

PVS 2013 Long Course Senior Championships

July 18-21, 2013

Sanctioned by USA Swimming through Potomac Valley Swimming

Sanction # - PVS-13-79

Time Trials Sanction # - PVS-13-79TT

Hosted for PVS by: Nations Capital Swim Club

OME Entry Deadline: Tuesday July 9, 2013 (check on club deadline)

Warm up: Thursday: 3:30-4:30 pm Events: 4:40 pm

Warm up: Prelims: 7:00-8:20 am

Events: 8:30 am

Warm up: Finals: 5:00-6:00 pm

Events: 6:10 pm

Meet Host/Director:	Nations Capital Swim Club Brian Pawlowicz, brianpawlowicz@nationscapitalswimming.com , 703-319-4168 Mail checks to: 2704 Willow Dr., Vienna, VA 22181
Meet Referee/Admin Referee:	Mike Rubin – Meet Referee Mrubin1@cox.net Pam Starke-Reed – Admin Referee pesreed@yahoo.com This meet will be an Officials Qualifying Meet, under the USA Swimming National Certification program. Please submit an Application to Officiate or contact Mike Rubin by July 9 if you are interested in being an Official for this meet. Those officials desiring to be evaluated at this meet must indicate their preferences in the Application to Officiate by July 11. You can review information about the National Certification Program on the USA Swimming Website .
Facility:	University of Maryland: University of Maryland College Park Campus, College Park, MD 20740 301-266-4400 <ul style="list-style-type: none"> • 8 lane, 50 meters with separate warm up/cool down facility • 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.
Eligibility:	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes and invited USA Swimming teams • Clubs interested in participation should request an invitation from the PVS Senior Chair, Bill Marlin at coach_bill@verizon.net. • Swimmers must have equaled or bettered the applicable Qualifying Time listed. • If a swimmer is entered with NT, they will be removed from that event. • 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. • Do not enter with a time achieved prior to July 1, 2011.
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"> • Current USA Swimming rules shall govern the meet. • All events are trials and finals, except for relays and the 800M and 1500M Freestyle which are timed finals. • A swimmer may compete in a maximum of 7 individual events and no more than 3 individual events per day.

	<ul style="list-style-type: none"> • A club may enter up to 3 relay teams per relay event, but only two relay teams per club per event may score. • The 200M Freestyle Relay and 200M Medley Relay will not be scored. • Coaches may elect to swim the 800M Freestyle Relay during the Prelims Session. They must make this designation when they positive check in for the event. • Long Course Meters seed times are conforming for this meet. • No late entries are permitted for this meet. • No on-deck USA-S registration is permitted • In compliance with USA Swimming Rule 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. 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.
<p>Withdrawing from Finals:</p>	<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”, “B” or “C” finals, if scheduled.</p> <p>You may declare an “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>
<p>Seeding and Positive Check In:</p>	<ul style="list-style-type: none"> • The 800 and 1500 Freestyle events and the 400 and 800 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. • All events will be seeded after the scratch/check-in deadlines listed below in accordance with USA Swimming 207.11.6 <ul style="list-style-type: none"> ○ Check-in deadline for Thursday distance events is 4:10 pm ○ Scratch deadline for Friday events and positive check-in for 800 Freestyle Relay is Thursday at 5:10 pm ○ Scratch deadline for Saturday events and positive check-in for 400 Medley Relay is Friday at 6:40 pm ○ Scratch deadline for Sunday events and positive check-in for 400 Freestyle Relay and Sunday 800/1500 is Saturday at 6:40 pm • The preliminaries of the 400 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.
Order of Swims:	<ul style="list-style-type: none"> • There will be three heats swum in finals for all individual events except the 800 and 1500 events. Heats will be swum in the following order: “C”, “B” and “A”. • Short Course times will be seeded after Long Course entry times. • Heats of distance events (800 & 1500) will be swum fastest to slowest, alternating women and men. The fastest seeded heat of the women’s 800 and men’s 1500 will be the first event of the Sunday finals session. (Swimmers in the 800 and 1500 are responsible for providing their own timer, except for those swimming in the Final session on Sunday.)
Bonus Events:	Any athlete, who is entered into at least one individual event, may also enter one bonus event. If entered in 2 or more individual events, they may enter 2 bonus events. Athletes entering bonus event may compete in no more than the maximum events per session or meet. Bonus entries must meet the Bonus Qualifying Time (see below).
Time Trials:	<ul style="list-style-type: none"> • Time trials will be held following the completion of the timed finals session on Thursday and after the completion of the finals sessions on Friday, Saturday and Sunday. • An athlete must compete in an individual event in either Senior Champs or Junior Champs in order to participate. • Athletes are permitted a total of two time trials during the meet. They may only swim one time trial per session provided that this participation does not cause them to exceed the three events per day limit. • The time trial fee is \$12/attempt and must be paid when registering for time trial by either cash or check. <p>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 800M and 1500M freestyle will only be offered on Thursday.</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>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:	Programs will be available for each prelim and finals session for \$2 each.
Concessions:	PVS will not be providing concessions at this event.
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 must have their current USA Swimming card with them at all times and in order to receive a deck pass.
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 Meet Referee prior to July 11 or submit an Application to Officiate .

