

~~7/12 – NO Time Trials will be run during the meet~~

7/14 – Should timelines permit once all positive check-in has been completed, a limited number of Time Trial may be offered.

7/12 – Friday WU – 6:30-7:50 am, Events 8:00 am

Saturday WU – 7:00-8:20 am, Events 8:30 am

Sunday WU – 6:00-7:20 am, Events 7:30 am

7/12 – All preliminary events will be Positive Check-in

PVS 2011 Long Course Senior Championships

July 14-17, 2011

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-11-75**

Hosted for PVS by: Curl Burke Swim Club

Entries due to Meet Manger by: Tuesday July 5, 2011 (check on club deadline)

Warm up: Thursday: 3:30-4:20 am Events: 4:30 pm

Warm up: Prelims: ~~7:00-8:20 am~~ Events: 8:30 am

See above for changes to warm up and event start times

Warm up: Finals: 5:20-6:20 pm Events: 6:30 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:	Jack Neill JJNeill@fcps.edu Please contact Jack Neill if you are interested in being an Official for this meet by June 28 This meet will be an N2 and N3 Certification meet. Additional information to follow.
Facility:	University of Maryland: University of Maryland College Park Campus, College Park, MD 20740 301-266-4400 <ul style="list-style-type: none">8 lane, 50 meter with separate warm up/cool down facilityThe competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C), because it is a bulkhead pool, which is measured in length prior to the start of the meet.
Eligibility:	<ul style="list-style-type: none">Open to all Potomac Valley Swimming registered athletes and invited USA Swimming teamsClubs 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.If a swimmer is entered with NT, they will be removed from that event.Distance Entries: Any swimmer who qualifies for the 800 and/or 1500 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.Do not enter with a time achieved prior to July 1, 2009.
Disability Swimmers:	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.
Rules:	<ul style="list-style-type: none">Current USA Swimming rules shall govern the meet.

	<ul style="list-style-type: none"> • All events are trials and finals, except for relays and the 800M and 1500M Freestyle which are timed finals. • 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 M Freestyle and Medley relays will not be scored. • Seed times are long course meters • 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 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.
<p>Withdrawing from Finals:</p>	<p>PVS scratch rules apply for swimmers scratching 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", "B" or "C" 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>
<p>Positive Check In:</p>	<ul style="list-style-type: none"> • Positive check-in is required for all individual events 400 M and over, and all Relays (200, 400 & 800). Swimmers who do not check-in will be scratched from that event. Athletes who have checked in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event. <p>If the size of the PVS Senior and/or Junior Championships warrant, positive check-in for individual events 200M or shorter may be announced.</p>
<p>Order of Swims:</p>	<ul style="list-style-type: none"> • There will be three heats swum in finals for all individual events except the 800 and 1500 events. Heats will be swum in the following order: "C", "B" and "A". • Short Course times will be seeded after long course entry times. • Heats of distance events (800 & 1500) will be swum fastest to slowest, alternating women and men. The fastest seeded heat of the women's 800 and men's 1500 will be the first event of the Sunday finals session. (Swimmers in the 800 and 1500 are responsible for providing their own timer, except for those swimming in the Final 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" 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 Champs or Junior Champs 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 limit. • The swimmer must have a provable Junior Champs qualifying time in any event for which they want to time trial. • The time trial fee is \$10/attempt. <p>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 800M and 1500M freestyle will only be offered on Thursday.</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> <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 appropriate club official's chair prior to June 28. • 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. • 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: • Include in the subject of the email, "2011 PVS LC 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.

	<ul style="list-style-type: none"> • 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, University of Maryland 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, July 14, 2011

Warm up: 3:30-4:20 pm, Events: 4:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
1	18:30.99	18:59.99	1500 M Freestyle			
			800 M Freestyle	10:35.69	9:27.39	2

Events are timed finals. Heats will be swum fastest to slowest, alternating women and men.

Friday July 15, 2011

Warm up Prelims: ~~7:00-8:20 am~~, Events: ~~8:30 am~~

WU: 6:30-7:50 am, Events 8:00 am

Warm up Finals: 5:20-6:20 pm, Events: 6:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
3	2:01.79	2:17.89	200 M Freestyle	1:52.69	2:07.59	4
5	1:12.89	1:22.59	100 M Breaststroke	1:07.39	1:16.29	6
7	1:02.79	1:11.09	100 M Butterfly	56.49	1:03.99	8
9	4:51.99	5:30.59	400 M Individual Medley	4:33.19	5:09.29	10
10 Minute Break - Prelims only						
11	8:26.49	9:33.49	800 M Freestyle Relay	7:49.39	8:51.49	12

All Relays are Positive Check-in

Break will be 10 minutes and the competition pool will not be open for Warm up.

800M Freestyle Relay: 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.

Saturday July 16, 2011

Warm up Prelims: ~~7:00-8:20 am~~, Events: ~~8:30am~~

WU: 7:00-8:20 am, Events 8:30 am

Warm up Finals: 5:20-6:20 pm, Events: 6:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
13	1:47.89	2:04.89	200 M Freestyle Relay	1:37.89	1:53.19	14
15	2:36.69	2:57.39	200 M Breaststroke	2:27.39	2:46.89	16

17	26.39	29.89	50 M Freestyle	23.69	26.79	18
19	1:04.19	1:12.69	100 M Backstroke	59.19	1:06.99	20
21	5:23.39	4:48.59	400 M Freestyle	5:04.19	4:31.49	22
10 Minute Break – Prelims Only						
23	4:27.09	5:02.39	400 M Medley Relay	4:04.49	4:36.79	24
<p>All Relays are Positive Check-in 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 only during preliminaries <u>400 Medley Relay</u>: Events are timed finals and will be swum slowest to fastest during finals</p>						

Sunday, July 17, 2011

Warm up Prelims: ~~7:00-8:20 am~~, Events: ~~8:30 am~~

WU: 6:00-7:20 am, Events 7:30 am

Warm up Finals: 5:20-6:20 pm, Events: 6:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
25	2:14.19	2:34.89	200 M Medley Relay	2:01.89	2:13.99	26
27	2:17.49	2:35.69	200 M Backstroke	2:06.89	2:23.69	28
29	56.99	1:04.49	100 M Freestyle	51.89	58.79	30
31	2:17.19	2:35.29	200 M Butterfly	2:06.89	2:23.69	32
33	2:17.99	2:36.29	200 M Individual Medley	2:07.29	2:24.09	34
10 Minute Break – Prelims Only						
35	3:56.89	4:28.19	400 M Freestyle Relay	3:35.99	4:04.59	36
37	11:09.99	9:57.99	800 M Freestyle			
			1500 M Freestyle	17:48.19	18:16.09	38
<p>All Relays are positive Check-in Break will be 10 minutes and the competition pool will not be open for Warm-ups. <u>200 M Medley Relay</u>: Events are timed finals and will be swum only during preliminaries. <u>800M & 1500M 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. <u>400 M Freestyle Relay</u>: Events are timed finals and will be swum slowest to fastest during finals.</p>						