

PVS 2012 Short Course 14 & Under Junior Olympic Championships

March 15-18, 2012

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-12-54**

Hosted for PVS by: Machine Aquatics

Entries due to Meet Manger by: Tuesday February 28, (check on club deadline)

CORRECTED START TIMES AS OF 03.08.12

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

Friday-Sunday 13 & O Warm up: 6:30-7:50 am Events: 8:00 am

*NOTE: Swum in 1 pool with the exception of the Sunday BOYS 14 & Under 1650 Free, which will be swum in pool #2 starting at 10:10am

Friday-Sunday 12 & UNDERS SWIMMERS* 11:30-12:50 pm Events: 1:00 pm

*NOTE: ALL 12 & UNDER SWIMMERS ARE NOW IN 1 SESSION A SWIMMING DUAL COURSE

FINALS: Warm up: 4:45-5:35 pm Events: 5:45 pm

Meet Host/Director:	Machine Aquatics Paris Jacobs 2314 Toddsbury Place Reston, VA 20191 paris@machineaquatics.com 571-238-7657
Meet Referee:	Barbara Ship barb@ships3.com
Admin Referee:	Tim Husson thusson@comcast.net
Club Official's Chair:	Stuart Gordon officials@machineaquatics.com
Facility:	Fairland Aquatics Center: 13820 Old Gunpowder Rd, Laurel, MD 20707, 301-362-6060 <ul style="list-style-type: none"> • 50M by 25y pool. The meet will be swum in two 25 yd, 8 lane courses for the preliminary session. Two lanes will be available for continuous warm-up/cool down. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). • The depth at both the starting and turn ends range from 5 ft to 6 ft in the shallow end course and 7 ft to 13 ft in the deep end course.
Eligibility:	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes. • Swimmers may only participate in his or her own age group, based upon their age on the first day of the meet. • Swimmers must have equaled or bettered the applicable SCY or LCM qualifying times listed. • Times achieved prior to March 15, 2010 will not be permitted. Qualifying times must have been achieved in 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. • 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. • A swimmer may enter and compete in a maximum of 6 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 relay teams per club per event may score. • SCY seed times are conforming for this meet. LCM seed times will be seeded after SCY times. • No late entries are permitted for this meet. • No on-deck USA-S registration is permitted • In compliance with USA Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; 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. • Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement. • The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for 12 & U sessions in Rule 205.3.1F. • Dive-over starts may be used during the preliminary sessions at this meet at the discretion of the Meet Manager and/or Meet Referee.
Event Rules:	<ul style="list-style-type: none"> • All individual events are trials and finals except the 11-12 and 10 & Under 500 Freestyle and the 14 & Under 1000 & 1650 yd Freestyle. • Except where otherwise noted the 10 & Under events will have 1 heat at Finals, the 11-12, 12 & Under, 13-14 and 14 & Under events will have 2 heats at Finals, swum in the order of "B", then "A". • The 11-12 500 yd freestyle and the 14 & U1000 yd and 1650 yd Freestyle events will be swum fastest to slowest. • The fastest heat of the 14 & U 1000 yd and 1650 yd Freestyle and the 10 & Under 500 yd Freestyle will be swum as the first events of the Finals session on Sunday. • Swimmers of the 500 yd, 1000 yd and 1650 yd events are responsible for providing their own timer and counter; except for those swimming in Finals on Sunday. • All relays are timed finals and will be swum in the preliminary sessions. • The boys and girls will swim in separate courses for the preliminary sessions. Plan your events accordingly.
Withdrawing from Finals:	<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" 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:	<p>Positive check-in is required for all individual events and relays 400 yd and over. 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> <p>See the check-in deadlines later in this Meet Announcement. Note that check-in for the Sunday 1000/1650 events must be done by 6:30 pm Saturday.</p> <p>If the size of the PVS 14 & Under Championships warrants, positive check-in for individual events 200 yd or shorter may be announced.</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>If during the meet there are 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:	<p>Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</p> <p>Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</p>
Awards:	<ul style="list-style-type: none"> • Medals will be awarded 1st through 8th place for individual events and 1st through 3rd place for relay events. • High point awards will be presented to the male and female athlete with the highest point total in individual events in the following age groups: 10 & Under, 11-12, 13-14. • Relay events will not be used to determine high point awards.
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, chief judge, 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 March 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. • Entry file: 12-54-events.zip

