal to or under the event qualifying time. Swimmers entered in the 800/1000 and 1500/1650 freestyle do not need to enter their best times, but may enter themselves at their fastest time or at the time standard.</p>
Rules:	<p>Current USA Swimming rules shall govern the meet. All events are trials and finals, except for relays and the 1000 and 1650 freestyle, which will be timed finals. Evening event's heats will be swum in the following order: "A", "B" and "C"</p> <p>Positive check-in is required for all individual and relay events 400 yards and longer. These events will be seeded on the deck. Swimmers and relay teams not checked-in will be scratched from that event. Athletes who have checked in, been seeded, and fail to swim the event will be barred from their next scheduled individual event.</p> <p>Dive-over starts may be used during the preliminary sessions at this meet at the discretion of the Meet Manager and/or Meet Referee. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.</p> <p>Effective October 1, 2009: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. For men, the swimsuit shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, or extend below the knee. All swimsuits shall be made from textile materials and may not contain zippers or other fastening devices. For additional information including the use of modesty wear under swimsuits, see the USA Swimming website.</p> <p>No on-deck USA-S registrations will be permitted.</p>
<u>Inclusion Policy for Swimmers with a Disability</u>	<p>PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director and PVS Senior Chairman (Riley Eaton) at jreaton@verizon.net. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</p>
Warnings	<p>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 \$100.00 per occurrence and no further entries will be accepted from that club until the said fine has been paid.</p> <p>All entry times and USA Swimming memberships will be verified via the SWIMS database. Any athlete not achieving a QT may be asked to prove the entry time to the Meet Director prior to the start of the meet.</p> <p>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</p>
<u>1000 & 1650 Timed Finals:</u>	<p>Swum fastest to slowest, and will alternate women and men if only one course is used. If two courses are used, the slowest heats may be moved to permit both courses to finish at approximately the same time. The fastest heat of the Women's 1000 and Men's 1650 will be swum as the first event of the evening program on Sunday. Positive check-in is required. Verification of time must be submitted with entry.</p>

