

This meet is being hosted by PVS, we will be requesting volunteers from all PVS clubs to help staff the meet. Please encourage your families to volunteer.

PVS 2016 Long Course Senior Championships

July 14-17, 2016

Sanctioned by USA Swimming through Potomac Valley Swimming

Sanction # - PVS-16-91

Time Trials Sanction # - PVS-16-91TT

Hosted by Potomac Valley Swimming

Entry Deadline: Tuesday, July 5, 2016 (check on club deadline)

Warm up: Prelims: 7:00-8:20 am Events: 8:30 am

Warm up: Finals: 5:00-6:00 pm Events: 6:10 pm

Meet Manager:	Brian Pawlowicz, bpawlowicz@nationscapitalswimming.com
Entry Coordinator:	Tim Husson, thusson@comcast.net Please send all meet entries to Tim Husson Mail all check directly to PVS: P.O. Box 3729, McLean, VA 22103-3729
Meet Referee/Admin Referee:	Meet Referee – Barb Ship, barb@ships3.com Admin Referee – Pam Starke-Reed, pesreed@yahoo.com This meet will be an Officials Qualifying Meet, under the USA Swimming National Certification program. Please submit an Application to Officiate or contact Barb Ship by July 10 if you are interested in being an Official for this meet. Those officials desiring to be evaluated at this meet must indicate their preferences in the Application to Officiate by July 10. You can review information about the National Certification Program on the USA Swimming Website .
Coaches Meeting	There will be a coaches meeting on Thursday at 7:30 am. The location of the meeting will be announced.
Facility:	University of Maryland: University of Maryland College Park Campus, College Park, MD 20740 301-266-4400 <ul style="list-style-type: none"> • 8 lane, 50 meters with separate warm up/cool down facility • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C), because it is a bulkhead pool, which is measured in length prior to the start of the meet.
Timing System:	<ul style="list-style-type: none"> • Automatic Timing (touch pads primary) will be used for this meet.
Eligibility:	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes and invited USA Swimming teams • Clubs interested in participation should request an invitation from the PVS Senior Chair, Mark Faherty at fahertyswim@yahoo.com • Swimmers must have equaled or bettered the applicable Qualifying Time listed. • Distance Entries: Any swimmer who qualifies for the 800 and/or 1500 freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle. • Do not enter with a time achieved prior to July 1, 2014. • All entries must be provable times in the SWIMS database.
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 prelims and finals, except for relays and the 800M and 1500M Freestyle which are timed finals. • A swimmer may compete in a maximum of 7 individual events and no more than 3 individual events per day. • A club may enter up to 3 relay teams per relay event, but only two relay teams per club per event may score. • The 200M Freestyle Relay and 200M Medley Relay will not be scored. • Coaches may elect to swim the 800M Freestyle Relay during the Prelims Session. They must make this designation when they positive check in for the event. • Long Course Meters seed times are conforming for this meet. • No late entries are permitted for this meet. • No on-deck USA-S registration is permitted • In compliance with USA Swimming Rule 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. 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. • Changing into or out of swimsuits other than in locker rooms or other designated areas 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.
Withdrawing from Finals:	<p>PVS scratch rules apply for swimmers scratching finals.</p> <p>If you do not wish to swim in the Final, you may "scratch" from the event by following this procedure:</p> <p>You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A", "B" or "C" finals, if scheduled.</p> <p>You may declare an "intent to scratch". You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent". If you declare an "intent to scratch" and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.</p> <p>If an athlete fails to properly scratch from an event and does not appear for the "Final" event, they "shall be barred from further competition of the remainder of the meet."</p>
Seeding and Positive Check In:	<ul style="list-style-type: none"> • All events will be positive check-in events. Individuals/Relays must check in by check in by the check-in deadlines in order to be SEEDED INTO THE EVENT • The check-in deadlines will be no later than 30 minutes before the start of the session and will be published before the start of the meet. The only exception is that the deadline for the 800M and 1500M freestyle events on Sunday will be Saturday at 6:40 pm.

