

PVS 2013 Short Course Junior Championships

March 7-10, 2013

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-13-53**

Hosted for PVS by: Nation's Capital Swim Club

Entries due to Meet Manager by: Tuesday February 26, 2013 (check on club deadline)

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

Warm up: Friday-Sunday Prelims: 7:00-8:50 am Events: 9:00 am

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

***Warm up times for PVS Junior Champs will follow the warm up times for PVS Senior Champs, if necessary due to changes at Sr. Champs the warm up schedule for Jr. Champs may be altered.

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| Meet Host/Director: | Nation's Capital Swim Club Brian Pawlowicz, bpawlowicz@nationscapitalswimming.com , 703-319-4168 Mail checks to: 2704 Willow Dr., Vienna, VA 22181 |
| Meet Referee: | David Merkin david@merkinlawgroup.com 240-876-8559 |
| Admin Referee: | Amy Hsu Amy.Hsu@nih.gov |
| Official's: | Please contact the Meet Referee, David Merkin if you are interested in being an official for this meet. You may also submit an Application to Officiate . You should submit your application no later than March 1 for an assigned position. However, late applications and walk-ons are welcome. |
| Facility: | George Mason University 4400 University Drive, Fairfax VA 22030 703-993-3939 <ul style="list-style-type: none"> 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. The preliminaries will be held in the fixed wall to fixed wall course which has been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C). The finals will be held in a bulkhead course that has not been certified in accordance with 104.2.2(C). |
| Eligibility: | <ul style="list-style-type: none"> Open to all Potomac Valley Swimming registered athletes 13 & Over as of the first day of the meet. Swimmers shall compete at the age attained on the first day of the meet. A swimmer may not enter an event they participate in at the PVS 2013 14 & Under Junior Olympic Champs. Swimmers must have equaled or bettered the applicable Qualifying Times listed and have not achieved a faster time than the 2013 SC Senior Champ QT or the 13-14 JO Qualifying Time. All Qualifying times must have been achieved between March 1, 2011 and the entry deadline for this meet. All qualifying times must have been achieved in a USA Swimming sanctioned, observed or approved meet. 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. If a swimmer is entered with NT, they will be removed from that event. Distance Entries: Any swimmer who qualifies for the 1000 yd and/or 1650 |

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| | <p>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.</p> |
| <p>Disability Swimmers:</p> | <p>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.</p> |
| <p>Rules:</p> | <ul style="list-style-type: none"> • Current USA Swimming rules shall govern the meet. • All individual events are prelims/finals, except for the 1000yd and 1650yd Freestyle events which will be 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”. • A swimmer may enter and compete in a maximum of 7 individual events and no more than 3 individual events per day. • All relay events are timed finals. The 200 yd Freestyle and Medley relays will not be scored. • All relay events will be swum slow-to-fast in the preliminaries session. • SCY entry times are conforming for this meet and will be seeded before LCM entry times. • No late entries will be accepted. • 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. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. • 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. • Dive-over starts may be used during the preliminary sessions at this meet at the discretion of the Meet Manager and/or Meet Referee. |
| <p>Withdrawing from Finals:</p> | <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” 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</p> |

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| | the meet.” |
| Positive Check In: | <ul style="list-style-type: none"> Positive check in will be required for all individual and relay events 400 yd and longer. These events will be seeded on the deck. Swimmers and relay teams not checked-in will be scratched from that event. Athletes who have checked-in, been seeded and fail to swim the event will be barred from their next scheduled individual events. If the size of PVS Junior Championships warrants, positive check in for individual events 200 yd or shorter may be announced. |
| Order of Swims: | <ul style="list-style-type: none"> Preliminaries will be swum in a separate course at approximately the same time as preliminaries for the 2013 Senior Championships. The session will be conducted in event order, alternating women and men, with circle-seeded heats (see notes below regarding Distance events).. Three heats of each individual event from Senior Champs and two heats from Junior Champs events will be swum at finals. Three heats from Senior Champs will alternate with two heats from Junior Champs. Heats for Senior Champs will be swum in the following order: “C”, “B”, “A”. Heats for Junior Champs will be swum in the following order: “B”, “A”. Heats of distance events (1000 yd & 1650 yd) will be swum fastest to slowest, alternating women and men. All heat of the women’s 1000 and men’s 1650 will be swum during the preliminary session on Sunday. (Swimmers in the 1000 and 1650 are responsible for providing their own timer and counter if needed.) |
| Time Trials: | There will be no Time Trials as part of the Junior Championships Meet. Swimmers entered in an individual event in this meet may swim a time trial at the SC Senior Championships Meet, time permitting. See the Senior Championships meet announcement for details. |
| Warm Up: | <p>The prescribed PVS warm-up procedures and safety policies will be followed.</p> <p>The warm up schedule for preliminary sessions will be as follows:</p> <ul style="list-style-type: none"> 7:00-8:20 am: All lanes are general warm-up 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. <p>The warm up schedule for the finals sessions will be as follows:</p> <ul style="list-style-type: none"> 4:30-5:20 pm: All lanes are general warm-up 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. <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"> 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 |

