



SNOW Long Course Invitational June 4-6, 2010

Sanctioned by USA Swimming through PVS and VA Swimming
Sanction #: PVI-10-62 / VS-10-10N

Meet Director: Eric Adams
coacheric@snowbirdaquatics.com

Meet Referee: Mike Ryan
LJKLM@comcast.net
540-687-0315

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

Schedule:

Friday June 4th:
Warm-up: 4:00-4:50pm / Events: 5:00pm

Saturday June 5th and Sunday June 6th:
13 and over Warm-up: 7:10-8:00am / Events: 8:10am
12 and under Warm-up: 12:30am-1:10pm / Events: 1:20pm

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

One 50 meter course will be used during each. One warm-up and warm-down lane will be available throughout the meet.

Rules and Eligibility:

Open to invited USA Swimming teams. Swimmers shall compete at the age attained on Friday June 4th, 2010.

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

Swimmers may enter a maximum of 7 individual events during the entire meet and no more than 3 individual events per day.

Friday distance events: Swimmers may only enter one event on Friday.

Long Course times will be the conforming times for this meet.

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.

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 2010 USA Swimming credentials.

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

Deck Entries:

Deck entries are \$10.00 per individual event

Swimmers will be entered into open lanes in the existing heats on a first come, first served basis. No extra heats will be created.

Evidence of current USA-S registration will be required for all deck entries. This can be done by presenting a copy of your USA-S athlete registration card.

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.

Admission:

There is no admission charge. Meet programs will be made available at www.snowswimming.org by Thursday, June 3rd by 12pm.

Officials:

All certified officials wishing to volunteer to work this meet should contact Mike Ryan, Email: LJKLM@comcast.net. Phone: 540-687-0315. 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:

1. 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, May 25th by 5pm

Teams are asked to send a preliminary entry file by Tuesday May 18th.

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 entries 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:

\$6.00 per individual event

\$3.00 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 Long Course Invitational
June 4-6, 2010**

Friday, June 4th

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

Girls Event #		Boys Event #
1	Open 800 Free	2
3	Open 1500 Free	4

** 800 and 1500 Free will be swum fastest to slowest

Alternating women and men

Swimmers in the 800 and 1500 need to provide their own timer and counter

Both events will be positive check-in.

Saturday, June 5th

13 and over session

Warm up: 7:10 / Events: 8:10am

Girls Event #		Boys Event #
5	13 & Over 50 Freestyle	6
7	13 & Over 200 Breaststroke	8
9	13 & Over 100 Backstroke	10
11	13 & Over 200 Individual Medley	12
13	13 & Over 100 Butterfly	14
15	13 & Over 400 Freestyle	16

12 and under session

Warm up: 12:30am / Events: 1:20pm

Girls Event #		Boys Event #
17	11-12 50 Breaststroke	18
19	10 & U 50 Breaststroke	20
21	11-12 100 Backstroke	22
23	10&U 100 Backstroke	24
25	11-12 100 Butterfly	26
27	10 & U 100 Butterfly	28
29	12 & U 200 Breaststroke	30
31	10 & U 50 Freestyle	32
33	11-12 50 Freestyle	34
35	10 & U 200 Individual Medley	36
37	11-12 200 Individual Medley	38
39	10&U 400 Freestyle	40
41	11-12 400 Freestyle	42

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Sunday, June 6th

13 and over session

Warm up: 7:10 / Events: 8:10am

Girls Event #		Boys Event #
43	13 & Over 200 Backstroke	44
45	13 & Over 100 Freestyle	46
47	13 & Over 200 Butterfly	48
49	13 & Over 100 Breaststroke	50
51	13 & Over 200 Freestyle	52
53	Open 400 Individual Medley	54

12 and under session

Warm up: 12:30pm / Events: 1:20pm

Girls Event #		Boys Event #
55	12 & U 200 Butterfly	56
57	10 & U 50 Backstroke	58
59	11-12 50 Backstroke	60
61	10 & U 100 Breaststroke	62
63	11-12 100 Breaststroke	64
65	10 & U 200 Freestyle	66
67	11-12 200 Freestyle	68
69	10 & U 50 Butterfly	70
71	11-12 50 Butterfly	72
73	12 & U 200 Backstroke	74
75	10 & U 100 Freestyle	76
77	11-12 100 Freestyle	78