	<ul style="list-style-type: none"> The preliminaries of the 400 Free and the 400 IM will be seeded as follows: If there are seven or more heats, the four fastest heats of women (slow to fast) will be followed by the four fastest heats of men (slow to fast). The remaining heats will be swum fast to slow, alternating women and men after the relay events. If there are six or fewer heats, the events will be swum all women (slow to fast) followed by all men (slow to fast).
Order of Swims:	<ul style="list-style-type: none"> There will be three heats swum in finals for all individual events except the 800 and 1500 events. Heats will be swum in the following order: "C", "B" and "A". Short Course times will be seeded after Long Course entry times. Heats of distance events (800 & 1500) will be swum fastest to slowest, alternating women and men. The fastest seeded heat of the women's 1500 and men's 800 will be the first event of the Sunday finals session. (Swimmers in the 800 and 1500 are responsible for providing their own timer, except for those swimming in the Final session on Thursday and Sunday.)
Bonus Events:	Any athlete, who is entered into at least one individual event, may also enter one bonus event. If entered in 2 or more individual events, they may enter 2 bonus events. Athletes entering bonus event may compete in no more than the maximum events per session or meet. Bonus entries must meet the Bonus Qualifying Time (see below).
Time Trials:	<ul style="list-style-type: none"> Time trials will be held following the completion of the finals sessions on Thursday, Friday, Saturday and Sunday. An athlete must compete in an individual event in either Senior Champs or Junior Champs in order to participate. Athletes are permitted a total of two time trials during the meet. They may only swim one time trial per session provided that this participation does not cause them to exceed the three events per day limit. The time trial fee is \$12/attempt and must be paid when registering for time trial by either cash or check. <p>The order of time trial events will be those events contested that day followed by those events remaining to be contested, followed by those events already contested, except that time trials for the 800M and 1500M freestyle will only be offered on Thursday. Time Trial events may be combined for efficiency.</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> <p>During the meet there will be continuous warm-up/cool-down lanes. Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.</p>
Supervision:	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
Scoring:	<p>Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</p> <p>Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</p> <p>Team scoring will be divided into three divisions for small, medium and large teams. The teams in each division will be determined before the meet.</p>
Awards:	There are no awards for this meet.
Programs:	Programs will be available for each prelim and finals session for \$2 each. The meet will also be available on Meet Mobile
Concessions:	PVS will not be providing concessions at this event.
Credentials:	Parents not working the meet as a deck official, volunteer timer or other position are not permitted on the deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials must have

	their current USA Swimming card with them at all times and in order to receive deck credentials.
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 Meet Referee prior to July 10 or submit an Application to Officiate . Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries. The Meet Director will send out a request for timers based upon entries. The host club will provide one timer per lane.
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 LC Senior Group Champs - ***" with the clubs initials in place of the asterisks. Also include training site if your club submits multiple entry files. Entry coordinators are requested to acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the entry coordinator. Individual event fee: \$8.00, Relays \$12 (make checks payable to PVS) Entry fees are due with meet entry and must be paid prior to the start of the meet. 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. All Relay-only swimmers must be listed on the team's OME meet roster in order to participate in the meet Please designate Bonus entries as such
NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming and University of Maryland shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.	

Thursday, July 14, 2016

Warm up Prelims: 7:00-8:20 am, Events: 8:30 am

Warm up Finals: 5:00-6:00 pm, Events: 6:10 pm

Women's Events #	SCY QT	LCM QT	Bonus Cut	Event	Bonus Cut	SCY QT	LCM QT	Men's Event #
1		1:59.99		200 M Freestyle Relay			1:50.09	2
3	2:11.29	2:31.59	2:33.59L	200 M Individual Medley	2:20.09L	1:59.79	2:18.09	4
5	53.19	1:01.89	1:02.89L	100 M Freestyle	57.29L	48.69	56.29	6
7	1:08.59	1:21.39	1:22.99L	100 M Breaststroke	1:13.19L	1:02.19	1:12.79	8
9	10:39.79	9:45.99	9:57.99L	800 M Freestyle				
				1500 M Freestyle	18:15.99L	16:43.99	17:59.99	10

Distance events are timed finals. Heats will be swum fastest to slowest, alternating women and men.

