

# PVS 2013 Short Course Senior Championships

March 7-10, 2013

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-13-52**

Time Trials: **PVS-13- 52-TT**

Hosted for PVS by: Nation's Capital Swim Club

**OME Entry Deadline: Tuesday February 26, 2013 (check on club deadline)**

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

Warm up: Prelims: 7:00 am Events: 9:00 am

**\*\*if the prelim sessions is more than 4 hrs and 15min but less than 5 hours, then warm up will be moved to 6:30 am with Events at 8:30 am. This information will be posted after all entries are submitted.\*\***

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

Meet Host/Director:	Nation's Capital Swim Club Brian Pawlowicz, <a href="mailto:bpawlowicz@nationscapitalswimming.com">bpawlowicz@nationscapitalswimming.com</a> , 703-319-4168 Mail checks to: 2704 Willow Drive, Vienna, Virginia 22181
Meet Referee:	Mike Rubin <a href="mailto:Mrubin1@cox.net">Mrubin1@cox.net</a>
Admin Referee:	Tim Husson <a href="mailto:thusson@comcast.net">thusson@comcast.net</a>
Official's:	This meet will be an Officials Qualifying Meet, under the USA Swimming National Certification program. Please contact Mike Rubin if you are interested in being an Official for this meet. <a href="mailto:Mrubin1@cox.net">Mrubin1@cox.net</a>  You may also submit an <a href="#">Application to Officiate</a> . Those officials desiring to be evaluated at this meet, must submit a <a href="#">Request for Evaluation</a> to the Meet Referee no later than March 1. You can review information about the National Certification Program on the <a href="#">USA Swimming Website</a> .
Facility:	<b>George Mason University</b> 4400 University Drive, Fairfax VA 22030 703-993-3939 <ul style="list-style-type: none"> <li>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.</li> <li>The competition course has a movable bulkhead at one end and therefore is not certified under Article 104.2.2(C).</li> </ul>
Eligibility:	<ul style="list-style-type: none"> <li>Open to all Potomac Valley Swimming registered athletes and invited USA Swimming Athletes.</li> <li>Clubs interested in participation should request an invitation from the PVS Senior Chair, Bill Marlin, <a href="mailto:coach_bill@verizon.net">coach_bill@verizon.net</a></li> <li>Swimmers must have equaled or bettered the applicable Qualifying Time listed. Qualifying times must have been achieved between March 1, 2011 and the entry deadline for this meet. Qualifying times must have been achieved in a USA Swimming sanctioned, observed or approved meet .</li> <li>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.</li> <li>If a swimmer is entered with NT, they will be removed from that event.</li> <li>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.</li> </ul>
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"> <li>• Current USA Swimming rules shall govern the meet.</li> <li>• All individual events are trials and finals, except for the 1000yd and 1650 yd Freestyle which are timed finals. Evening finals heats will be swum in the following order for Junior Champs "B" then "A" and for Senior Champs, "C", "B" then "A"</li> <li>• <b>A swimmer may compete in a maximum of 7 individual events and no more than 3 individual events per day.</b></li> <li>• All relay events are timed finals.</li> <li>• The 200 yd relays will be swum during the preliminary session. The 400 yd relays will be swum during the finals session.</li> <li>• The fastest heat of the 800 yd Freestyle Relay will be swim in the finals session and the slower heats in the preliminary session. When checking in for the 800 yd Freestyle Relay, a club may indicate they want to swim in the AM session.</li> <li>• A club may enter up to 3 relay teams per relay event, but only two relay teams per club per event may score.</li> <li>• The 200 yd Freestyle Relay and 200 yd Medley Relay will not be scored.</li> <li>• Seed times are short course yards. LCM entry times are non-conforming and will be seeded after SCY times.</li> <li>• No late entries are permitted for this meet.</li> <li>• No on-deck USA-S registration is permitted</li> <li>• 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.</li> <li>• Except where venue facilities require otherwise, changing into our out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</li> <li>• 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 each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>• Dive-over starts may be used during the preliminary sessions at this meet at the discretion of the Meet Manager and/or Meet Referee.</li> </ul>
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" or "C" finals, if scheduled.</p> <p>You may declare "intent to scratch". You must fill out and sign a PVS Finals</p>

