

**7/12 – No Time Trials will be at this meet**  
**7/12 – All preliminary events will be positive check in**

## PVS 2011 Long Course Junior Championships

July 14-17, 2011

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-11-76**

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: 6:20-6:50 pm      Events: 7:00 pm

Warm up: Friday-Sunday: 12:15-1:15 pm      Events: 1:25 pm

**\*\*NOTE:** Warm-up and Event Start times are subject to change once all entries for both Senior Champs and Junior Champs have been received.

Meet Host/Director:	Curl Burke Swim Club Brian Pawlowicz, <a href="mailto:brianpawlowicz@cubu.org">brianpawlowicz@cubu.org</a> , 703-319-4168 Mail checks to: 2704 Willow Dr, Vienna, VA 22181
Meet Referee:	Scott Witkin <a href="mailto:scottwitkin@verizon.net">scottwitkin@verizon.net</a> Please contact the Meet Referee if you are interested in working as an Official by June 28.
Facility:	<b>University of Maryland:</b> University of Maryland College Park Campus, College Park, MD 20740 301-266-4400 <ul style="list-style-type: none"> <li>• 8 lane, 50 meter with separate warm up/cool down facility</li> <li>• The pool is 8 1/2 ft deep at the starting end and 13 ft deep at the turning end.</li> <li>• The 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.</li> </ul>
Eligibility:	<ul style="list-style-type: none"> <li>• Open to all Potomac Valley Swimming registered athletes 13 &amp; Over as of the first day of the meet.</li> <li>• Swimmers shall compete at the age attained on the first day of the meet.</li> <li>• Do not enter with a time achieved prior to July 1, 2009</li> </ul>
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"> <li>• Current USA Swimming rules shall govern the meet.</li> <li>• All events are timed finals.</li> <li>• <b>A swimmer may enter and compete in a maximum of 7 individual events and no more than 3 individual events per day.</b></li> <li>• A swimmer may not enter an event they are eligible to swim at either the PVS 2011 Senior LC Champs or PVS 2011 14 &amp; Under LC Champs.</li> <li>• Any athlete who betters the "No Faster Than" times for PVS Junior Champs after the submission of entries is precluded from competing in that event at this meet.</li> <li>• All entry times must be actually achieved LCM times that were swum after July 1, 2009. No "NO TIMES" are permitted nor are converted times.</li> <li>• Seed times are long course meters</li> <li>• No late entries are permitted for this meet.</li> <li>• No on-deck USA-S registration is permitted</li> </ul>

	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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.</li> </ul>
Positive Check In:	The Check-in schedule will be announced once entries have been received. 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.
800/1500 Freestyle:	<ul style="list-style-type: none"> <li>The 800 M and 1500 M Freestyle will be swum Fast to Slow and alternating Women and Men. Swimmers are responsible for providing their own lap counter and timer (required). Swimmers in Thursday's events may swim as part of PVS Senior Champs – seeded after those swimmers.</li> <li>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.</li> <li>Please note that during Sunday's session there is no break between the 200 M butterfly and the 800/1500 M Freestyle events. Coaches and swimmers should take this into account and plan accordingly.</li> </ul>
Time Trials:	Time trials will be held following the completion of the finals session of Senior Champs each evening. An athlete participating in Junior Champs must compete in an individual event in 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. 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.
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
Awards:	There are no awards for this meet.
Programs:	Programs for all sessions will be available for \$5.
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"> <li>Each participating club is requested to provide at least one table worker or official (referee, starter or stroke &amp; turn judge) per session if entering 25 or more splashes</li> <li>All certified officials wishing to volunteer please contact the Meet Referee prior to June 28.</li> </ul>