	<ul style="list-style-type: none"> • Include in the subject of the email, "2012 PVS LC 14 & U 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: \$6.00, 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
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatic Center and Machine Aquatics 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 15, 2012

Distance Events

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

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

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
1	19:59.99	21:26.69	14 & Under 1650 Freestyle			
			14 & Under 1000 Freestyle	11:29.99	10:47.09	2
3	6:07.99	5:28.39	11-12 500 yd Freestyle	6:05.99	5:28.69	4
<p>All Events are Positive Check-in Positive Check-in deadline for 1650 Freestyle and 1000 Freestyle is 5:00 pm Positive Check-in deadline for 500 Freestyle is 6:00 pm The 11-12 500 Free, Women's 14 & U 1650 and Men's 14 & U 1000 are timed finals and will be swum fastest to slowest.</p> <p>All swimmers are to provide their own timer and counter (if needed) for all events in this session.</p>						

Friday, March 16, 2012

13-14 Prelim Events

WARM UP 6:30-7:50 AM/ EVENTS: 8:00AM

ALL 13-14 Events will be swum in a single course for Friday Prelims

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
5	NT	NT	13-14 200 Medley Relay	NT	NT	6
11	1:15.59	1:26.59	13-14 100 yd Breaststroke	1:10.99	1:23.49	12
17	2:05.89	2:23.39	13-14 200 yd Freestyle	1:59.39	2:19.99	18
23	1:05.99	1:15.69	13-14 100 yd Butterfly	1:02.29	1:14.19	24
29	5:03.99	5:49.59	14 & Under 400 Individual Medley	4:52.99	5:57.09	30
35	9:30.99	10:45.19	13-14 800 Freestyle Relay	9:30.99	10:45.19	36

400 IM and 800 Freestyle Relay are Positive Check-in
All 800 Freestyle Relays will be swum as Timed Finals during Prelims
 Positive check-in deadline for 400 IM and 800 Free Relay is 8:00 am

NOTE: THE 11- 12 & 10 & UNDER SWIMMERS ARE NOW SWIMMING IN THE SAME COMBINED SESSION.

Friday, March 16, 2012

11-12 Prelim Events

WARM UP: 11:30-12:50 PM/ EVENTS: 1:00PM

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
7	2:13.99	2:23.49	11-12 200 yd Medley Relay	2:13.99	2:25.49	8
9	2:35.99	2:59.69	12 & Under 200 yd Backstroke	2:37.99	3:04.19	10
15	37.69	42.99	11-12 50 yd Breaststroke	37.59	44.09	16
21	1:02.99	1:11.09	11-12 100 yd Freestyle	1:02.79	1:11.59	22
27	32.19	37.29	11-12 50 yd Butterfly	32.19	37.59	28
33	2:36.09	2:59.59	11-12 200 yd Individual Medley	2:36.99	3:02.49	34

Friday, March 16, 2012

10 & Under Prelim Events

WARM UP: 11:30-12:50 PM/ EVENTS: 1:00PM

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
13	43.09	49.59	10 & Under 50 yd Breaststroke	43.59	50.39	14
19	1:13.09	1:24.09	10 & Under 100 yd Freestyle	1:11.99	1:22.69	20
25	37.49	42.69	10 & Under 50 yd Butterfly	37.39	43.99	26
31	2:59.99	3:30.19	10 & Under 200 Individual Medley	2:59.99	3:31.29	32

Friday, March 16, 2012

FINALS

Warm up: 4:45-5:35 pm, Events: 5:45 pm

Women's Events #	Event	Men's Event #
9	12 & Under 200 yd Backstroke	10
11	13-14 200 yd Breaststroke	12
13	10 & Under 50 yd Breaststroke	14
15	11-12 50 yd Breaststroke	16
17	13-14 200 yd Freestyle	18
19	10 & Under 100 yd Freestyle	20
21	11-12 100 yd Freestyle	22
23	13-14 100 yd Butterfly	24
25	10 & Under 50 yd Butterfly	26
27	11-12 50 yd Butterfly	28
29	14 & Under 400 yd Individual Medley	30
31	10 & Under 200 yd Individual Medley	32
33	11-12 200 yd Individual Medley	34

