

PVS Long Course Distance Meet

June 18-19, 2016

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-16-88**

Hosted for PVS by: Fort Belvoir Swim Team

Entries due to Meet Manger by: Tuesday, June 7, 2016 (check on club deadline)

Saturday & Sunday Warm up: 2:30 pm, Events 3:30 pm

Meet Host/Director:	Fort Belvoir Swim Team Curtis Din 6161 Edsall Rd Apt 1112 Alexandria, VA 22304 757-407-7788 curtisdin@gmail.com
Meet Referee:	Mark Harris mharris131@aol.com
Club Official's Chair:	Mark Harris mharris131@aol.com
Facility:	Fairland Aquatic Center 13820 Old Gunpowder Rd. Laurel, MD 20707 703-922-4841 <ul style="list-style-type: none">• 8 lane, 50 meter, with a water depth of 13' 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 Equipment:	Automatic Timing (touch pads) will be used for this meet.
Eligibility:	Open to all Potomac Valley Swimming registered athletes 9 years old and older.
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.
Qualifying Times:	<ul style="list-style-type: none">• Minimum provable times:<ul style="list-style-type: none">○ For 800 M, 14:00:00 in either the 800m or 1000yd Freestyle○ For 1500 M, 23:30:00 in either the 1500m or 1650 Freestyle○ See full description of the Distance Qualifying Policy• Coaches of 13 & O athletes that can complete the event(s) faster than the QT's, but do not satisfy the entry rule, should petition the PVS Distance Coordinator, Bill Marlin, coach_bill@verizon.net
Rules:	<ul style="list-style-type: none">• Current USA Swimming rules shall govern the meet.• All events are timed finals.• Seed times are long course meters• 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.• In compliance with USA Swimming Rules and Regulation, the use of audio or visual recording devices, including a cell phone is not permitted

	<p>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> <ul style="list-style-type: none"> • 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. • 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 sessions that include 12 & U events per Rule 205.3.1F.
Positive Check In & Order of Swims:	<p>All events will be positive check in and deck seeded. The meet will be seeded and swum according to submitted entry times regardless of age. Heats will be swum fastest to slowest, alternating women and men. Expected swim times and check in requirements will be posted to the PVS website www.pvswim.org no later than Wednesday June 17, 2015</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>
Supervision:	<p>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</p>
Programs:	<p>Programs will NOT be available for each session. A complimentary copy of the psych sheet will be provided to coaches and working officials.</p>
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 June 18. • Each swimmer must provide their own timer and counter (if needed).
Entry Procedures:	<ul style="list-style-type: none"> • Entries should be submitted using Hy-Tek Team Manager. • Include in the subject of the email, "2016 PVS June Distance - ***" 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: \$6.00 (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.
<p>NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatic Center and Fort Belvoir Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>	

Saturday, June 18, 2016

Warm up: 2:30-3:20 pm, Events: 3:30 pm

Women's Events #	Event	Men's Event #
1	1500 Meter Freestyle	2
3	400 IM	4

All athletes must provide their own timer and counter (if needed).

Sunday, June 19, 2016

Warm up: 2:30-3:20 pm, Events: 3:30 pm

Women's Event #	Events	Men's Event #
5	800 Meter Freestyle	6
7	400 Free	8

All athletes must provide their own timer and counter (if needed).