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| | <p>club official's chair prior to February 28.</p> <ul style="list-style-type: none"> • Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries. • The host club will provide one timer per lane. |
| <p>Entry Procedures:</p> | <p>See the OME Procedures Attachment at the end of this Meet Announcement for more information.</p> <ul style="list-style-type: none"> • On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Entries by any other method will not be accepted. <ul style="list-style-type: none"> ○ The OME system is accessed from the USA Swimming web site at: http://www.usaswimming.org/ome ○ Coaches must have a USA Swimming account (free) to utilize the system. After logging into the system, select “Enter Team” • OME Opens: Monday, January 28, 2013 at 9:00 am EST • OME Closes: Tuesday, February 26, 2013 at 11:59 pm EST. • Meet Entry POC; Terri Marlin, 571-334-0871, ome@pvswim.org. • OME Help: Josh Fowler, USA-S, 719-866-3581, jfowler@usaswimming.org Susan Woessner, USA-S, 719-866-3589, swoessner@usaswimming.org Terri Marlin, PVS, 571-334-0871, ome@pvswim.org • Conforming (SCY) and Non-Conforming (LCM) times will be used for entry. Conforming times will be seeded first. • Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry. <ul style="list-style-type: none"> ○ 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. <ul style="list-style-type: none"> ○ 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. <ul style="list-style-type: none"> ○ 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 |

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| | <p>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.</p> <ul style="list-style-type: none"> All Relay-only swimmers must be listed on the team's OME meet roster in order to participate in the meet. |
| <p>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.</p> | |

Thursday March 7, 2014

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

| Women's Events # | NFT | NST | Event | NST | NFT | Men's Event # |
|--|------------------------|------------------------|-----------------------------|-----------------------|-----------------------|---------------|
| 101 | 18:35.10Y 18:52.10L | 20:09.09Y 20:12.59L | 13 & Over 1650yd Freestyle | | | |
| | | | 13 & Over 1000 yd Freestyle | 11:08.99Y 9:51.99L | 10:07.00Y 9:04.40L | 102 |
| <p>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. All swimmers must provide their own timer and counter.</p> | | | | | | |

Friday March 8, 2013

Warm up Prelims: 7:00-8:50 am, Events: 9:00 am

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

| Women's Events # | NFT | NST | Event | NST | NFT | Men's Event # |
|------------------------|----------------------|-----------------------|-----------------------------------|----------------------|----------------------|---------------|
| 103 | 2:00.00Y 2:15.80L | 2:07.99 Y 2:22.79L | 13 & Over 200 yd Freestyle | 1:56.99Y 2:11.79L | 1:48.70Y 2:04.30L | 104 |
| 105 | 1:13.00Y 1:22.90L | 1:18.59Y 1:28.39L | 13 & Over 100yd Breaststroke | 1:10.99Y 1:20.99L | 1:05.00Y 1:15.10L | 106 |
| 107 | 1:02.60Y 1:10.60L | 1:06.99Y 1:14.59L | 13 & Over 100yd Butterfly | 1:01.39Y 1:08.99L | 56.50Y 1:03.40L | 108 |
| 109 | 4:50.00Y 5:31.10L | 5:12.99Y 5:53.29L | 13 & Over 400yd Individual Medley | 4:49.99Y 5:31.29L | 4:26.00Y 5:07.60L | 110 |
| 10 minute Break | | | | | | |
| 111 | 8:28.80Y | 9:02.69Y | 13 & Over 800 yd Freestyle Relay | 8:16.09Y | 7:41.00Y | 112 |

Positive Check-in for the 400yd IM is 8:30 am
 Positive Check-in for the 800yd Freestyle Relay is 9:30 am
 Break will be 10 minutes and the competition pool will not be open for Warm-ups.
800 yd Freestyle Relay: Events are timed finals All heat will be swum slowest to fastest
 alternating women and men during the preliminary session.

