

PVS 2011 Short Course Senior Championships

March 10-13, 2011

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-11-53**

Time Trials: **PVS-11-53TT**

Hosted for PVS by: Curl Burke Swim Club

Entries due to Meet Manger by: Tuesday March 1, 2011 (check on club deadline)

Warm up: Thursday: 4:20-5:20 pm Events: 5:30 pm

Warm up: Prelims: 6:30-7:50 am Events: 8:00 am

Warm up: Finals: 4:30-5:50 pm Events: 6:00 pm

Meet Host/Director:	Curl Burke Swim Club Brian Pawlowicz, brianpawlowicz@cubu.org , 703-319-4168 Mail checks to: 2704 Willow Dr., Vienna, VA 22181
Meet Referee:	Tim Husson thusson@comcast.net
Admin Referee:	Jim Thompson Jimthompson5802@aol.com
Club Official's Chair:	This meet will be an N2/N3 Certification meet. Additional information to follow. Please contact Tim Husson if you are interested in being an Official for this meet. thusson@comcast.net . You may also submit an Application to Officiate . Those officials desiring to be evaluated at this meet must submit a Request for Evaluation to the Meet Referee no later than March 3. You can review information about the National Certification Program on the USA Swimming website .
Facility:	George Mason University 4400 University Blvd., Fairfax VA 703-993-3939 <ul style="list-style-type: none"> The Jim McKay Natatorium competition pool is 25Y by 50M, with two moveable bulkheads, water depth ranging from 7 feet to 13 ½ feet and surrounded by an all tile deck. The pool has a state of the art automated pool filtration system to include an Ultraviolet system. The fixed wall to fixed wall course has been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C). The other course has a movable bulkhead at one end and therefore is not certified under Article 104.2.2(C).
Eligibility:	<ul style="list-style-type: none"> Open to all Potomac Valley Swimming registered athletes and invited USA Swimming Athletes. Clubs interested in participation should request an invitation from the PVS Senior Chair, Riley Eaton, jreaton@verizon.net. Swimmers must have equaled or bettered the applicable Qualifying Time listed. Qualifying times must have been achieved between March 10, 2009 and the entry deadline for this meet. Qualifying times must have been achieved in a USA Swimming sanctioned, observed or approved meets. Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event, will result in the swimmer being scratched from that event. If a swimmer is entered with NT, they will be removed from that event. Distance Entries: Any swimmer who qualifies for the 1000yd and/or 1650 yd freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle.
Disability	PVS and host clubs along with their Meet Directors are committed to the

Swimmers:	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"> • Current USA Swimming rules shall govern the meet. • All events are trials and finals, except for the 1000yd and 1650 yd Freestyle which are timed finals. Evening event's heats will be swum in the following order; "B", then "A". • A swimmer may enter and compete in a maximum of 7 individual events and no more than 3 individual events per day. • A club may enter up to 3 relay teams per relay events, but only two relays teams per club per event may score. • The 200 yd Freestyle and Medley relays will not be scored. • Seed times are short course yards. LCM entry times are non-conforming and will be seeded after SCY times. • No late entries are permitted for this meet. • No on-deck USA-S registration is permitted • 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 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. • Dive-over starts may be used during the preliminary sessions at this meet at the discretion of the Meet Referee.
Withdrawing from Finals:	<p>PVS scratch rules apply for swimmers scratching from finals.</p> <p>If you do not wish to swim in the Final, you may "scratch" from the event by following this procedure:</p> <p>You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" or "B" finals, if scheduled.</p> <p>You may declare intent to "scratch". You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent". If you declare an "intent to scratch" and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.</p> <p>If an athlete fails to properly scratch from an event and does not appear for the "Final" event, they "shall be barred from further competition of the remainder of the meet."</p>
Positive Check In:	<ul style="list-style-type: none"> • Positive check-in is required for all individual and relay events 400 yds and longer. These events will be seeded on the deck. Swimmers and relay teams not checked in will be scratched from that event. Athletes who have checked-in, been seeded and fail to swim the event will be barred from their next scheduled individual event.
Order of Swims:	<ul style="list-style-type: none"> • Two heats of each individual event except the 1000 and 1650 events will

	<p>be swum at finals. Two finals heats from Senior Champs will alternate with two finals heats from Junior Champs. Heats will be swum in the following order: "B", then "A".</p> <ul style="list-style-type: none"> • Heats of distance events (1000 yd & 1650 yd) will be swum fastest to slowest, alternating women and men. The fastest seeded heat of the women's 1000 and men's 1650 will be the first event of the Sunday finals session. (Swimmers in the 1000 and 1650 are responsible for providing their own timer, except for those swimming in the Finals session on Sunday.)
Bonus Events:	Any athlete, who is entered into at least one individual event, may also enter one bonus event. If entered in 2 or more individual events, they may enter 2 bonus events. Athletes entering bonus event may compete in no more than the maximum events per session or meet. No "NT" entries will be accepted for Bonus Events.
Time Trials:	<ul style="list-style-type: none"> • Time trials will be held following the completion of the timed finals session on Thursday and after the completion of the preliminary sessions on Friday, Saturday and Sunday. • An athlete must compete in an individual event in either Senior Championships or Junior Championships in order to participate. • Athletes are permitted one time trial per time trial session provided that this participation does not cause them to exceed the three events per day limitation. • The swimmer must have a provable Junior Championships Qualifying Time in any event for which they want to time trial. • The time trial fee is \$10/attempt. • The order of time trial events will be those events contested that day followed by those events remaining to be contested, followed by those events already contested, except that time trials for the 1000y and 1650y freestyle will only be offered on Thursday.
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, including times/lane assignments.</p> <p>During the meet there will be continuous warm-up/cool-down lanes. Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.</p>
Supervision:	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
Scoring:	Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
Awards:	There are no awards for this meet.
Programs:	Programs for all sessions will be available for \$10. Programs will include coupons for finals programs for each evening free of charge.
Credentials:	Parents not working the meet as a deck official, volunteer timer or other position are not permitted on the deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have their current USA Swimming card with them at all times.
Officials & Timers:	<ul style="list-style-type: none"> • Each participating club is requested to provide at least one table worker or official (referee, starter or stroke & turn judge) per session if entering 25 or more splashes • All certified officials wishing to volunteer please contact the Meet Referee by March 3. • 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.

