

# PVS February Distance Meet

[Fairland Aquatics Center](#)

February 10, 2013

PVS-13-44

[Psych Sheet](#)

[Meet Announcement](#)

## INSTRUCTIONS/INFORMATION

- The Pysch sheet posted is to confirm accuracy of entered swimmers
- If a mistake is noticed the coach should notify the Meet Director no later than Friday Feb 8 at noon.
- There will be continuous warm up/cool down space throughout the entire meet

## SEEDING PROCEDURES

- Swimmers should check in at the positive check in table as soon as they arrive at the pool.
- The meet will be seeded and swum according to submitted entry times regardless of age. Heats will be swum fastest to slowest, alternating women and men.
- If a swimmer is entered in the 1000 yd Free and the 1650 yd Free, then they are permitted to swim in the first heat of the 1000 and then seeded in the 1650 according to their time.
- Lane assignments for each heat will be determined approximately 15 minutes prior to the time their heat starts.
- The heat start times listed below are estimates, be sure to check in promptly.
- Final heats may be combined women and men so that all lanes are full.
- All swimmers must provide their own time and counter.

<b>Women' 1000 Freestyle</b>	<b>Men's 1000 Freestyle</b>
Heat 1 (women's heat 1): 8:10 am	Heat 2 (men's heat 1): 8:22
Heat 3 (women's heat 2): 8:34	Heat 4 (men's heat 2): 8:46
Heat 5 (women's heat 3): 8:58	Heat 6 (men's heat 3): 9:11
Heat 7 (women's heat 4): 9:23	Heat 8 (men's heat 4): 9:37
Heat 9 (women's heat 5): 9:50	Heat 10 (men's heat 5): 10:05
Heat 11 (women's heat 6): 10:19	Heat 12 (men's heat 6): 10:34
	<b>If needed</b>
Heat 13 (women's heat 7): 10:48	Heat 14: 11:01
<b>If needed</b>	<b>If needed</b>

The Meet Director and Meet Referee will determine whether or not a 15 minute break is necessary. Times below are including a 15 minute break

<b>Women's 1650 Freestyle</b>	<b>Men's 1650 Freestyle</b>
Heat 1 (women's heat 1): 11:30	Heat 2 (men's heat 1): 11:52
Heat 3 (combined): 12:14 <b>If needed</b>	