**Saturday, March 17, 2012
13-14 Prelim Events**

WARM UP 6:30-7:50 AM/ EVENTS: 8:00 AM

13-14 Events will be swum in a single course for Saturday Prelims

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
37	1:52.99	2:09.89	13-14 200 yd Freestyle Relay	1:47.99	2:04.29	38
43	2:23.69	2:44.99	13-14 200 yd Individual Medley	2:16.99	2:41.49	44
49	2:42.09	3:08.09	13-14 200 yd Breaststroke	2:35.89	3:00.99	50
55	1:06.39	1:15.49	13-14 100 yd Backstroke	1:03.49	1:14.29	56
61	27.09	30.59	13-14 50 yd Freestyle	25.69	28.99	62
67	5:34.99	5:01.69	13-14 500 yd Freestyle	5:17.99	4:57.39	68
69	4:35.99	5:21.99	13-14 400 yd Medley Relay	4:29.99	5:17.49	70

500 Freestyle and 400 Medley Relay are Positive Check-in

Positive check-in deadline for 500 Free and 400 Medley Relay is 8:00 am

All swimmers are to provide their own timer and counter (if needed) for Events #67/68 500 Free

NOTE: THE 11- 12 & 10 & UNDER SWIMMERS ARE NOW SWIMMING IN THE SAME COMBINED SESSION.

**Saturday, March 17, 2012
11-12 Prelim Events**

WARM UP: 11:30-12:50 PM/ EVENTS: 1:00PM

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
39	1:57.99	2:15.59	11-12 200 yd Freestyle Relay	1:57.99	2:15.59	40
41	2:52.99	3:10.19	12 & Under 200 yd Butterfly	2:43.99	3:12.09	42
47	1:12.69	NA	11-12 100 yd Individual Medley	1:12.29	NA	48
53	1:21.49	1:32.39	11-12 100 yd Breaststroke	1:22.49	1:36.29	54
59	33.59	38.79	11-12 50 yd Backstroke	33.69	39.19	60
65	2:17.39	2:35.89	11-12 200 yd Freestyle	2:17.29	2:39.19	66
71	4:54.99	5:38.99	11-12 400 yd Medley Relay	4:54.99	5:40.09	72

400 Medley Relay is Positive Check-in

Positive check-in deadline for 400 Medley Relay is 12:00 noon

**Saturday, March 17, 2012
10 & Under Prelim Events**

WARM UP: 11:30-12:50 PM/ EVENTS: 1:00PM

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
45	1:22.59	NA	10 & Under 100 yd Individual Medley	1:21.79	NA	46
51	1:34.49	1:48.49	10 & Under 100 yd Breaststroke	1:33.39	1:50.09	52

57	38.59	43.99	10 & Under 50 yd Backstroke	38.79	44.29	58
63	2:37.99	3:07.09	10 & Under 200 yd Freestyle	2:35.59	3:05.29	64
73	2:37.99	3:00.79	10 & Under 200 yd Medley Relay	2:37.99	3:00.79	74

**Saturday, March 17, 2012
FINALS**

Warm up: 4:45-5:35 Events: 5:45 pm

Women's Events #	Event	Men's Event #
41	12 & Under 200 yd Butterfly	42
43	13-14 200 yd Individual Medley	44
45	10 & Under 100 yd Individual Medley	46
47	11-12 100 yd Individual Medley	48
49	13-14 200 yd Breaststroke	50
51	10 & Under 100 yd Breaststroke	52
53	11-12 100 yd Breaststroke	54
55	13-14 100 yd Backstroke	56
57	10 & Under 50 yd Backstroke	58
59	11-12 50 yd Backstroke	60
61	13-14 50 yd Freestyle	62
63	10 & Under 200 yd Freestyle	64
65	11-12 200 yd Freestyle	66
67	13-14 500 yd Freestyle	68
Positive check-in deadline for Sunday's 1000/1650 events is 6:30 pm Saturday		