	<ul style="list-style-type: none"> The host club will provide one timer per lane.
Entry Procedures:	<ul style="list-style-type: none"> Entries should be submitted using Hy-Tek Team Manager. Entry file: 11-53-events.zip Include in the subject of the email, "2011 PVS SC SR 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, Relays \$10 (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. All relay-only swimmers must be listed on the meet entry in order to participate in the meet Please designate Bonus events as such in Team Manager.
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, George Mason University and Curl Burke Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>	

Thursday, March 10, 2011

Warm up: 4:20-5:20 pm, Events: 5:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
1	18:35.09	19:12.69	1650 yd Freestyle			
			1000 yd Freestyle	10:11.39	9:13.19	2
Positive check-in deadline for these events is 4:45 pm Events are timed finals. Heats will be swum fastest to slowest, alternating women and men.						

Friday March 11, 2011

Warm up Prelims: 6:30-7:50 am, Events: 8:00 am

Warm up Finals: 4:30-5:50 pm, Events: 6:00 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
3	2:00.49	2:16.99	200 yd Freestyle	1:49.19	2:04.49	4
5	1:13.69	1:23.89	100 yd Breaststroke	1:06.89	1:16.19	6
7	1:03.59	1:11.89	100 yd Butterfly	56.99	1:04.59	8
9	4:51.89	5:30.39	400 yd Individual Medley	4:30.09	5:06.09	10
10 Minute Break						
11	8:02.09		800 yd Freestyle Relay	7:16.79		12
All Relays are Positive Check-in Positive Check-in deadline for the 400y IM is 8:30 am Positive check-in deadline for 800y Free Relay is 9:30 am Break will be 10 minutes and the competition pool will not be open for Warm up. <u>800 yd Freestyle Relay</u> : Events are timed finals. Heats will be swum slowest to fastest alternating women and men in the preliminary session. Fastest heat for women and men will be swum as the last event in the finals session. Team may designate that they want to swim in the AM session when they check in.						

Saturday March 12, 2011

Warm up Prelims: 6:30-7:50 am, Events: 8:00 am

Warm up Finals: 4:30-5:50 pm, Events: 6:00 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
13	2:38.49	2:59.89	200 yd Breaststroke	2:26.49	2:46.69	14
15	26.19	29.89	50 yd Freestyle	23.39	26.79	16
17	1:04.49	1:12.79	100 yd Backstroke	58.69	1:06.29	18
19	5:19.19	4:46.49	500 yd Freestyle	4:54.39	4:24.79	20
21			200 yd Freestyle Relay			22
10 Minute Break – Finals Only						
23	4:18.09		400 yd Medley Relay	3:53.19		24
400 Medley Relays is Positive Check-in Positive check-in deadline for 500y Freestyle is 8:30 am Positive check-in deadline for 400y Medley Relay is 9:30 am Break will be 10 minutes and the competition pool will not be open for Warm-ups. <u>200 Freestyle Relay</u> : Events are timed finals and will be swum slowest to fastest during preliminaries <u>400 Medley Relay</u> : Events are timed finals and will be swum slowest to fastest during finals						

Sunday, March 13, 2011

Warm up Prelims: 6:30-7:50 am, Events: 8:00 am

Warm up Finals: 4:30-5:50 pm, Events: 6:00 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
25	2:18.89	2:36.49	200 yd Backstroke	2:07.79	2:24.19	26
27	56.29	1:04.09	100 yd Freestyle	50.69	57.79	28
29	2:22.69	2:41.19	200 yd Butterfly	2:10.79	2:27.89	30
31	2:17.79	2:36.19	200 yd Individual Medley	2:06.49	2:23.59	32
33			200 yd Medley Relay			34
10 Minute Break – Finals Only						
35	3:54.29		400 yd Freestyle Relay	3:22.59		36
37	10:55.09	9:50.99	1000 yd Freestyle			
			1650 yd Freestyle	17:23.49	17:58.69	38
400 Freestyle Relay is positive Check-in Positive check-in deadline for 400y Free Relay is 9:30 am Positive check-in deadline for 1000/1650 is 6:30 pm Saturday Break will be 10 minutes and the competition pool will not be open for Warm-ups. <u>200 yd Medley Relay</u> : Events are timed finals and will be swum slowest to fastest during preliminaries. <u>400 yd Freestyle Relay</u> : Events are timed finals and will be swum slowest to fastest during finals. <u>1000 yd & 1650 yd Freestyle</u> : Events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Fastest heat of each event will be swum as the first event in the finals session.						