

**Arlington Aquatic Club
 Winter Gator Mini Meet
 February 13-14, 2016
 Sponsored by the Arlington Aquatic Club**

**Sanctioned by USA Swimming
 Through Potomac Valley Swimming**

Sanction # PVC-16-56

Meet Director:	Evan Stiles 3700 South Four Mile Run Arlington, VA 22206 703-228-1814 aacswims@yahoo.com
Meet Location:	<u>Wakefield High School</u> 1325 S. Dinwiddie Street, Arlington, VA. 22206 703-228-2395 8 lane 25 yard indoor pool. Eight (8) lanes will be used for competition. Separate 5 lane pool will be available for continuous warm-up/warm-down. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). • The depth of the pool is 6'8" at the starting end and 4' at the turning end
Meet Referee	JD Foster- jfoster@uschamber.com
Eligibility:	Open to all Potomac Valley Swimmers Registered as USA Swimming Athletes and invited teams who are Registered USA Swimming Athletes. All athletes shall compete at the age attained on the first day of the meet.
Inclusion Policy for Swimmers with a Disability:	PVS and host clubs along with their Meet Directors are committed to the <u>Inclusion Policy as adopted by the BOD.</u> Athletes with a disability are welcomed 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 and Meet Schedule:</p>	<p>Saturday- Warm-up 7:50 - 8:50 am, 1st Event 9:00 am</p> <p>Sunday- Warm-up 7:50 - 8:50 am, 1st Event 9:00 am</p> <p>We will be running 8 lanes and there will be warm up/warm down available during the meet. Swimmers must be monitored while in the warm up/warm down area.</p>
<p>Warm-up:</p>	<p>The prescribed Potomac Valley 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>
<p>Rules:</p>	<p>Current USA Swimming rules shall govern the meet. All events are timed finals. All events will be swum slowest to fastest. A contestant can enter no more than three (3) individual events per day.</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>Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient</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 this requirement. (this statement can either be under RULES or SUPERVISION).</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>

Public Admission and Program Fee:	There is no public admission charge. Programs for each session will be available for \$1.00
Awards:	Individual events will be awarded first through tenth place. Relay events will be awarded for first place through fourth place. A heat award will be given to the winner of each individual heat.
Officials:	All certified officials wishing to volunteer to work this meet please contact the AAC Officials Chairman, Charles Lundy, 703-241-8363 calundy@verizon.net , prior to February 7. Please include your club affiliation, certifications held, and sessions you wish to work. Officials volunteering should sign in at the recording table prior to the start of Warm-ups. Certified officials who have not previously advised of their availability may volunteer their services to the Referee at this time
Entry Fees:	<p>Fees for individual events are \$ 5.00 Fees for relay events are \$10.00</p> <p>Individual swimmer surcharge- \$3.00</p> <p>Each club is requested to remit one check, payable to AAC BOOSTERS, to cover the entry fees for the entire team. Please do not send cash. Meet Directors have been instructed not to accept telephone entries. No late entries for both individual and relays events will be accepted.</p>
Entries:	<p>General Instructions:</p> <ul style="list-style-type: none"> • Entries must be submitted (1) via e-mail. • Follow the instructions under the appropriate heading below. The immediately following rules apply regardless of method chosen. <ul style="list-style-type: none"> ○ Each club is requested to remit one check to cover the entry fees for the entire team. Please put the club name on the entry check (if not a club check) and note the number of entries. Please do not send cash. Meet directors have been instructed not to accept telephone or fax entries. ○ Entries not submitted on the required forms, not complete, not legible or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry. ○ Individual or unattached entries will only be accepted by manual entry sent to the address listed below.

- **Optional:** Before preparing your entries, events for this meet can be downloaded and then imported into team manager. To download **as a file**, you may need to right click on the mouse and select "Save Link as" and with Microsoft Explorer right click on the mouse and select "Save Target As"

The file may also be requested directly from the [Meet Director, Evan Stiles](#).

NEW: All Relay-only swimmers must be listed on the meet entry in order to participate in the meet.