	Swimmers are also required to provide their own timers (except for the fastest heat on Sunday) and if desired, lap counters.
<u>Relays:</u>	There is no limit of relay entries per club for each relay. Only two teams may score in the 400 Free, 800 Free and 400 Medley Relays. The 200 Free and 200 Medley Relays will NOT be scored.
<u>Individual Events:</u>	A contestant may compete in a maximum of seven (7) individual events, and compete in no more than three (3) individual events per day. Special Note: Preliminaries will be conducted in separate courses for Men and Women. Athletes should select their events with that in mind. However the Meet Manager and Meet Ref reserved the option to combine the two courses if there are not a sufficient enough number of events to warrant swimming in two courses.
<u>Breaks:</u>	There will be NO SCHEDULED BREAKS prior to the start of distance events or relays.
<u>Withdrawing from Finals</u>	PVS scratch rules apply for swimmers scratching finals. If a swimmer fails to properly scratch from a final event and does not appear for the final, he/she will be barred from further competition for the remainder of the meet.
<u>Deck Entries:</u>	No deck entries will be accepted.
<u>Time Trials:</u>	Time trials will be conducted 20 minutes after the completion of the morning preliminary on Friday, Saturday and Sunday. Time trial fees are \$10.00 /attempt. Time trials are only for those athletes entered in the meet, and are swum in the following order; those events contested that day, followed by those events remaining to be contested, followed by those events already contested. Athletes will be permitted one time trial per time trial session scheduled provided that this does not cause them to exceed the daily event participation limitations. Swimmers are required to provide their own timer for time trials.
<u>Supervision:</u>	Coaches are responsible for the conduct of their swimmers and families and for cleaning up their team areas.
<u>Scoring:</u>	Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
<u>Warm-up:</u>	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.
<u>Officials:</u>	Officials for this meet will be assigned by the PVS Officials Committee. This Meet has been approved as an Officials Qualifying Meet (Qualifying Meet Number QM10-024). To be evaluated at an OQM you must work at least 4 sessions as an official at the meet. Not all sessions worked need to be in evaluated positions. Full details of the national certification program can be found on the USA Swimming website at: http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=98&Alias=Rainbow&Lang=en Please contact PVS Officials Chair Jack Neill at JJNeill@fcps.edu if you wish to be evaluated at this meet, or if you need further information. All certified officials wishing to volunteer to work this meet please contact the PVS Officials Chairman, Jack Neill 703-803-9727 or email jack.neill@fcps.edu no later than Tuesday, February 23 . Please include your club affiliation, certifications held, and sessions you wish to work. Those officials who learn of their availability subsequent to February 23 are encouraged to contact Jack Neill as soon as possible. Assignments will be made by the PVS Officials Committee and posted to the PVS website when made. 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. Assignments will be posted to the PVS Website no later than Monday, March 8.
<u>Timers:</u>	Participating clubs are required to provide timers in proportion to their entries. The meet director will determine the number of timers per club and lane assignments. The host club(s) are required to provide one timer per lane.
<u>Admission Programs:</u>	There is no admission charge. Program for all sessions will be available for \$10.00, and will include a finals program coupon for each evening session at no additional charge
<u>Fees:</u>	Fees for individual events are \$5.00; relay events are \$10.00. Each club is requested to remit one check to cover the entry fees for the entire team. Please do not send cash. Meet directors have been instructed not to accept telephone entries. Any team that enters more than 10 swimmers and does not use Hy-Tek, will incur a surcharge of \$1.00 per swimmer
<u>Meet Entry Procedure s:</u>	<p>General Instructions:</p> <ul style="list-style-type: none"> • Entries should be submitted using Hy-Tek Team Manager via e-mail. Include in the e-mail subject heading "2010 PVS Senior Championships - *****" with the club's initials substituted in place of the asterisks. Also include training site if your club submits multiple entries and number of timers being committed. • Two Team Manager meet entry reports (saved in Word or PDF) must also be sent: (1) by swimmer and (2) by event. • In body of e-mail give total number of splashes (men, women, total entry) and contact information (name, phone, e-mail address). Contact information is important if a swimmer "scratches in" to finals. • Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt. • Each club is requested to remit one check via USPS to cover the entry fees for the entire team. Please put the club name on the entry check (if not a club check) and note the number of entries. Please do not send cash. Meet directors have been instructed not to accept telephone or fax entries. <ul style="list-style-type: none"> ○ Entries not submitted on the required forms, not complete, not legible or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry. ○ Individual or unattached entries will only be accepted by manual entry sent to the address listed below. <p><u>All Relay-only swimmers must be listed on the meet entry in order to participate in the meet.</u></p>
<u>Entry times:</u>	Long course entry times must be designated with a capital letter "L". These non-conforming times will be seeded after short course entry times. Entries not submitted on the required forms, are not complete or are not legible, will not be accepted and will be returned.
<u>Deadline:</u>	<p>The meet director must receive all entries for this meet no later than</p> <p style="text-align: center;">5:00 p.m., Tuesday, March 2, 2010.</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>
<u>Entering from Another Meet</u>	Athletes achieving a qualifying time for the first time between March 2 and March 7 will be allowed to enter the meet under special arrangements. Email your entries to Brian Pawlowicz at brianpawlowicz@cubu.org by 5pm on Monday, March 8, 2009.

Checks: Make checks payable to:
Potomac Valley Swimming

Send entries to: Brian Pawlowicz
10416 Lake Ridge Dr
Oakton, VA 22124
brianpawlowicz@cubu.org



Check-In Deadlines		
Event #	Event	Deadline
1 W	1650 Freestyle	Thurs 5:00 pm
2 M	1000 Freestyle	Thurs 5:00 pm
9, 10	400 Individual Medley	Fri 9:00 am
11, 12	800 Free Relay	Fri 9:00 am
19, 20	500 Freestyle	Sat 9:00 am
23, 24	400 Medley Relay	Sat 6:00 pm
35 W	1000 Freestyle	Sat 6:00 pm
36 M	1650 Freestyle	Sat 6:00 pm
37, 38	400 Free Relay	Sun 6:00 pm

Thursday, March 11, 2010

Warm-up 4:20 – 5:20 pm Events 5:30 pm

Women Event #	NST QT	Events	NST QT	Men Event #
1 \$ #	18:40.19Y	1650 YD Freestyle		
	19:19.69L			
		1000 YD Freestyle	10:19.39Y	2 \$ #
			9:21.19L	

Y = short course yards L = long course meters
Positive check-in required for all individual and relay events 400 yards and over.
\$ Timed Finals. Heats swum fastest to slowest. Verification of time required.

