

# PVS November Open

November 5-7, 2010

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-11-14**

Hosted for PVS by: The FISH, Occoquan Swimming, Potomac Marlins and Fort Belvoir Swim Team

**Entries due to Meet Manager by: Tuesday October 26, 2010 (check on club deadline)**

Warm up: Friday: Distance: 5:00-5:40 pm Events: 5:50 pm  
 Warm up: Sat. & Sun. 12 & U: 7:00-8:00 am Event: 12 & U: 8:10 am  
 Warm up: Sat. & Sun. 13 & O: 12:20-1:20 pm Event: 13 & O: 1:30 pm

|                        |   |  |   |   |
|------------------------|---|--|---|---|
| Meet Host/Director:    | The FISH<br>Matt Pelletier<br>440-552-6907<br>1649 Korpier Ct.<br>McLean, VA 22101<br><a href="mailto:mpelletier@pvfish.org">mpelletier@pvfish.org</a>  | Occoquan Swimming<br>Aaron Dean<br>703-309-3857<br>6133 Early Autumn Dr<br>Centreville, VA 22121<br><a href="mailto:aaron@swimoccs.org">aaron@swimoccs.org</a>   | Potomac Marlins<br>Bill Marlin<br>571-334-0871<br>3212 Allness Ln<br>Herndon, VA 20171<br><a href="mailto:Coach_bill@verizon.net">Coach_bill@verizon.net</a>  | Fort Belvoir Swim Team<br>Sam Burgi<br>3736 Mary Evelyn<br>Alexandria, VA 22309<br>619-212-9853<br><a href="mailto:sburgi@fbswim.org">sburgi@fbswim.org</a> |
| Meet Referee:          |   | Jack Neill<br><a href="mailto:Jack.neill@fcps.edu">Jack.neill@fcps.edu</a>   |   |   |
| Club Official's Chair: | Al Melius<br><a href="mailto:Cara_and_al_melius@yahoo.com">Cara_and_al_melius@yahoo.com</a>   | Dan Young<br><a href="mailto:officialschair@swimoccs.org">officialschair@swimoccs.org</a>  | Brian Baker<br><a href="mailto:marlinsofficialscoordinator@gmail.com">marlinsofficialscoordinator@gmail.com</a>   | Ed Dona<br><a href="mailto:edona@cox.net">edona@cox.net</a>   |
| Facility               | <b>Cub Run Rec Center</b>   | <b>Mt. Vernon Rec Center</b>   | <b>Takoma Aquatic and Community Center</b><br><b>PM: Course #1, FBST: Course #2</b>   |   |
| Facility Information:  | <b>Cub Run Rec Center</b><br>4630 Stonecroft Blvd<br>Chantilly, VA 20151<br>703-817-9407<br><ul style="list-style-type: none"> <li>8 lane, 25 yards. Water depth ranges from 5' to 12' at both the starting and turning ends.</li> <li>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</li> </ul> | <b>Mt. Vernon Rec Center</b><br>207 Belle View Blvd<br>Alexandria, VA 22313<br>703-768-3223<br><ul style="list-style-type: none"> <li>8 lane, 25 yards</li> <li>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</li> </ul> | <b>Takoma Aquatic and Community Center</b><br>300 Van Buren St. NW<br>Washington, DC 20011<br>202-576-9284<br><ul style="list-style-type: none"> <li>Dual Course, 8 lanes each, 25 yards</li> <li>Course#1, water depth ranges from 7' in lane 8 to 13.5' in lane 1 for both the starting and turning ends.</li> <li>Course #2, water depth ranges from 6' to 6'8" in both the starting and turning ends.</li> <li>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</li> </ul> |   |
| Team                   | <b>Cub Run: FISH,</b>   | <b>Mt. Vernon: AAC, SDS,</b>   | <b>Takoma #1: DCPR,</b>   | <b>Takoma #2:</b>   |