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

The fastest heat of the Women's 800M and Men's 1500M Freestyle will swim at finals.

200 Freestyle Relay: Events are timed finals and will be swum only during preliminaries

Friday July 15, 2016

Warm up Prelims: 7:00-8:20 am, Events: 8:30 am

Warm up Finals: 5:00-6:00 pm, Events: 6:10 pm

Women's Events #	SCY QT	LCM QT	Bonus Cuts	Event	Bonus Cuts	SCY QT	LCM QT	Men's Event #
11	1:55.19	2:14.29	2:16.29L	200 M Freestyle	2:04.79L	1:46.49	2:02.79	12
13	58.79	1:07.79	1:08.79L	100 M Butterfly	1:02.09L	53.79	1:01.09	14
15	4:38.39	5:22.99	5:26.99L	400 M Individual Medley	5:01.89L	4:15.09	4:57.89	16
10 Minute Break								
17		4:13.09		400 M Freestyle Relay			3:53.99	18
All Relays are Positive Check-in 400 M Freestyle Relay: Events are timed finals and will be swum slowest to fastest during preliminaries. Top 2 heats will be swim at finals Break will be 10 minutes and the competition pool will be open for Warm up.								

Saturday July 16, 2016

Warm up Prelims: 7:00-8:20 am, Events: 8:30 am

Warm up Finals: 5:00-6:00 pm, Events: 6:10 pm

Women's Events #	SCY QT	LCM QT	Bonus Cuts	Event	Bonus Cuts	SCY QT	LCM QT	Men's Event #
19		5:05.09		200 M Medley Relay			4:22.99	20
21	2:12.49	2:32.09	2:34.29L	200 M Butterfly	2:21.99L	2:01.19	2:19.99	22
23	59.49	1:11.09	1:12.09L	100 M Backstroke	1:05.99L	54.89	1:04.99	24
25	5:08.79	4:40.49	4:44.99L	400 M Freestyle	4:25.89L	4:48.39	4:21.49	26
10 Minute Break								
27		9:20.09		800 M Freestyle Relay			8:40.09	28
All Relays are Positive Check-in Break will be 10 minutes and the competition pool will be open for Warm-ups. <u>200 Medley Relay: Events are timed finals and will be swum only during preliminaries.</u> <u>For Qualifying times use the 400 Medley Relay Qualifying Times.</u> 800 M Freestyle Relay: Events are timed finals. Heats will be swum slowest to fastest alternating women and men in the preliminary session. Fastest heat for women and men will be swum as the last event in the finals session.								

Sunday, July 17, 2016

Warm up Prelims: 7:00-8:20 am, Events: 8:30 am

Warm up Finals: 5:00-6:00 pm, Events: 6:10 pm

Women's Events #	SCY QT	LCM QT	Bonus Cuts	Event	Bonus Cuts	SCY QT	LCM QT	Men's Event #
29	2:09.49	2:31.09	2:33.09L	200 M Backstroke	2:21.79L	1:59.39	2:19.79	30
31	24.99	28.99	29.49L	50 M Freestyle	26.69L	22.49	26.19	32
33	2:29.39	2:54.79	2:56.79L	200 M Breaststroke	2:41.09L	2:15.39	2:39.09	34
10 Minute Break								

35		5:05.09		400 M Medley Relay			4:22.99	36
37	17:54.39	18:42.99	18:55.99L	1500 M Freestyle				
				800 M Freestyle	9:14.99L	10:02.49	9:04.39	38

All Relays are positive Check-in

400 Medley Relay: Events are timed finals and will be swum slowest to fastest during preliminaries and top 2 heats will be swum during finals.

Break will be 10 minutes and the competition pool will be open for Warm-ups.

800M & 1500M Freestyle: Events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Fastest heat of each event will be swum as the first event in the finals session. Swimmers should provide their own timers and counter (if needed) during the preliminary session.