Friday, March 12, 2010

Preliminaries -- Warm-up 6:30 – 7:50 am Events 8:00 am

Finals -- Warm-up 4:30 – 5:50 pm Events 6:00 pm

Women Event #	NST QT	Events	NST QT	Men Event #
3	2:00.49Y	200 Yd Freestyle	1:49.19Y	4
	2:16.99L		2:04.49L	
5	1:13.69Y	100 Yd Breaststroke	1:06.89Y	6
	1:23.89L		1:16.19L	
7	1:03.59Y	100 Yd Butterfly	56.99Y	8
	1:11.89L		1:04.59L	
9 #	4:51.89Y	400 Yd Individual Medley	4:30.09Y	10 #
	5:30.39L		5:06.09L	
11 & #	8:02.09Y	800 Yd Freestyle Relay	7:16.79Y	12 & #

Y = short course yards L = long course meters

Positive check-in required for all individual and relay events 400 yards and over.
 & Timed Finals. Heats swum from second fastest to slowest in the preliminary session. Fastest heat will be swum as the last event in the finals session. Times subject to verification.

Saturday, March 13, 2010

Preliminaries -- Warm-up 6:30 – 7:50 am Events 8:00 am

Finals -- Warm-up 4:30 – 5:50 pm Events 6:00 pm

Women	NST QT	Events	NST QT	Men
--------------	---------------	---------------	---------------	------------

Event #				Event #
13	2:38.49Y 2:59.89L	200 Yd Breaststroke	2:26.49Y 2:46.69L	14
15	26.19Y 29.89L	50 Yd Freestyle	23.39Y 26.79L	16
17	1:04.49Y 1:12.79L	100 Yd Backstroke	58.69Y 1:06.29L	18
19 #	5:19.19Y 4:46.49L	500 Yd Freestyle	4:54.39Y 4:24.79L	20 #
21 @		200 Yd Freestyle Relay		22 @
23 % #	4:18.09Y	400 Yd Medley Relay	3:53.19Y	24 % #

Positive check-in required for all individual and relay events 400 yards and over.

@ Un-scored Event. Timed finals and will be swum slowest to fastest in the preliminary session only.

% Timed finals and will be fastest to slowest in the finals session.

Sunday, March 14, 2010

Preliminaries -- Warm-up 6:30 – 7:50 am Events 8:00 am

Finals -- Warm-up 4:30 – 5:50 pm Events 6:00 pm

Women Event #	NST QT	Events	NST QT	Men Event #
25	2:18.89Y 2:36.49L	200 Yd Backstroke	2:07.79Y 2:24.19L	26
27	56.29Y 1:04.09L	100 Yd Freestyle	50.69Y 57.79L	28

29	2:22.69Y	200 Yd Butterfly	2:10.79Y	30
	2:41.19L		2:27.89L	
31	2:17.79Y	200 Yd Individual Medley	2:06.49Y	32
	2:36.19L		2:23.59L	
33 @		200 Yd Medley Relay		34 @
35 \$ #	11:02.59Y	1000 Yd Freestyle		
	9:58.99L			
		1650 Yd Freestyle	17:32.59Y	36 \$ #
			18:07.69L	
37 % #	3:54.29Y	400 Yd Freestyle Relay	3:22.59Y	38 % #

Positive check-in required for all individual and relay events 400 yards and over.

@ Un-scored Event. Timed finals and will be swum slowest to fastest in the preliminary session only.

% Timed finals and will be fastest to slowest in the finals session.

\$ Timed finals. Heats swum from second fastest to slowest in prelims. Fastest heat will be swum as the first event in the finals session. Verification of time required.