

# **D.C. WAVE DISTANCE MEET**

**November 27-28, 2010**

**Sponsored by:** DC PARKS AND RECREATION WAVE SWIM TEAM

**Sanctioned by USA Swimming  
through Potomac Valley Swimming**

**Sanction # PVS-11-23**

**Meet Director:**

Robert Green  
DC Wave Swim Team  
202.576.9285  
[mailto: robert.green@dc.gov](mailto:robert.green@dc.gov)

**Meet Location:**

Takoma Community Center Pool  
300 VanBuren Street NW,  
Washington, DC 20011

The

**Facility:**

8 lane, 25 yard pool with a separate area for warmup-cool down.  
The competitive course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). The water depth ranges from 13'6" in lane1 to 7' in lane 8 for both the starting and turning end.

**Meet Referee:** Mike O'Brien  
301.527.8326  
[sales@underwaterwear.com](mailto:sales@underwaterwear.com)

**Club Of  
Officials Chairman:** Rodger McCoy  
202.470.3198  
<mailto:rmccoy@capaccess.org>

## Meet Schedule

Session	Warm-up Time	Event Start Time
Saturday	7:00-7:30 am	7:40 am
Sunday	7:00-7:30 am	7:40 am

### **Eligibility:**

Open to all registered Potomac Valley Swimming athletes.

PVS and the host club along with the Meet Director 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's deck referee of any disability prior to the competition.

### **Rules:**

Current USA Swimming rules shall govern the meet. All events are timed finals.

The use of equipment capable of taking pictures (i.e. cell phones, camera, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

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 competition in the meet.

### **Qualifying Times:**

**1000yd Freestyle:** The minimum provable time to enter the 1000yd Free is 15:00:00. Athletes wishing to enter the 1000 Freestyle who do not have a provable 1000yd/800m Free time under 15:00:00 must have a provable time in the 500yd/400m Free of 7:20:00 or faster. These athletes will be entered into the 1000yd Freestyle with their 500yd/400m time and will be seeded after all 1000y/800m times have been seeded. After times are verified, all LCM times will be converted for seeding purposes. If entering an athlete into the 1000yd Free with a 500yd/400m Free time, enter your swimmer based on actual time showing course swum, do not convert. Please mark swimmers entering with 500yd/400m times as exhibition. If the entry time into 1000yd is an intermediate split from a 1650yd/1500m, please indicate meet swum so intermediate time can be verified.

**1650yd Freestyle:** Minimum provable time to enter the 1650yd/1500m Free time under 25:00:00. Athletes wishing to enter the 1650yd Free who do not have a provable 1650yd/1500m Free time under 25:00:00 must have a provable time in the 1000yd/800m of 15:00:00 or faster. These athletes will be entered in to the 1650yd freestyle with their 1000yd/800m time and will be seeded after all 1650yd/1500m times have been seeded. After times are verified, all LCM times will be converted for seeding purposes. If entering an athlete into the 1650yd with a 1000y/800m Free time, enter your athletes based on actual time showing course swum, do not convert. Please mark swimmers entering with 1000yd/800m times as exhibition. All swimmers will be eligible for award regardless of entry time used.

Coaches who have swimmers who they believe can complete the event(s) faster than the QT's, but who do not satisfy the entry rule, may petition the PVS Distance Coordinator, Bill Marlin, at [coach\\_bill@verizon.net](mailto:coach_bill@verizon.net) for an

exception. The petition should provide specific evidence why they believe the swimmer can complete the event within the QT. All petitions must be submitted prior to the entry deadline.

### **Order of Events:**

The meet will be seeded swum fastest to slowest according to submitted entry times regardless of age. Heats will be swum fastest to slowest alternating Women and Men. Expected timelines and check in requirements will be posted to the PVS web site at [www.pvswim.org](http://www.pvswim.org) no later than Wednesday November 25, 2010

### **Officials:**

All certified officials wishing to volunteer to work this meet, please contact the Official's Chairman listed on this meet announcement prior to **November 22**. Please include your club affiliation, certifications held and sessions you wish to work. Officials volunteering should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously advised of their availability may volunteer their services to the Referee at that time.

### **Timers:**

Each swimmer must provide **their own timer** (required) and if desired, a lap counter.

### **Supervision:**

Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.

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 swimmer's legal guardian.

### **Programs:**

A complimentary copy of the Psych Sheet will be provided to coaches and working officials.

**Warning:**

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. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

**Meet Entry Procedures**

- All entries should be submitted using Hy-Tek Team Manager and email directly to the Meet Director.
- Events for this meet can be downloaded at [11-XX-events.zip](#)
- Please include in the email subject heading “2010 PVS Nov Distance - \*\*\*\*\*” with your clubs name and site (if your club submits multiple entries). Also include the number of
- Two Team Manager meet entry reports (saved in Word) must also be sent. One by swimmer and one by event.
- Meet Directors are requested to acknowledge receipt by return email within 24 hours of receiving entries.
- No fax or phone entries will be accepted.
- REMINDER: Entry fees are due with each club’s meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. No further entries will be accepted for future meets until all entry fees are paid in full by the club to the Meet Director.
- Manual Entries:  
**202** Manual entries must be submitted on the PVS master entry sheet. Also submit a completed “entry cover sheet”. Signature and phone number of a club official must be included with entry for validation of entries  
**202** There will be a \$1.00 surcharge per athlete for manual entries of

10 or more

- The Meet Director will provide a lane timing card when the athlete checks in to swim. **NO LATE OR DECK ENTRIES ARE PERMITTED FOR DISTANCE MEETS.**
- **Please review the instructions in the “Qualifying Time” section before submitting your entries.**

### **Entry Fees**

- Individual events are \$5.00 each
- Each Club is requested to remit one check to cover the entry fee for the entire team, made payable to “Potomac Valley Swimming” and mailed USPS to the appropriate Meet Director
- Include the club name if not a club check and note the number of entries
- No cash will be accepted

### **Entry Deadline**

The Meet Director must receive all entries for this meet no later than:  
**5:00 pm, Tuesday November 16, 2010**

This 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. Please check with your club for the entry deadline information.

**Send Entries to:**

**Robert Green  
300 Van Buren Street NW  
Washington, DC 20011  
202.576.9285**

**[mailto: robert.green@dc.gov](mailto:robert.green@dc.gov)**

### **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 assignment. During the meet there will be continuous warm-up/warm-down water. Persons will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed or the remainder of the session.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Takoma Aquatic and Community Center, the DC Parks & Rec Department and the DC Wave Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**SWIMMERS MUST PROVIDE THEIR OWN TIMER AND COUNTER**

## Events Saturday January 2, 2010

**Warm-up 7:00-7:30am    Events 7:40 am**

<b>Women Event #</b>	<b>Events</b>	<b>Men Event #</b>
1	1000 Yard Freestyle	2

## Events Sunday January 3, 2010

**Warm-up 7:00-7:30 am    Events 7:40 am**

<b>Women Event #</b>	<b>Events</b>	<b>Men Event #</b>
3	1650 Yard Freestyle	4