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| Assignments:  | CUBU-Tysons, CUBU-Loudoun, CUBU-MMT MAKO, RIPS, BWST   | CUBU-Alex, OCCS, CUBU-West, CUBU-Burke | FAST, FGAC, MACH, MSSC, PM, YORK, JCCW, TANK, PGKS | ASA, CUBU-MD, CUBU-AU, ERAC, FBST, HACC, JFD, PEAK, RMSC, TESC, TIBU, SNOW |
| Note: Assignments of clubs to pool sites will be reviewed, by the PVS Admin Assistant, after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned. |  |  |  |  |
| Eligibility:  | Open to all Potomac Valley Swimming registered athletes. Also, open to registered athletes of invited USA Swimming clubs. Clubs interested in participation should request an invitation from the PVS Age Group Chair, Manga Dalizu, <a href="mailto:fairlandswim@comcast.net">fairlandswim@comcast.net</a> , PVS Senior Chair, Riley Eaton, <a href="mailto:ireaton@verizon.net">ireaton@verizon.net</a> . Swimmers shall compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints.   |  |  |  |
| Disability Swimmers:  | 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. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.   |  |  |  |
| Rules:  | <ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern the meet.</li> <li>• All events are timed finals.</li> <li>• Seed times are short course yards. In the event that short course yard times are not available, coaches' times are preferred over "no times" for all events except event 7 &amp; 8 (1650 yd freestyle).</li> <li>• Events 5 &amp; 6 (9-12 year old 500 yd freestyle) will be swum fast to slow alternating women and men. Followed by events 7 &amp; 8 (13 &amp; over 1650 yd freestyle), which will also be swum fast to slow, alternating women and men.</li> <li>• Minimum provable times: <ul style="list-style-type: none"> <li>○ A no slower than time of 25:00:00 in the 1650yd/1000m Freestyle for all athletes</li> <li>○ IF the athlete is 12 &amp; Under, they must have a time of 25:00:00 or faster OR a 1000 yd/800 M time of 15:00:00 or better in order to compete. No petitions accepted.</li> <li>○ IF the athlete is 13 &amp; Over, then they must have a time of 25:00:00 or faster OR a coach may petition the Distance Coordinator, Bill Marlin at <a href="mailto:coach_bill@verizon.net">coach_bill@verizon.net</a></li> <li>○ See full description of the Distance Qualifying Policy</li> </ul> </li> <li>• All 12 &amp; Under swimmers are eligible for awards regardless of entry time used.</li> <li>• <b>A swimmer may enter no more than 5 events per day or 11 events during the meet.</b></li> <li>• No on-deck USA-S registration is permitted</li> <li>• Deck entries will be accepted, and are \$10 per individual event. All deck entries must be submitted no later than 45 minutes prior to first event of each session. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. In the event of a significantly over subscribed session, the Meet Director reserves the right to not accept deck entries.</li> <li>• Evidence of current USA-S registration will be required for deck entries.</li> <li>• Dive-over starts may be used at this meet at the discretion of the Meet Referee and Meet Management.</li> <li>• The use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>• The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further</li> </ul> |  |  |  |

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|  | <b>competition in the meet.</b>  |
| Positive Check In:   | All events 200 yards or longer will be positive check-in. The Meet Directors will determine if positive check-in will be required for all events. Athletes who check into a deck-seeded event, have been seeded and fail to swim the event will be barred from their next schedule individual event, unless excused by the Meet Referee before the event takes place.  |
| Warm Up:   | The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of Warm-up; times/lane assignments.  |
| Supervision:   | <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>Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> </ul>   |
| Awards:  | First through eighth place ribbons will be awards for all 12 & under events.   |
| Programs:  | Programs will be available for each session for a price not to exceed \$2. In the event of the entire session being positive check –in, programs may not be available until after the start of the meet. In the event that programs are not able to be sold, programs will be posted throughout the spectator areas.   |
| Officials & Timers:  | <ul style="list-style-type: none"> <li>Each participating club is requested to provide at least one table worker or official (referee, starter or stroke &amp; turn judge) per session if entering 25 or more splashes</li> <li>All certified officials wishing to volunteer please contact the appropriate club official's chair prior to October 5.</li> <li>Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries.</li> <li>The Meet Director may send out a request for timers based upon entries.</li> </ul>   |
| Entry Procedures:  | <ul style="list-style-type: none"> <li>Entries should be submitted using Hy-Tek Team Manager.</li> <li>Entry file:</li> <li>Include in the subject of the email, "2010 PVS NOV OPEN - ***" with the clubs initials in place of the asterisks. Also include training site if your club submits multiple entry files.</li> <li>Meet Directors are requested to acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the meet director.</li> <li>Individual event fee: \$4.00 (make checks payable to PVS)</li> <li>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</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 and no further entries will be accepted from that club until the said fine is paid.</li> </ul> |
| <b>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Cub Run Rec Center, Mt. Vernon Rec Center, Takoma Community Center, Potomac Marlins, The Fish, Fort Belvoir and Occoquan Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</b> |  |

## EVENTS

Friday, November 5, 2010  
Warm up: 5:00-5:40 pm, Events: 5:50 pm



Swimmers must provide their own timer for Friday night session for 500 and 1000 Free.