Saturday March 9, 2013

Warm up Prelims: 7:00-8:50 am, Events: 9:00 am
 Warm up Finals: 4:30-5:50, Events 6:00 pm

| Women's Events # | NFT | NST | Event | NST | NFT | Men's Event # |
|---|----------------------|----------------------|-------------------------------------|----------------------|----------------------|---------------|
| 113 | 2:36.00Y 2:55.70L | 2:48.99Y 3:08.39L | 13 & Over 200 yd Breaststroke | 2:37.19Y 2:59.09L | 2:22.00Y 2:43.60L | 114 |
| 115 | 25.70Y 29.20L | 27.29Y 30.49L | 13 & Over 50 yd Freestyle | 24.69Y 27.89L | 23.00Y 26.50L | 116 |
| 117 | 1:03.50Y 1:12.70L | 1:07.99Y 1:16.89L | 13 & Over 100 yd Backstroke | 1:02.79Y 1:12.49L | 57.40Y 1:07.20L | 118 |
| 119 | 5:19.20Y 4:44.50L | 5:35.19Y 4:53.79L | 13 & Over 500 yd Freestyle | 5:15.99Y 4:38.49L | 4:53.00Y 4:22.80L | 120 |
| 121 | | | 13 & Over 200 yd Freestyle Relay | | | 122 |
| 10 minute Break | | | | | | |
| 123 | 4:30.20 | 4:48.49Y | 13 & Over 400 yd Medley Relay | 4:23.89Y | 4:02.60Y | 124 |
| 400 Medley Relays are Positive Check-in Positive Check-in deadline for 500yd Freestyle is 8:30 am Positive Check-in deadline for 400 Medley Relay is 9:30 am Break will be 10 minutes and the competition pool will not be open for Warm-ups. <u>200 Freestyle Relay & 400 Medley Relay</u> : All relays are timed finals and will be swum slowest to fastest during PRELIMS | | | | | | |

Sunday, March 10, 2013

Warm up Prelims: 7:00-8:50 am, Events: 9:00 am
 Warm up Finals: 4:30-5:50, Events 6:00 pm

| Women's Events # | NFT | NST | Event | NST | NFT | Men's Event # |
|------------------|----------------------|----------------------|--------------------------------|----------------------|----------------------|---------------|
| 125 | 2:16.50Y 2:35.70L | 2:27.99Y 2:46.79L | 13 & Over 200 yd Backstroke | 2:16.99Y 2:35.69L | 2:05.00Y 2:23.90L | 126 |
| 127 | 55.80Y 1:03.20L | 58.59Y 1:05.29L | 13 & Over 100 yd Freestyle | 53.79Y 1:00.69L | 50.00Y 57.30L | 128 |
| 129 | 2:22.00Y 2:39.40L | 2:34.19Y 2:51.09L | 13 & Over 200 yd Butterfly | 2:23.89Y 2:42.29L | 2:10.00Y 2:28.40L | 130 |

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|---|-----------------------|------------------------|---------------------------------------|------------------------|------------------------|-----|
| 131 | 2:17.00Y 2:36.30L | 2:25.99Y 2:44.49L | 13 & Over 200 yd Individual Medley | 2:13.19Y 2:31.69L | 2:04.30Y 2:23.40L | 132 |
| 133 | | | 13 & Over 200 yd Medley Relay | | | 134 |
| 10 minute Break | | | | | | |
| 135 | 3:56.50Y | 4:08.49Y | 13 & Over 400 yd Freestyle Relay | 3:48.09Y | 3:32.00Y | |
| 137 | 10:55.10Y 9:39.80L | 11:55.09Y 10:24.89L | 13 & Over 1000 yd Freestyle | | | |
| | | | 13 & Over 1650 yd Freestyle | 18:56.79Y 19:10.99L | 17:23.50Y 17:50.30L | 138 |
| <p>400 Freestyle Relay is Positive Check-in Positive Check-in deadline for 400y Free Relay is 9:30 am Positive check in deadline for 1000/1650 is 6:30 pm Saturday Break will be 10 minutes and the competition pool will not be open for Warm-ups. <u>200 yd Medley Relay and 400 yd Freestyle Relay</u>: Events are timed finals and will be swum slowest to fastest during PRELIMS. <u>1000yd & 1650 yd Freestyle</u>: Events are timed finals. All heats will be swum fastest to slowest alternating women and men in the preliminary sessions.</p> | | | | | | |

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.
 - 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