



SNOW Long Course Spring Classic

May 3-4, 2014

Sanctioned by USA Swimming through PVS and VSI

Sanction numbers: PVI-14-65 and VS-14-11N

Meet Director	Luke Trafton luke.trafton@snowswimming.org 207-751-6836
Meet Referee	Mike Ryan LJKLMryan@verizon.net 540-687-0315
Club Officials Chair	Mike Ryan LJKLMryan@verizon.net 540-687-0315
Facility	Claude Moore Recreation Center 46105 Loudoun Park Lane Sterling, VA 20164 571-258-3600 One 8 lane course will be used during each. One warm-up / warm-down lane will be available throughout the meet. Water depth ranges from 12'6" at the starting end and 4' at the turning end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)
Timing System	Automatic timing (touch pads primary) will be used for this meet.
Schedule	Saturday 11-12: Warm-up: 7:10-7:40am / Events: 7:45am 10 and Under: Warm-up: 11:00-11:30 / Events: 11:35am 13 and Over: Warm-up: 2:00-2:45pm / Events: 2:50pm Sunday 11-12: Warm-up: 7:10-7:40am / Events: 7:45am 10 and Under: Warm-up: 11:00-11:30am / Events 11:35am 13 and Over: Warm-up: 2:00-2:45pm / Events 2:50pm ** Meet Director reserves the right to adjust times after entries are received
Eligibility	Open to invited USA Swimming teams. Swimmers shall compete at the age attained on Saturday, May 3, 2014
Rules	Current USA Swimming rules shall govern the meet. Swimmers may only participate in their own age group events or open events. Swimmers may enter a maximum of 3 individual events per day, 6



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	<p>during the entire meet.</p> <p>Only long course times are applicable.</p> <p>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.</p> <p>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.</p> <p>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 12 &U sessions in Rule 205.3.1F.</p>
Disability Swimmers	<p>PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the Board of Directors. Athletes with disabilities are welcome to participate, and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</p>
Warm Up	<p>The prescribed Potomac Valley Swimming and Virginia Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.</p>
Supervision	<p>Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas. Coaches & deck officials are required to display their valid 2014 USA Swimming credentials.</p> <p>Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.</p> <p>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</p>



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	this requirement.
Meet Programs	Meet programs will be made available at www.snowswimming.org by Friday, May 4 th by 12pm.
Officials & Timers	<p>All certified officials wishing to volunteer to work this meet should contact Mike Ryan, Email: LJKLMryan@verizon.net. Phone: 540-687-0315. Please include your club affiliation, certifications held, and sessions you wish to work.</p> <p>Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-up.</p> <p>Each participating club is requested to provide at least one official and 3 timers per session if entering 25 or more swimmers.</p>
Awards	12 and under events will receive awards for 1 st through 16 th place.
Seating	Due to the limited pool deck space, no chairs are allowed on deck.
Fees	<p>\$6.00 per individual event</p> <p>\$5.00 Facility surcharge per swimmer</p>
Deck Entries	<p>Deck Entries are \$10 per individual event</p> <p>Swimmers will be entered into open lanes in the existing heats on a first come, first serve basis. No extra heats will be created.</p> <p>Evidence of current USA-S registration will be required for all deck entries. This can be done by presenting a copy of your USA-S athlete registration card.</p>
Entry Procedure	<p>Teams should provide entries as follows:</p> <p>Send e-mail to Luke Trafton at: luke.trafton@snowswimming.org Include with your commlink file one report by name and one by event. Create these reports in HyTek Team Manager and save as Word for Windows files. In the body of your email, provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).</p> <p>Entry Deadline: Tuesday, April 22nd by 5pm</p> <p>Important: The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an</p>



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	<p>acknowledgement should contact the Meet Director by other means to confirm receipt.</p> <p>The above date is the deadline for teams to submit their entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers. Check with your team for this information.</p> <p>Other Registration Details:</p> <p>Entries directly from individual team members will not be accepted. Entries by phone or fax entries will not be accepted.</p> <p>Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.</p> <p>Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.</p> <p>Each participating team is requested to remit one check to cover the entry fee for the entire team.</p> <p>Please make checks payable to “SNOW Swimming”. Please do not send cash.</p> <p>Entry fees are due with each team’s entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.</p> <p>Send Entries To: Luke Trafton 46319 Stratton Terrace #304 Sterling, VA 20165</p>
	<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Claude Moore Recreation Center and Snow Swimming Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event</p>



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Saturday May 3, 2014

11-12 Session: Warm-up: 7:10-7:40am / Events: 7:45am

Girls Event #		Boys Event #
1	12 and Under 200 Butterfly	2
3	11-12 100 Freestyle	4
5	11-12 50 Backstroke	6
7	11-12 100 Breaststroke	8
9	11-12 200 IM	10
11	11-12 50 Butterfly	12
13	12 and Under 200 Backstroke	14
15	11-12 400 Freestyle	16

10 and Under Session: Warm-up: 11:00-11:30am / Events: 11:35am

Girls Event #		Boys Event #
17	10 and Under 100 Freestyle	18
19	10 and Under 50 Backstroke	20
21	10 and Under 100 Breaststroke	22
23	10 and Under 200 IM	24
25	10 and Under 50 Butterfly	26
27	10 and Under 400 Freestyle	28

13 and Over Session: Warm-up: 2:00-2:45pm / Events: 2:50pm

Girls Event #		Boys Event #
29	13-14 200 Butterfly	30
31	15 and Over 200 Butterfly	32
33	13-14 100 Freestyle	34
35	15 and Over 100 Freestyle	36
37	13-14 50 Backstroke	38
39	15 and over 50 Backstroke	40
41	13-14 100 Breaststroke	42
43	15 and Over 100 Breaststroke	44
45	13-14 200 IM	46
47	15 and Over 200 IM	48
49	13-14 50 Butterfly	50
51	15 and over 50 Butterfly	52
53	13-14 200 Backstroke	54
55	15 and Over 200 Backstroke	56
57	13-14 400 Freestyle	58
59	15 and Over 400 Freestyle	60



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Sunday May 4, 2014

11-12 Sessions: Warm-up: 7:10-7:40am / Events: 7:45am

Girls Event #		Boys Event #
61	12 and Under 200 Breaststroke	62
63	11-12 100 Backstroke	64
65	11-12 50 Freestyle	66
67	11-12 100 Butterfly	68
69	11-12 200 Freestyle	70
71	11-12 50 Breaststroke	72
73	12 and Under 400 IM	74

10 and Under Session: Warm-up: 11:00-11:30am / Events: 11:35am

Girls Event #		Boys Event #
75	10 and Under 100 Backstroke	76
77	10 and Under 50 Freestyle	78
79	10 and Under 100 Butterfly	80
81	10 and Under 200 Freestyle	82
83	10 and Under 50 Breaststroke	84

13 and Over Session: Warm-up: 2:00-2:45pm / Events: 2:50pm

Girls Event #		Boys Event #
85	13-14 50 Freestyle	86
87	15 and Over 50 Freestyle	88
89	13-14 200 Breaststroke	90
91	15 and Over 200 Breaststroke	92
93	13-14 100 Backstroke	94
95	15 and Over 100 Backstroke	96
97	13-14 100 Butterfly	98
99	15 and Over 100 Butterfly	100
101	13-14 200 Freestyle	102
103	15 and Over 200 freestyle	104
105	13-14 50 Breaststroke	106
107	15 and Over 50 Breaststroke	108
109	13-14 400 IM	110
111	15 and Over 400 IM	112