| Women's Events #  | Event                     | Men's Event # |
|---|---------------------------|---------------|
| 1   | 9-12 200 yd Butterfly     | 2             |
| 3   | 13 & Over 50 yd Butterfly | 4             |
| 5   | 9-12 500 yd Freestyle     | 6             |
| 7   | Open 1,650 yd Freestyle   | 8             |
| Positive Check-In for 200 yd Butterfly by 5:30 pm (or 30 min after warm up begins)<br>Positive Check-in for the 500 & 1650 Freestyle by 6:00 pm |                           |               |

## Saturday, November 6, 2010 12 & Under Session

Warm up: 7:00-8:00 am, Events: 8:10 am

| Women's Event # | Events                         | Men's Event # |
|-----------------|--------------------------------|---------------|
| 9               | 9-10 50 yd Breaststroke        | 10            |
| 11              | 11-12 50 yd Breaststroke       | 12            |
| 13              | 9-10 200 yd Freestyle          | 14            |
| 15              | 11-12 200 yd Freestyle         | 16            |
| 17              | 9-10 100 yd Individual Medley  | 18            |
| 19              | 11-12 100 yd Individual Medley | 20            |
| 21              | 9-10 100 yd Backstroke         | 22            |
| 23              | 11-12 100 yd Backstroke        | 24            |
| 25              | 9-10 50 yd Freestyle           | 26            |
| 27              | 11-12 50 yd Freestyle          | 28            |
| 29              | 9-12 200 yd Breaststroke       | 30            |
| 31              | 9-10 100 yd Butterfly          | 32            |
| 33              | 11-12 100 yd Butterfly         | 34            |

Positive Check-In for all events 200 yd or more by 7:30 am (or 30 minutes after warm up begins).  
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

## Sunday, November 7, 2010 12 & Under Session

Warm up: 7:00-8:00 am, Events: 8:10 am

| Women's Event # | Events                         | Men's Event # |
|-----------------|--------------------------------|---------------|
| 49              | 9-10 50 yd Butterfly           | 50            |
| 51              | 11-12 50 yd Butterfly          | 52            |
| 53              | 9-10 50 yd Backstroke          | 54            |
| 55              | 11-12 50 yd Backstroke         | 56            |
| 57              | 9-10 200 yd Individual Medley  | 58            |
| 59              | 11-12 200 yd Individual Medley | 60            |
| 61              | 9-10 100 yd Freestyle          | 62            |
| 63              | 11-12 100 yd Freestyle         | 64            |
| 65              | 9-12 200 yd Backstroke         | 66            |
| 67              | 9-10 100 yd Breaststroke       | 68            |
| 69              | 11-12 100 yd Breaststroke      | 70            |

Positive Check-In for all events 200 yd or more by 7:30 am (or 30 minutes after warm up begins).  
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

**Saturday, November 6, 2010**

**13 & Over Session**

**Warm up: 12:20-1:20 pm, Events: 1:30 pm**

| Women's Event # | Events                        | Men's Event # |
|-----------------|-------------------------------|---------------|
| 35              | 13 & Over 200 yd Backstroke   | 36            |
| 37              | 13 & Over 100 yd Butterfly    | 38            |
| 39              | 13 & Over 200 Freestyle       | 40            |
| 41              | 13 & Over 200 yd Breaststroke | 42            |
| 43              | 13 & Over 50 yd Backstroke    | 44            |
| 45              | 13 & Over 100 yd Freestyle    | 46            |
| 47              | Open 400 Individual Medley    | 48            |

Positive Check-In for all events 200 yd or more by 12:50 pm (or 30 minutes after warm up begins).  
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

**Sunday, November 7, 2010**

**13 & Over Session**

**Warm up: 12:20-1:20 pm, Events: 1:30 pm**

| Women's Event # | Events                             | Men's Event # |
|-----------------|------------------------------------|---------------|
| 71              | 13 & Over 200 yd Butterfly         | 72            |
| 73              | 13 & Over 100 Breaststroke         | 74            |
| 75              | 13 & Over 50 yd Freestyle          | 76            |
| 77              | 13 & Over 200 yd Individual Medley | 78            |
| 79              | 13 & Over 100 yd Backstroke        | 80            |
| 81              | 13 & Over 50 yd Breaststroke       | 82            |
| 83              | 13 & Over 500 yd Freestyle         | 84            |

Positive Check-In for all events 200 yd or more by 12:50 pm (or 30 minutes after warm up begins).  
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.