	<ul style="list-style-type: none"> <li>Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries.</li> <li>The Meet Director may send out a request for timers based upon entries.</li> </ul>
Entry Procedures:	<ul style="list-style-type: none"> <li>Entries should be submitted using Hy-Tek Team Manager.</li> <li>Entry file: <ul style="list-style-type: none"> <li>Include in the subject of the email, "2011 PVS LC Junior Champs - ***" with the clubs initials in place of the asterisks. Also include training site if your club submits multiple entry files.</li> </ul> </li> <li>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.</li> <li><b>Individual event fee: \$5.50 (make checks payable to PVS)</b></li> <li>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> <li>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.</li> <li><b>IMPORTANT: NFT QT's in the file are for both 15 &amp; Over and 13-14 year old swimmers. The NFT QT's for 13-14 year old swimmers are slower. Please make sure any 13-14 year old swimmers entered into the met do not have a QT for the PVS 2010 14 &amp; Under LC Champs.</b></li> </ul>
<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: 6:20-6:50 pm, Events: 7:00 pm

Warm up times are subject to change after all Jr. and Sr. entries have been entered.

Women's Events #	No Faster Than		Event	No Faster Than		Men's Event #
	15 & O Meters	13-14 Meters		15 & O Meters	13-14 Meters	
1	19:00.0	22:23.10	13 & Over 1500 M Freestyle			
			13 & Over 800 M Freestyle	9:27.40	11:39.80	2
<p>Events are timed finals. Heats will be swum fastest to slowest, alternating women and men. Seed Times are Long Course Meters. Do not enter with "NT", SCY times or converted times.</p>						

## Friday July 15, 2011

Warm up: 12:15-1:15 pm, Events: 1:25 pm

Warm up times are subject to change after all Jr. and Sr. entries have been entered.

Women's Events #	No Faster Than		Event	No Faster Than		Men's Event #
	15 & O Meters	13-14 Meters		15 & O Meters	13-14 Meters	
3	2:17.90	2:27.40	13 & Over 200 M Freestyle	2:07.60	2:20.50	4
5	1:22.60	1:29.80	13 & Over 100 M Breaststroke	1:16.30	1:27.00	6
7	1:11.10	1:19.00	13 & Over 100 M Butterfly	1:04.00	1:16.30	8
9	5:30.60	6:11.50	13 & Over 400 M Individual Medley	5:09.30	5:58.10	10
<p>Seed Times are Long Course Meters.</p>						

Do not enter with "NT", SCY times or converted times.

## Saturday July 16, 2011

Warm up: 12:15-1:15 pm, Events: 1:25 pm

Warm up times are subject to change after all Jr. and Sr. entries have been entered.

Women's Events #	No Faster Than		Event	No Faster Than		Men's Event #
	15 & O Meters	13-14 Meters		15 & O Meters	13-14 Meters	
11	2:36.30	2:47.00	13 & Over 200 Individual Medley	2:24.10	2:38.60	12
13	2:57.40	3:12.90	13 & Over 200 M Breaststroke	2:46.90	3:06.00	14
15	29.90	31.60	13 & Over 50 M Freestyle	26.80	30.00	16
17	1:12.70	1:19.80	13 & Over 100 M Backstroke	1:07.00	1:16.90	18
19	4:48.60	5:09.90	13 & Over 400 M Freestyle	4:31.50	5:07.90	20

Seed Times are Long Course Meters.  
Do not enter with "NT", SCY times or converted times.

## Sunday, July 17, 2011

Warm up: 12:15-1:15 pm, Events: 1:25 pm

Warm up times are subject to change after all Jr. and Sr. entries have been entered.

Women's Events #	No Faster Than		Event	No Faster Than		Men's Event #
	15 & O Meters	13-14 Meters		15 & O Meters	13-14 Meters	
21	2:35.70	2:48.20	13 & Over 200 M Backstroke	2:23.70	2:45.50	22
23	1:04.50	1:08.20	13 & Over 100 M Freestyle	58.80	1:05.50	24
25	2:35.30	2:59.80	13 & Over 200 M Butterfly	2:23.70	2:51.00	26
27	9:58.00	10:52.80	800 M Freestyle			
			1500 M Freestyle	18:16.10	22:20.00	28

800M & 1500M Freestyle: Events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions.

Please note that during Sunday's session there is no break between the 200 M butterfly and the 800/1500 M Freestyle events. Coaches and swimmers should take this into account and plan accordingly.

Seed Times are Long Course Meters.  
Do not enter with "NT", SCY times or converted times.