



2015 SNOW Long Course Spring Classic

May 2-3, 2015

Sanctioned by USA Swimming through PVS and VA Swimming

Sanction Numbers: PVI-15-70

Meet Director Christine Vu
cvu.snowswimming@gmail.com
703-945-6189

Meet Referee Mike Ryan
LJCLMRYAN@verizon.net
540-687-0315

Club Officials Chair Mike Ryan
LJCLMRYAN@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 **Meet Director reserves the right to adjust times after entries are received**

Saturday

11-12: Warm-up: 7:10-8:00am / Events: 8:05am

10 and Under: Warm-up: 12:00-12:30pm / Events: 12:35pm

13 and Over: Warm-up: 3:30-4:00pm / Events: 4:05pm

Sunday

11-12: Warm-up: 7:10-8:00am / Events: 8:05am

10 and Under: Warm-up: 12:00-12:30pm / Events: 12:35pm

13 and Over: Warm-up: 3:30-4:00pm / Events: 4:05pm

Eligibility Open to invited USA Swimming teams. Swimmers shall compete at the age attained on May 2, 2015.



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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 total during the entire meet.

Long course and converted short course times are applicable.

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.

The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform within the 4-hour provision for 12 &U sessions in Rule 205.3.1F.

No VSI non-athlete member in good standing may be barred from participating in the meet as an official as certified.

Disability Swimmers

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.

Warm Up

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.

Supervision

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.

Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.

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.



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Officials & Timers

All certified officials wishing to volunteer to work this meet should contact:

Mike Ryan (540-687-0315)

LJLMryan@verizon.net

Please include your club affiliation, certifications held, and sessions you wish to work.

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.

Each participating club is requested to provide at least one official and 3 timers per session if entering 25 or more swimmers.

Seating

Due to the limited pool deck space, no chairs are allowed on deck.

Fees

\$6.00 per individual event

\$5.00 Facility surcharge per swimmer

Deck Entries

Deck Entries are \$10 per individual event

Swimmers will be entered into open lanes in the existing heats on a first come, first serve basis. No extra heats will be created.

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.

Entry Procedure

Teams should provide entries as follows:

Send e-mail to Christine Vu (cvu.snowswimming@gmail.com)

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).

Entries directly from individual team members will not be accepted.

Entries by phone or fax entries will not be accepted.

Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.

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.

Each participating team is requested to remit one check to cover the entry fee for the entire team.



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Entry Procedure (cont.) Please make checks payable to "SNOW Swimming". Please do not send cash.

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.

Entries can be sent to:

Christine Vu

SNOW Swimming

43950 Harbor Hills Terr #409

Lansdowne, VA 20176

Entry Deadline **Tuesday, April 21 by 5:00 PM**

Important The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.

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.

Note In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming,, Virginia Swimming Inc., Snow Swimming and Claude Moore Rec Center, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.



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Saturday May 2, 2015

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

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

10 & Under Session: Warm-up: 12:00-12:30am / Events: 12:35am

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

13 & Over Session: Warm-up: 3:30-4:15pm / Events: 4:20pm

Girls Event #		Boys Event #
29	13-14 200 Butterfly	30
31	15 & Over 200 Butterfly	32
33	13-14 100 Freestyle	34
35	15 & Over 100 Freestyle	36
37	13-14 100 Breaststroke	38
39	15 & Over 100 Breaststroke	40
41	13-14 200 IM	42
43	15 & Over 200 IM	44
45	13-14 200 Backstroke	46
47	15 & Over 200 Backstroke	48
49	13-14 400 Freestyle	50
51	15 & Over 400 Freestyle	52



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Sunday May 3, 2015

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

Girls Event #		Boys Event #
53	12 & Under 200 Breaststroke	54
55	11-12 100 Backstroke	56
57	11-12 50 Freestyle	58
59	11-12 100 Butterfly	60
61	11-12 200 Freestyle	62
63	11-12 50 Breaststroke	64
65	12 & Under 400 IM	66

10 & Under Session: Warm-up: 12:00-12:30am / Events: 12:35am

Girls Event #		Boys Event #
67	10 & Under 100 Backstroke	68
69	10 & Under 50 Freestyle	70
71	10 & Under 100 Butterfly	72
73	10 & Under 200 Freestyle	74
75	10 & Under 50 Breaststroke	76

13 & Over Session: Warm-up: 3:30-4:15pm / Events: 4:20pm

Girls Event #		Boys Event #
77	13-14 200 Freestyle	78
79	15 & Over 200 Freestyle	80
81	13-14 200 Breaststroke	82
83	15 & Over 200 Breaststroke	84
85	13-14 100 Backstroke	86
87	15 & Over 100 Backstroke	88
89	13-14 100 Butterfly	90
91	15 & Over 100 Butterfly	92
93	13-14 50 Freestyle	94
95	15 & Over 50 freestyle	96
97	13-14 400 IM	98
99	15 & Over 400 IM	100