	<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 Meet Director will send out a request for timers based upon entries. • The host club will provide one timer per lane.
Entry Procedures:	<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, June 3, 2013 at 9:00 am EDT • OME Closes: Tuesday, July 9, 2013 at 11:59 pm EDT. • 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 (LCM) and Non-Conforming (SCY) 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

	<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 • Please designate Bonus events as such in OME.
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, University of Maryland and Nations 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, July 18, 2013

Warm up: 3:30-4:30 pm, Events: 4:40 pm

Women's Events #	SCY QT	LCM QT	Bonus Cut	Event	Bonus Cut	SCY QT	LCM QT	Men's Event #
1	18:30.99	18:47.99	19:02.99L	1500 M Freestyle				
				800 M Freestyle	9:17.99L	10:09.99	9:09.99	2
<p>Events are timed finals. Heats will be swum fastest to slowest, alternating women and men. Swimmers must provide their own timer and counter (if needed).</p>								

Friday July 19, 2013

Warm up Prelims: 7:00-8:20 am, Events: 8:30 am

Warm up Finals: 5:00-6:00 pm, Events: 6:10 pm

Women's Events #	SCY QT	LCM QT	Bonus Cuts	Event	Bonus Cuts	SCY QT	LCM QT	Men's Event #
3	1:57.99	2:14.69	2:16.69L	200 M Freestyle	2:05.19L	1:47.99	2:03.19	4
5	1:11.99	1:22.39	1:23.39L	100 M Breaststroke	1:14.19L	1:04.99	1:13.19	6
7	1:01.09	1:08.29	1:09.29L	100 M Butterfly	1:02.79L	54.79	1:01.79	8
9	4:41.99	5:25.99	5:29.99L	400 M Individual Medley	5:01.89L	4:21.99	4:57.89	10
10 Minute Break - Prelims and Finals								
11		9:52.69		800 M Freestyle Relay			9:02.09	12
<p>All Relays are Positive Check-in Break will be 10 minutes and the competition pool will be open for Warm up. <u>800M 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.</p>								

Saturday July 20, 2013

Warm up Prelims: 7:00-8:20 am, Events: 8:30 am

Warm up Finals: 5:00-6:00 pm, Events: 6:10 pm

Women's Events #	SCY QT	LCM QT	Bonus Cuts	Event	Bonus Cuts	SCY QT	LCM QT	Men's Event #
13		2:07.59		200 M Freestyle Relay			1:55.29	14
15	2:34.99	2:54.79	2:56.79L	200 M Breaststroke	2:41.99L	2:19.99	2:39.99	16
17	25.89	28.99	29.49L	50 M Freestyle	26.69L	22.99	26.19	18
19	1:02.99	1:11.19	1:12.19L	100 M Backstroke	1:06.19L	57.59	1:05.19	20
21	5:15.99	4:43.99	4:47.99L	400 M Freestyle	4:27.19L	4:52.99	4:23.19	22

10 Minute Break – Finals Only

23		5:12.79		400 M Medley Relay			4:42.89	24
<p>All Relays are Positive Check-in Break will be 10 minutes and the competition pool will be open for Warm-ups. <u>200 Freestyle Relay</u>: Events are timed finals and will be swum only during preliminaries <u>400 Medley Relay</u>: Events are timed finals and will be swum slowest to fastest during finals</p>								

Sunday, July 21, 2013

Warm up Prelims: 7:00-8:20 am, Events: 8:30 am
Warm up Finals: 5:00-6:00 pm, Events: 6:10 pm

Women's Events #	SCY QT	LCM QT	Bonus Cuts	Event	Bonus Cuts	SCY QT	LCM QT	Men's Event #
25		4:42.89		200 M Medley Relay			4:4.89	26
27	2:14.99	2:32.39	2:34.39L	200 M Backstroke	2:23.09L	2:02.99	2:21.09	28
29	55.99	1:02.49	1:03.49	100 M Freestyle	57.99L	49.99	56.99	30
31	2:16.99	2:35.29	2:37.29L	200 M Butterfly	2:25.69L	2:06.89	2:23.69	32
33	2:13.99	2:32.09	2:34.09	200 M Individual Medley	2:22.09L	2:03.49	2:20.09	34

10 Minute Break – Finals Only

35		4:34.99		400 M Freestyle Relay			4:10.79	36
37	10:55.09	9:57.99	10:05.99L	800 M Freestyle				
				1500 M Freestyle	18:30.99L	17:19.99	18:15.99	38

All Relays are positive Check-in

Break will be 10 minutes and the competition pool will be open for Warm-ups.

200 M Medley Relay: Events are timed finals and will be swum only during preliminaries. For Qualifying times use the 400 Medley Relay QT.

800M & 1500M 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. Swimmers should provide their own timers and counter (if needed) during the preliminary session.

Positive check-in for these events closes on Saturday July 14 at 6:40 pm

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

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