**Sunday, March 18, 2012
13-14 Prelim Events**

WARM UP: 6:30-7:50 AM/ EVENTS: 8:00 AM

**13-14 Events will be swum in a single course for Sunday Prelims EXCEPT for
Boys 14 & U 1650 which will be swum in pool#2 starting at 10:10.**

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
75	4:09.99	4:42.49	13-14 400 yd Freestyle Relay	3:57.79	4:28.69	76
83	2:22.99	2:43.29	13-14 200 yd Backstroke	2:16.79	2:42.09	84
89	58.09	1:04.89	13-14 100 yd Freestyle	54.99	1:03.69	90
95	2:31.69	2:57.49	13-14 200 yd Butterfly	2:25.59	2:47.59	96
101	11:49.99	10:42.59	14 & Under 1000 yd Freestyle			
			14 & Under 1650 yd Freestyle	19:29.99	21:32.89	102

400 Freestyle Relay is positive Check-in

Positive check-in deadline for 400y Free Relay is 6:30 am

Positive check-in deadline for 1000/1650 is 6:30 pm Saturday

All swimmers are to provide their own timer & counter (if needed) for Events #103/104 1000/1650 Free

NOTE: THE 11- 12 & 10 & UNDER SWIMMERS ARE NOW SWIMMING IN THE SAME COMBINED SESSION.

Sunday, March 18, 2012
11-12 Prelim Events

WARM UP: 11:30-12:50PM/ EVENTS: 1:00PM

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
77	4:15.99	4:49.29	11-12 400 yd Freestyle Relay	4:15.99	4:49.29	78
81	2:54.99	3:23.59	12 & Under 200 yd Breaststroke	2:55.19	3:23.59	82
87	1:12.09	1:22.49	11-12 100 yd Backstroke	1:12.79	1:23.29	88
93	28.79	32.79	11-12 50 yd Freestyle	28.59	32.59	94
99	1:13.99	1:23.99	11-12 100 yd Butterfly	1:14.99	1:25.89	100
400 Freestyle Relay is positive Check-in Positive check-in deadline for 400y Free Relay is 10:40 am						

Sunday, March 18, 2012
10 & Under Prelim Events

WARM UP: 11:30-12:50PM/ EVENTS: 1:00PM

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
79	2:15.99	2:35.89	10 & Under 200 yd Freestyle Relay	2:15.99	2:38.19	80
85	1:23.19	1:36.29	10 & Under 100 yd Backstroke	1:22.79	1:37.59	86
91	32.99	37.29	10 & Under 50 yd Freestyle	32.59	37.19	92
97	1:31.19	1:44.19	10 & Under 100 yd Butterfly	1:33.19	1:47.59	98
103	6:59.99	6:37.19	10 & Under 500 yd Freestyle	6:59.99	6:26.39	104
500 Freestyle is Positive Check-in 500 Freestyle is a Timed Finals event; Top 8 swimmers swim at finals Positive check-in deadline for 500 Freestyle is 3:15 pm All swimmers are to provide their own timer and counter (if needed) for Event #105 Girls 500 Free						

Sunday, March 18, 2012
FINALS

Warm up: 4:45-5:35 pm, Events: 5:45 pm

Women's Events #	Event	Men's Event #
101	14 & Under 1000 yd Freestyle	
	14 & Under 1650 yd Freestyle	102
103	10 & Under 500 Freestyle	104
81	12 & Under 200 yd Breaststroke	82
83	13-14 200 yd Backstroke	84
85	10 & Under 100 yd Backstroke	86
87	11-12 100 yd Backstroke	88
89	13-14 100 yd Freestyle	90
91	10 & Under 50 yd Freestyle	92
93	11-12 50 yd Freestyle	94
95	13-14 200 yd Butterfly	96
97	10 & Under 100 yd Butterfly	98

99	11-12 100 yd Butterfly	100
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