

10/29: FGAC has been moved to the PAC site/course of PGS&LC
 CSC and SSCT has been moved to the Mt. Vernon site
 Time Changes for CUB RUN ONLY: Friday – WU 4:30, Events 5:20
 Saturday and Sunday 13 & O: WU 1:45, Events 2:45

PVS November Open

November 8-10, 2013

Sanctioned by: USA Swimming through Potomac Valley Swimming: **PVS-14-16**

Hosted for PVS by: The FISH, Elite Rays Swim Club, Fort Belvoir Swim Team and Patuxent Aquatics Club

Entries due to Meet Manager by: Thursday, October 24, 2013 (check on club deadline)

Warm up: Friday: Distance: 5:00-5:40 pm Events: 5:50 pm
 Warm up: Sat. & Sun. 11-12: 6:30-7:20 am Event: 7:30 am
 Warm up: Sat & Sun. 9-10: 10:30-11:10 am Events: 11:20 am
 Warm up: Sat. & Sun. 13 & O: 1:20-2:10 pm Event: 13 & O: 2:20 pm

Meet Host/Director:	The FISH Steven Benecki 703-405-3381 1649 Kurpiers Ct McLean, VA 22101 stevenbenecki@pvfish.org	Fort Belvoir Swim Team Sam Burgi 619-212-9853 1541 Colonial Dr #101 Woodbridge, VA 22192 sburgi@fbswim.org	Elite Rays Swim Club Elvin Foreman 240-838-1156 P.O.Box 122 Annandale, VA 22003 eliteraysswim@gmail.com	Patuxent Aquatics Club John Venit 301-725-7711 414 Forest Bridge Ct. Laurel, MD 20724 dpws@aol.com
Meet Referee:	Jack Neill JJNeill@fcps.edu	Ed Dona edona@cox.net	Tim Husson thusson@comcast.net	Barb Ship barb@ships3.com
Club Official's Chair:	Alan Goldblatt alangoldblatt@verizon.net	Mark Harris Mharris131@aol.com	Merari Chollette meraripvs@gmail.com	Cherlynn Venit dpws@aol.com
Facility	Cub Run Rec Center	Mt. Vernon Rec Center	PG Sport & Learning Complex ERSC: Course #1, PAC: Course #2	
Facility Information:	Cub Run Rec Center 4630 Stonecroft Blvd Chantilly, VA 20151 703-817-9407 <ul style="list-style-type: none"> • 8 lane, 25 yards • Water depth range from 5' to 12' at both 	Mt. Vernon Rec Center 207 Belle View Blvd Alexandria, VA 22313 703-768-3223 <ul style="list-style-type: none"> • 8 lane, 25 yards 	PG Sport & Learning Complex 8001 Sheriff Rd. Landover, MD 20785 301-583-2400 <ul style="list-style-type: none"> • Dual Course, 8 lane each, 25 yards 	

	<p>the starting and turning ends.</p> <ul style="list-style-type: none"> The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article -104.2.2(C). 	<ul style="list-style-type: none"> Water depth has a range of 5' to 12' at both the starting end and turning end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). 	<ul style="list-style-type: none"> Course #1 has a water depth range of 7'-12' at both the starting and turning ends. Course #2 has a water depth range of 5'-7' at both the starting and turning ends. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). 	
Team Assignments:	Cub Run: FISH, NCAP-Tysons, NCAP-Loudoun, CSC, GMU, RIPS, BWST, LMAC, DSS, RY, SSCT	Mt. Vernon: AAC, FBST, NCAP-Alex, OCCS, NCAP-Burke, MAKO, VLAC, MOON, DCPR, YORK, SDS	Fairland #1: ERSC, FAST, FGAC, MSSC, PM, JCCW, TANK, ASA, TIBU, HACC, NCAP-West, NCAP-Prep, NCAP-Holton Arms, BTSC	Fairland #2: NCAP-G'town, NCAP-PG, NCAP-AU, MACH, PAC, PEAK, RMSC, SNOW, UMAC, JFD, LCL, PGPR
	Note: Assignments of clubs to pool sites will be reviewed, by the PVS Admin Assistant, after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned.			
Timing System	Automatic Timing (touch pads) will be used for this meet.			
Eligibility:	Open to all Potomac Valley Swimming registered athlete only. No athletes from outside the PVS LCS will be permitted to enter the meet. Swimmers shall compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints.			
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 timed finals. Seed times are short course yards. In the event that short course yard times are not available, coaches' times are preferred over "no times" for all events except event 7 & 8 (1650 yd freestyle). Events 3 & 4 (9-12 year old 500 yd freestyle) will be swum fast to slow alternating women and men. Followed by events 5 & 6 (13 & over 1650 yd freestyle), which will also be swum fast to slow, alternating women and men. Minimum provable times: <ul style="list-style-type: none"> A no slower than time of 23:00:00 in the 1650yd/1000m Freestyle for all athletes IF the athlete is 12 & Under, they must have a time of 23:00:00 or faster OR a provable 1000 yd/800 M time of 15:00:00 or better in order to compete. No petitions accepted. IF the athlete is 13 & Over, then they must have a time of 23:00:00 or faster OR a coach may petition the Distance Coordinator, Brad Bowser, brad@machineaquatics.com See full description of the Distance Qualifying Policy All 12 & Under swimmers are eligible for awards regardless of entry time used. 			