	<p>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>Seeding and Positive Check In:</p>	<ul style="list-style-type: none"> <li>• The 1000 and 1650 Freestyle events and the 400 and 800 yard relay events will be positive check-in events. Individuals/Relays must check in by the check-in deadline in order to be SEEDED INTO THE EVENT.</li> <li>• <b>All events will be seeded after the scratch/check-in deadlines listed below in accordance with USA Swimming 207.11.6</b> <ul style="list-style-type: none"> <li>○ Check-in deadline for Thursday distance events is 5:00 pm</li> <li>○ Scratch deadline for Friday events and positive check-in for 800 FR is Thursday at 6:00 pm</li> <li>○ Scratch deadline for Saturday events and positive check-in for 400 MR is Friday at 6:30 pm</li> <li>○ Scratch deadline for Sunday events and positive check-in for 400 FR and Sunday 1000/1650 is Saturday at 6:30 pm</li> </ul> </li> <li>• The preliminaries of the 500 Free and the 400 IM will be as follows: The fastest four heats of women (slow-to-fast), the fastest four heats of men (slow-to-fast). The remaining heats will be swum fast-to-slow, alternating women and men following the relay events.</li> </ul>
<p>Order of Swims:</p>	<ul style="list-style-type: none"> <li>• Two or three finals heats of each individual event for except the 1000 and 1650 events will be swum at night. Three heats from Senior Champs will alternate with two heats from Junior Champs. Heats will be swum in the following order: “C”, “B”, “A”.</li> <li>• Heats of distance events (1000 yd &amp; 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 Final session on Sunday.)</li> </ul>
<p>Bonus Events:</p>	<p>Any athlete, who is entered into at least one individual event, may also enter one bonus event for which they meet the Bonus Qualifying Time. If entered in 2 or more individual events, they may enter 2 bonus events for which they meet the Bonus Qualifying Times. Athletes entering bonus events may compete in no more than the maximum events per session or the meet. No “NT” entries will be accepted for Bonus Events.</p>
<p>Time Trials:</p>	<ul style="list-style-type: none"> <li>• 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</li> <li>• An athlete must compete in an individual event in either Senior Champs or Junior Champs in order to participate in time trials.</li> <li>• 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.</li> <li>• <b>The time trial fee is \$12/attempt.</b></li> <li>• 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.</li> </ul>

Warm Up:	<p>The prescribed PVS warm-up procedures and safety policies will be followed.</p> <p>The warm-up schedule for preliminaries sessions will be as follows:</p> <ul style="list-style-type: none"> <li>• 7:00-8:20 am: All lanes are general warm-up</li> <li>• 8:20-8:50 am: Lanes 1 and 8 are designated for pace; Lanes 2 and 7 are designated for sprint; Lanes 3 through 6 will remain general warm-up</li> </ul> <p>The warm-up for the finals sessions will be as follows:</p> <ul style="list-style-type: none"> <li>• 4:30-5:20 pm: All lanes are general warm-up</li> <li>• 5:20-5:50 pm: Lanes 1 and 8 are designated for pace; Lanes 2 and 7 are designated for sprint; Lanes 3 through 6 will remain general warm-up</li> </ul> <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:	All preliminary and Finals programs will be available for \$2 each.
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, Mike Rubin at <a href="mailto:mrubin1@cox.net">mrubin1@cox.net</a> by March 1. See above regarding application to Officiate.</li> <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> <li>• The host club will provide one timer per lane.</li> </ul>
<b>Entry Procedures:</b>	<p><b>See the OME Procedures Attachment at the end of this Meet Announcement for more information.</b></p> <ul style="list-style-type: none"> <li>• <b>On-Line Meet Entry (OME)</b> – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) <b>ONLY</b>. Entries by any other method will not be accepted. <ul style="list-style-type: none"> <li>○ The OME system is accessed from the USA Swimming web site at: <a href="http://www.usaswimming.org/ome">http://www.usaswimming.org/ome</a></li> <li>○ Coaches must have a USA Swimming account (free) to utilize the system. After logging into the system, select “Enter Team”</li> </ul> </li> <li>• <b>OME Opens:</b> Monday, January 28, 2013 at 9:00 am EST</li> <li>• <b>OME Closes:</b> Tuesday, February 26, 2013 at 11:59 pm EST.</li> <li>• Meet Entry POC; Terri Marlin, 571-334-0871, <a href="mailto:ome@pvswim.org">ome@pvswim.org</a>.</li> <li>• <b>OME Help:</b> Josh Fowler, USA-S, 719-866-3581, <a href="mailto:jfowler@usaswimming.org">jfowler@usaswimming.org</a> Susan Woessner, USA-S, 719-866-3589, <a href="mailto:swoessner@usaswimming.org">swoessner@usaswimming.org</a> Terri Marlin, PVS, 571-334-0871, <a href="mailto:ome@pvswim.org">ome@pvswim.org</a></li> <li>• <b>Conforming (SCY) and Non-Conforming (LCM) times will be used for entry. Conforming times will be seeded first.</b></li> <li>• <b>Individual Entries: Any qualifying time in the national database swum</b></li> </ul>

within the qualifying period may be used for entry.

