

2/10 - Warm-up and Event Start times for the 11-12 and 9-10 sessions have been adjusted.

11-12: WU-11:45 pm, Events 12:55 pm

9-10: WU-3:45 pm, Events 4:55 pm

PVS 18 & Under Championships

February 18-20, 2011

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-11-47**

Hosted for PVS by: Fort Belvoir Swim Team

Entries due to Meet Manger by: Tuesday February 8, 2011 (check on club deadline)

8:10 am

Warm up: Friday: Distance: 5:00-6:00 pm

Events: 6:10 pm

Warm up: Sat. & Sun. 13 & O: 7:00-8:00 am

Event: 13 & O:

Warm up: Sat. & Sun. 11-12: 11:45-12:45 pm

Event: 11-12:

12:55 pm

Warm up: Sat & Sun. 9-10: 3:45-4:45 pm

Events: 4:55

pm

Meet Host/Director:	Fort Belvoir Swim Team Sam Burgi 3736 Mary Evelyn Way Alexandria, VA 22309 619-212-9853 sburgi@fbswim.org
Meet Referee:	Jack Neill JJNeill@fcps.edu
Club Official's Chair:	Ed Dona 703-629-9240 edona@cox.net
Facility	Lee District Rec Center
Facility Information:	Lee District Rec Center 6601 Telegraph Rd Alexandria, VA 22313 703-922-9840 <ul style="list-style-type: none"> • 10 lane, 25 yards • Water Depth ranges from 4" to 9" at the start and turning ends of the pool • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).
Eligibility:	Open to all Potomac Valley Swimming registered athletes ages 9-18. Swimmers shall compete at the age attained on the first day of the meet who meet the following criteria: <ul style="list-style-type: none"> • All individual event's qualifying times will be governed by "No Faster Than" (NFT) time standards. The NFT time standards are equivalent to the SCY individual qualification time standards for the 2010 PVS 14 & Under Junior Olympic Championships for the 14 & under swimmers and PVS Junior Championships for the 15-18 swimmers. • Entries must be submitted in SCY – no converted times are permitted. • IMPORTANT – Swimmers who attain a new age group between February 19 and

	<p>March 10 for the 15 & Overs and March 17 for the 14 & Unders may compete as “exhibition” in any event where their time: (1) is faster than the 2011 PVS 18 & U AG Championship NFT standard for their current age group; and (2) is slower than the 2011 PVS 14 & Under JO’s or Junior Champ “NST” standards for their new age group. These exhibition swims will prevent swimmers from potentially being excluded from both the 2011 18 & Under Champs, 2011 14 & U JO’s or the 2011 Junior Champ meets. If you have any questions about eligibility please contact Age Group Chairman, Manga Dalizu at fairlandswim@comcast.net</p>
Disability Swimmers:	<p>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.</p>
Rules:	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern the meet. • All events are timed finals. • Seed times are short course yards. No “NO TIMES” will be accepted. All swimmers must have a verifiable entry time to enter an event. • The meet will not be scored • No late entries will be permitted for this meet. • A swimmer may enter no more than 3 events per day or 6 events during the meet. • No on-deck USA-S registration is permitted • No Deck entries will be accepted. • Evidence of current USA-S registration will be required for deck entries. • Dive-over starts may be used at this meet at the discretion of the Meet Referee and Meet Management. • 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. • The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy. • 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.
Positive Check In:	<p>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.</p>
Warm Up:	<p>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.</p>
Supervision:	<p>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</p>
Awards:	<p>First through eighth place medals will be awarded for all individual events based on age (not age group).</p>
Programs:	<p>Programs will be available for each session. Working officials and coaches receive a free program.</p>
Vendors	<ul style="list-style-type: none"> • Fine Design will be present to sell meet t-shirts and apparel • Sport Fair will be present to sell swim suits and apparel
Officials & Timers:	<ul style="list-style-type: none"> • Each participating club is requested to provide at least one table worker or official

	<p>(referee, starter or stroke & turn judge) per session if entering 25 or more splashes</p> <ul style="list-style-type: none"> All certified officials wishing to volunteer please contact the appropriate club official's chair prior to February 8. Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries. The Meet Director may send out a request for timers based upon entries.
Entry Procedures:	<ul style="list-style-type: none"> Entries should be submitted using Hy-Tek Team Manager. Include in the subject of the email, "2011 PVS 18 & Under Champs - ***" with the clubs initials in place of the asterisks. Also include training site if your club submits multiple entry files. 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. Individual event fee: \$5.50 (make checks payable to PVS) Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. 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.
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Lee District Rec Center and Fort Belvoir 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.</p>	