	<ul style="list-style-type: none"> ● A swimmer may enter no more than 4 events per day or 8 events during the meet. ● Swimmers must provide their own timer for all events at the Friday night session. ● No on-deck USA-S registration is permitted ● Deck entries will be accepted, and are \$10 per individual event. All deck entries must be submitted no later than 45 minutes prior to first event of each session. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. In the event of a significantly over subscribed session, the Meet Director reserves the right to not accept deck entries. ● Evidence of current USA-S registration will be required for deck entries. ● Dive-over starts may be used at this meet at the discretion of the Meet Referee and Meet Management. ● 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, PDS's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. ● Swimmers in the meet, accompanied by a USA-S Coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. ● 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. ● 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 the 12 &U sessions in Rule 205.3.1F.
Positive Check In:	All events 200 yards or longer will be positive check-in. The Meet Directors will determine if positive check-in will be required for all events. Athletes who check into a deck-seeded event, have been seeded and fail to swim the event will be barred from their next schedule individual event, unless excused by the Meet Referee before the event takes place.
Warm Up:	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.
Supervision:	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
Awards:	No awards will be given out at this meet.
Programs:	All attempts will be made to have programs available for each session for a price not to exceed \$2. In the event of the entire session being positive check-in, programs may not be available until after the start of the meet. In the event that programs are not able to be sold, programs will be posted throughout the spectator areas.
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 club official's chair prior to November 1. ● 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.

- Include in the subject of the email, "2013 PVS NOV OPEN - ***" 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: \$4.50 (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.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Cub Run Rec Center, Mt. Vernon Rec Center, Fairland Aquatic Center, Elite Rays Swim Club, The Fish, Fort Belvoir and Patuxent Aquatics Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

EVENTS

Friday, November 8, 2013

Warm up: 5:00-5:40 pm, Events: 5:50 pm

Swimmers must provide their own timer for all events at the Friday night session.

Women's Events #	Event	Men's Event #
1	9-12 200 yd Butterfly	2
3	9-12 500 yd Freestyle	4
5	Open 1,650 yd Freestyle	6
Positive Check-In for 200 yd Butterfly by 5:30 pm (or 30 min after warm up begins)		
Positive Check-in for the 500 & 1650 Freestyle by 6:00 pm		

Saturday, November 9, 2013

11-12 Session

Warm up: 6:30-7:20 am, Events: 7:30 am

Women's Event #	Events	Men's Event #
7	11-12 50 yd Butterfly	8

9	11-12 50 yd Backstroke	10
11	11-12 200 yd Individual Medley	12
13	11-12 100 yd Freestyle	14
15	9-12 200 yd Backstroke	16
17	11-12 100 yd Breaststroke	18

Positive Check-In for all events 200 yd or more by 7:00 am (or 30 minutes after warm up begins).
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

Sunday, November 10, 2013

11-12 Session

Warm up: 6:30-7:20 am Event: 7:30 am

Women's Event #	Events	Men's Event #
41	11-12 50 yd Breaststroke	42
43	11-12 200 yd Freestyle	44
45	11-12 100 yd Individual Medley	46
47	11-12 100 yd Backstroke	48
49	11-12 50 yd Freestyle	50
51	9-12 200 yd Breaststroke	52
53	11-12 100 yd Butterfly	54

Positive Check-In for all events 200 yd or more by 7:00 am (or 30 minutes after warm up begins).
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

Saturday, November 9, 2013

9-10 Session

Warm up: 10:30-11:10 am Event: 11:20 am

Women's Event #	Events	Men's Event #
19	9-10 50 yd Butterfly	20
21	9-10 50 yd Backstroke	22

23	9-10 200 yd Individual Medley	24
25	9-10 100 yd Freestyle	26
27	9-10 100 yd Breaststroke	28
Positive Check-In for all events 200 yd or more by 11:00 am (or 30 minutes after warm up begins). The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.		

Sunday, November 10, 2013 9-10 Session

Warm up: 10:30-11:10 am Event: 11:20 am

Women's Event #	Events	Men's Event #
55	9-10 50 yd Breaststroke	56
57	9-10 200 yd Freestyle	58
59	9-10 100 yd Individual Medley	60
61	9-10 100 yd Backstroke	62
63	9-10 50 yd Freestyle	64
65	9-10 100 yd Butterfly	66
Positive Check-In for all events 200 yd or more by 11:00 am (or 30 minutes after warm up begins). The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.		

Saturday, November 9, 2013 13 & Over Session

Warm up: 1:20-2:10 pm, Events: 2:20 pm

Women's Event #	Events	Men's Event #
29	13 & Over 200 yd Butterfly	30
31	13 & Over 100 Breaststroke	32
33	13 & Over 50 yd Freestyle	34
35	13 & Over 200 yd Individual Medley	36
37	13 & Over 100 yd Backstroke	38
39	13 & Over 500 yd Freestyle	40
Positive Check-In for all events 200 yd or more by 1:50 pm (or 30 minutes after warm up begins).		

The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.

Sunday, November 10, 2013
13 & Over Session

Warm up: 1:20-2:10 pm, Events: 2:20 pm

Women's Event #	Events	Men's Event #
67	13 & Over 200 yd Backstroke	68
69	13 & Over 100 yd Butterfly	70
71	13 & Over 200 Freestyle	72
73	13 & Over 200 yd Breaststroke	74
75	13 & Over 100 yd Freestyle	76
77	Open 400 Individual Medley	78

Positive Check-In for all events 200 yd or more by 1:50 pm (or 30 minutes after warm up begins).
The Meet Referee and Meet Director at each site have the right to make all events positive check in, in order to manage time lines.