- Swimmers may use an “Override Time” for times not in the database.
- Override times must include the meet name and date.
- Override times that are not proven during the entry process will be annotated with an asterisk (\*) in the meet psych sheet.
- **Proof for times annotated as unproven (\*) must be provided to the Administrative Referee prior to the event, or the swimmer will be scratched from that event.**
- Relay Entries: Ensure “relay only” athletes are included in the team entry roster.
  - If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (\*\*).
  - The \*\* signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay.
  - There are no qualifying times for the 200 yd relays.
- Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add unattached/unregistered swimmer” link.
- Individual Unattached Athletes: Unattached athletes may enter individually.
  - In OME, select “Enter Individual”
  - Payment will be required prior to the start of the meet.
- Individual event fee: \$8.00, Relays \$12 (make checks payable to PVS)
- Entry fees are due with meet entry and must be paid prior to the start of the meet. 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 team’s OME meet roster in order to participate in the meet
- Please designate Bonus events as such in OME.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, George Mason University and Nation’s Capital 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.

## Thursday, March 7, 2013

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

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
1	18:35.09	18:52.09	1650 yd Freestyle			
			1000 yd Freestyle	10:06.99	9:04.39	2
Positive check-in deadline for these events is 5:00 pm Events are timed finals. Heats will be swum fastest to slowest, alternating women and men.						

## Friday March 8, 2013

Warm up Prelims: 7:00-8:50 am, Events: 9:00 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	1:59.99	2:15.79	200 yd Freestyle	1:48.69	2:04.29	4
5	1:12.99	1:22.89	100 yd Breaststroke	1:04.99	1:15.09	6
7	1:02.59	1:10.59	100 yd Butterfly	56.49	1:03.39	8
9	4:49.99	5:31.09	400 yd Individual Medley	4:25.99	5:07.59	10
<b>10 Minute Break</b>						
11	8:28.79		800 yd Freestyle Relay	7:40.99		12
All Relays are Positive Check-in Positive check-in deadline for 800y Free Relay is 6:00 pm Thursday <u>400 Individual Medley</u> : The fast four heats of the women will be followed by the fastest four heats of the men; seeded slow to fast with the top 3 heats circle seeded, followed by the remaining heats alternating women and men swimming fast to slow. 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 9, 2013

Warm up Prelims: 7:00-8:50 am, Events: 9:00 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	2:35.99	2:55.699	200 yd Breaststroke	2:21.99	2:43.59	14
15	25.69	29.19	50 yd Freestyle	22.99	26.49	16
17	1:03.49	1:12.69	100 yd Backstroke	57.39	1:07.19	18
19	5:19.19	4:44.49	500 yd Freestyle	4:52.99	4:22.799	20
21			200 yd Freestyle Relay			22
<b>10 Minute Break – Finals Only</b>						
23	4:30.19		400 yd Medley Relay	4:02.59		24

The 400y Medley Relay is Positive Check-in

**Positive check-in deadline for 400y Medley Relay is 30 min after the start of Finals on Friday**

**500 Freestyle: The fast four heats of the women will be followed by the fastest four heats of the men; seeded slow to fast with the top 3 heats circle seeded, followed by the remaining heats alternating women and men swimming fast to slow.**

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

200 Freestyle Relay: Events are timed finals and will be swum only during preliminaries

400 Medley Relay: Events are timed finals and will be swum slowest to fastest during finals

## Sunday, March 10, 2013

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

Warm up Finals: 4:10-5:30 pm, Events: 5:40 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
25	2:16.49	2:35.69	200 yd Backstroke	2:04.99	2:23.89	26
27	55.79	1:03.19	100 yd Freestyle	49.99	57.29	28
29	2:21.99	2:39.39	200 yd Butterfly	2:09.99	2:28.39	30
31	2:16.99	2:36.29	200 yd Individual Medley	2:04.29	2:23.39	32
33			200 yd Medley Relay			34
<b>10 Minute Break – Finals Only</b>						
35	3:56.49		400 yd Freestyle Relay	3:31.99		36
<b>15 Minute Break – competition pool will be open for warm up/cool down</b>						
37	10:55.09	9:39.79	1000 yd Freestyle			
			1650 yd Freestyle	17:23.49	17:50.29	38

The 400y Freestyle Relays is positive Check-in

**Positive check-in deadline 400y Free Relay is 30 min after the start of Finals on Saturday**

**Positive check-in deadline for 1000/1650 is 30 min after the start of Finals on Saturday**

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

200 yd Medley Relay: Events are timed finals and will be swum only during preliminaries.

