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 # PVC-11-23

Meet Director: Robert Green
DC Wave Swim Team
202.576.9285
robert.green@dc.gov

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

Meet Referee: Tim Husson
301.899.2436
thusson@comcast.net

**Club
Officials Chairman:**   Rodger McCoy
202.470.3198
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 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 no later than Wednesday November 24, 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.

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 11-23-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:
  o 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
  o 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
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.

Events Saturday November 27th, 2010

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

Women Event #	Events	Men Event #
1	1000 Yard Freestyle	2

Events Sunday November 28th, 2010

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

Women Event #	Events	Men Event #
3	1650 Yard Freestyle	4