

Information for Coaches

Positive Check in: 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.

800 Relays: The fastest heat of the 13-14 800 Freestyle Relays will be swum as the last event of Friday evening.

Missed heats: Swimmers must be at the blocks ready to swim at the time of the start of their heat. Swimmers who miss their heat will not be seeded into a later heat.

Area behind the Block: Please only send one event over at a time. When we begin the 5-minute break between an event we will call for swimmers for the next event. The space behind the blocks is very limited if we control the number of swimmers behind the block we will have less swimmers miss events,

Breaks during the session: The pool will not be open to swimmers during short breaks between events.

Withdrawing from finals: 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"**.

Limited Deck Space: Swimmers will not be allowed to bring chairs on deck. Parents will not be allowed to accompany swimmers on deck. Only parents who are working at the meet will be permitted on the deck.

Warm up procedures: The Meet Manager will assign teams warm up lanes. Coaches are expected to supervise warm ups in their assigned lanes.

Warm Up/ Warm Down Lanes: 2 lanes will be available for warm up/ warm down during the sessions. These lanes are for swimming only. NO DIVING WILL BE PERMITTED IN THESE LANES.

Session Times

Thursday Night Session

Warm Up- 4:30- 5:20P M
Competition- 5:30P M

Friday, Saturday & Sunday Sessions

13 -14 Year old Session-

Warm Up- 6:00-7:20 A M
Competition- 7:30 A M

11-12 Year old Session-

Warm Up- 10:30- 11:30 A M
Competition- 11:40 A M

9-10 Year old Session

Warm Up- 2:00-2:45P M
Competition- 2:55P M

Finals

Warm Up- 5:15-6:05P M
Competition- 6:15P M

Bulkhead use during the meet: Please make sure you are only on the bulkhead when absolutely needed. Please do not just “hang out” on the bulkhead. SWIMMERS ARE NOT PERMITTED ON THE BULK HEAD AT ANY TIME.

Guidance for Swimsuits:

1. Swimsuits for men may not extend above the navel or below the knee and for Women may not cover the neck or extend past the shoulders or below the knee.
2. A limited religious/medical condition exception exists but requires pre-approval at the national level.
3. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer.
4. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.

The silicone beads on the old style Fastskin 2 are considered a non-textile application to the suit. Swimmers wearing suits with this non-textile application will be disqualified.

5. Only one swimsuit may be worn during competition and that suit must adhere to the style and shape indicated above. However, for age group competitions, it is permissible for an athlete to wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.

Coaches are encouraged to correct improper suits during warm ups or before swimmers approach the blocks.

WARM UP LANE ASSIGNMENTS

Please work together in your lanes to make the warm up work. The lanes are yours for the warm ups. You may start racing starts when you see fit. Please make sure that all swimmers are swimming in one direction once starts begin.

Pool One

LANE 1- YORK
LANE 2- POTOMAC MARLINS/ DCPR
LANE 3- SNOW/ OCCS
LANE 4- SDS/ HACC
LANE 5- BWST/ TIBU/ AAC
LANE 6- CUBU
LANE 7- CUBU

LANE 8- CUBU

POOL TWO

LANE 1- FAST/ MAKOS
LANE 2- MACHINE
LANE 3- ASA/ FBST
LANE 4- FISH/ FGAC
LANE 5- RIPS/ MSSC/ PEAK/ TANK/ JFD/ UNAT
LANE 6- RMSC
LANE 7- RMSC

LANE 8- RMSC

WARM UP LANES--

LANE 1- CUBU
LANE 2- RMSC