1000 yd & 1650 yd Freestyle: 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.

400 yd Freestyle Relay: Events are timed finals and will be swum slowest to fastest during finals.

## 2013 PVS SC Senior Champ Bonus Cuts

<b>Women</b>	<b>Event</b>	<b>Men</b>
<b>NST</b>		<b>NST</b>
26.19	50 yd Freestyle	23.49
56.79	100 yd Freestyle	50.99
2:01.99	200 yd Freestyle	1:50.69
5:24.19	500 yd Freestyle	4:57.99
11:05.09	1000 yd Freestyle	10:16.99
18:51.49	1650 yd Freestyle	17:39.99
1:04.49	100 yd Backstroke	58.39
2:18.49	200 yd Backstroke	2:06.99
1:13.99	100 yd Breaststroke	1:05.99
2:37.99	200 yd Breaststroke	2:23.99
1:03.59	100 yd Butterfly	57:49
2:23.99	200yd Butterfly	2:11.99
2:18.99	200 yd IM	2:06.29
4:53.99	400 yd IM	4:29.99



## USA SWIMMING ON-LINE MEET ENTRY PROCEDURES

- Ensure that swimmers times are loaded into the USA Swimming SWIMS database
  - Particular attention should be given to times achieved in observed and approved meets.
  - Do not wait until immediately before the entry deadline to discover the time has not been loaded into SWIMS. Coaches and swimmers can verify that times are in the database using the times look up at [www.usaswimming.org/times](http://www.usaswimming.org/times).
  - Contact the host LSC National Times Coordinator of the meet at which the times were achieved to have the missing times loaded.
- Only one account per team (Head Coach) can be used for team entries. Teams with multiple sites and contact USA Swimming for entry procedures.
- Read the tutorial comments on each page during the entry process. Most questions are answered in these instructions.
- When advancing through the entry process, each time the “NEXT” link is pressed, the information on that page is saved.
  - This allows the entry to be processed during multiple sessions.
  - Coaches can start an entry, save it as-you-go, and sign out without finalizing the entry (“checking out”).
- Use the links on the left side of the entry page to jump forward or backwards to specific sections of the entry process. Using these links also saves the information on the previous page.
- Once an event entry has been purchased (i.e. checked out), it cannot be deleted. However, additional entries can be made for that swimmers, and entry times can be updated.
- **Entry times are not automatically updated if a faster time is achieved by the swimmer. However, an entry time can be updated up until the entry deadline even if the event was “checked out”.**
- Teams do not have to wait until the entire entry process is complete to “check out”. Teams can enter some athletes and purchase (“check out”) those events, then return at a later date and add more athletes, events, and relays.
- **Check-out for all events must occur before the entry deadline.**
- When entering “Override Times” (times not showing up in the SWIMS database), in the meet name field, enter the name and brief details of the swim. There is room for 25 characters of data. Also enter the date of the meet in the date field.
- Relays: When entering more than one relay per event (e.g. A and B), OME selects the fastest time in the database for the A relay and the fastest remaining time in the database for the B relay.
  - If one of the athletes on the B relay (that OEM selected) was also an athlete on the A relay, OME will signify that time with a “\*\*”).
  - That time is not eligible for entry for the B relay.
  - Select another listed time for the B relay or enter an aggregate time.
- Hy-Tek Team Manager can be used as a tool to assist in the OME process.
  - Download the “Meet Events File” from the PVS web site and load it into Team Manager
  - In the Meet Maintenance panel, set the minimum age for open events as desired.
  - Click on “Enforce Qualifying Times”
  - Verify the “Use Times Since” date is set to the beginning of the qualifying period for the meet.
  - Create a “Meet Eligibility” report. Select “Only Eligible Swimmers”. This report shows all eligible swimmers for the meet.
  - Highlight the events to be entered for each swimmer. Proceed with the On-Line Meet Entry