EVENTS

Friday, February 18, 2011

Warm up: 5:00-6:00 pm, Events: 6:10 pm

Women's Events #	NFT SCY QT	Event	NFT SCY QT	Men's Event #
1	2:43.00	9-10 200 yd Freestyle	2:43.00	2
3	2:18.50	11-12 200 yd Freestyle	2:18.50	4
5	5:38.00	13-14 500 yd Freestyle	5:26.00	6
7	5:35.20	15-18 500 yd Freestyle	5:18.00	8
Positive Check-In by 5:30 pm (or 30 min after warm up begins)				

Saturday, February 19, 2011

13 & Over Swimmers

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

Women's Events #	NFT SCY QT	Event	NFT SCY QT	Men's Event #
9	1:06.40	13-14 100 yd Backstroke	1:04.00	10
11	1:09.70	15-18 100 yd Backstroke	1:03.40	12
13	2:06.40	13-14 200 yd Freestyle	2:00.00	14
15	2:10.50	15-18 200 yd Freestyle	1:58.00	16
17	1:15.60	13-14 100 yd Breaststroke	1:11.00	18

19	1:19.60	15-18 100 yd Breaststroke	1:12.30	20
21	2:32.10	13-14 200 yd Butterfly	2:28.60	22
23	2:34.20	15-18 200 yd Butterfly	2:23.90	24
25	27.10	13-14 50 yd Freestyle	25.70	26
27	27.80	15-18 50 yd Freestyle	25.30	28
Positive Check in for 200 Free & 200 Fly by 7:30 (or 30 minutes after warm up begins)				

Saturday, February 19, 2011

11-12 year old Swimmers

Warm up: 12:30-1:30 pm, Events: 1:40 pm

Women's Events #	NFT SCY QT	Event	NFT SCY QT	Men's Event #
29	1:12.50	11-12 100 yd Backstroke	1:12.80	30
31	32.60	11-12 50 yd Butterfly	32.60	32
33	2:38.10	11-12 200 yd Individual Medley	2:39.00	34
35	1:22.00	11-12 100 yd Breaststroke	1:24.20	36
37	28.80	11-12 50 yd Freestyle	28.60	38
Positive Check-in for 200 IM by 1:00 pm (or 30 minutes after warm up begins)				

Saturday, February 19, 2011

9-10 year old Swimmers

Warm up: 5:00-6:00 pm, Events: 6:10 pm

Women's Events #	NFT SCY QT	Event	NFT SCY QT	Men's Event #
39	1:24.20	9-10 100 yd Backstroke	1:24.80	40
41	37.80	9-10 50 yd Butterfly	38.90	42
43	3:02.00	9-10 200 yd Individual Medley	3:04.00	44
45	1:35.50	9-10 100 yd Breaststroke	1:36.40	46
47	33.00	9-10 50 yd Freestyle	32.60	48
Positive Check-in for 200 IM by 5:30 pm (or 30 minutes after warm up begins)				

Sunday, February 20, 2011

13 & Over Swimmers

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

Women's Events #	NFT SCY QT	Event	NFT SCY QT	Men's Event #
49	2:42.10	13-14 200 yd Breaststroke	2:37.00	50
51	2:51.20	15-18 200 yd Breaststroke	2:38.20	52
53	2:23.70	13-14 200 yd Individual Medley	2:18.50	54
55	2:28.80	15-18 200 yd Individual Medley	2:16.60	56
57	58.50	13-14 100 yd Freestyle	55.60	58
59	59.00	15-18 100 yd Freestyle	54.70	60
61	2:23.50	13-14 200 yd Backstroke	2:16.80	62
63	2:30.00	15-18 200 yd Backstroke	2:18.10	64
65	1:06.50	13-14 100 yd Butterfly	1:04.30	66
67	1:08.70	15-18 100 yd Butterfly	1:01.50	68
Positive Check-in for 200 Breast, 200 IM & 200 Back by 7:30 am (or 30 minutes after warm-up begins)				

Sunday, February 20, 2011

11-12 year old Swimmers

Warm up: 12:30-1:30 pm, Events: 1:40 pm

Women's Events #	NFT SCY QT	Event	NFT SCY QT	Men's Event #
69	1:13.30	11-12 100 yd Individual Medley	1:13.10	70
71	37.90	11-12 50 yd Breaststroke	38.10	72
73	1:14.30	11-12 100 yd Butterfly	1:15.00	74
75	34.10	11-12 50 yd Backstroke	34.10	76
77	1:03.30	11-12 100 yd Freestyle	1:03.50	78

Sunday, February 20, 2011

9-10 year old Swimmers

Warm up: 4:30-5:30 pm, Events: 5:40 pm

Women's Events #	NFT SCY QT	Event	NFT SCY QT	Men's Event #
79	1:24.20	9-10 100 yd Individual Medley	1:23.90	80
81	43.90	9-10 50 yd Breaststroke	44.60	82
83	1:31.20	9-10 100 yd Butterfly	1:33.20	84
85	38.60	9-10 50 yd Backstroke	38.80	86
87	1:13.70	9-10 100 yd Freestyle	1:13.20	88