Manual Entries:

- Manual entries must be submitted on the PVS [master entry sheet](#). Also submit a completed ["entry cover sheet"](#). Signature and phone number of a club official must be included with entry for validation of entries. .
- There will be a \$1.00 surcharge per athlete for all manual entries.

E-mail Entries:

- Club E-mail entries will be accepted provided the transmission time is prior to entry deadline.
- Attach one report by event, one by name (save as Word for Windows in Team Manager)
- Attach commlink file
- In body of e-mail give total number of splashes (men, women, total entry) and contact information (name, phone, e-mail address)
- **Remember to also send entry fee check via USPS**
- Clubs submitting by email should submit entries to Evan Stiles aacswims@yahoo.com, in the subject heading type, "2016 Winter Gator Mini Meet - *****" with the club's initials substituted in place of the asterisks.

Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.

Supervision & Seating:

- Coaches are responsible for the conduct of their swimmers and families. Please clean your team area after each session, thank you. We ask all parents to sit in the bleachers above the

	<p>pool and all coaches and swimmers around the perimeter of the pool. Only swimmers, coaches, timers and officials will be permitted on the pool deck.</p> <ul style="list-style-type: none"> Swimmers in the meet, unaccompanied 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.
Timers:	<p>The meet will be using Semi-Automatic timing</p> <p>The Meet sponsor asks each participating club to provide at least one timer for each session.</p>
Deadline:	<p>The Meet Director must receive all entries and check for this meet no later than 5:00 PM., Tuesday, February 2, 2016.</p> <p>Important: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p> <p>The meet director will be limiting entries to the first 180 swimmers per session.</p>
Send Entries To:	<p>Evan Stiles Arlington Aquatic Club 3700 South Four Mile Run Arlington, Virginia. 22206 703-228-1810 aacswims@yahoo.com</p>
Reminder:	<p>Entry fees are due with each club's meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. No further entries will be accepted from clubs for future meets until all entry fees are paid in full by the club to the meet director.</p> <p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Arlington County, and AAC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>

Winter Gator Mini Meet

Saturday, February 13, 2015

Warm-up 7:50 - 8:50 a.m., 1st Event 9:00 a.m.

Girls Event #	Events	Boys Event #
1	7 & Under 100 yard Freestyle	2
3	8 Year Old 100 yard Freestyle	4
5	9-10 100 Freestyle	6
7	6 & Under 25 yard Backstroke	8
9	7 & Under 25 yard Backstroke	10
11	8 Year Old 25 yard Backstroke	12
13	9-10 50 yard Backstroke	14
15	7 & Under 50 yard Breaststroke	16
17	8 Year Old 50 yard Breaststroke	18
19	7 & Under 50 yard Butterfly	20
21	8 Year Old 50 yard Butterfly	22
23	9-10 50 yard Butterfly	24
25	6 & Under 25 yard Freestyle	26
27	7 & Under 25 yard Freestyle	28
29	8 Year Old 25 yard Freestyle	30
31	7 & Under 200 yard Freestyle Relay	32
33	8 & Under 200 yard Freestyle Relay	34



Winter Gator Mini Meet

Sunday, February 14, 2015

Warm-up 7:50 - 8:50 a.m., 1st Event 9:00 a.m.

Girls Event #	Events	Boys Event #
35	7 & Under 50 yard Backstroke	36
37	8 Year Old 50 yard Backstroke	38
39	9-10 50 yard Breaststroke	40
41	6 & Under 25 yard Breaststroke	42
43	7 & Under 25 yard Breaststroke	44
45	8 Year Old 25 yard Breaststroke	46
47	7 & Under 25 yard Butterfly	48
49	8 Year Old 25 yard Butterfly	50
51	6 & Under 50 yard Freestyle	52
53	7 & Under 50 yard Freestyle	54
55	8 Year Old 50 yard Freestyle	56
57	9-10 50 yard Freestyle	58
59	7 & Under 100 yard Individual Medley	60
61	8 Year Old 100 yard Individual Medley	62
63	9-10 100 yard Individual Medley	64

