

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 Junior Championships

July 14-17, 2016

Sanctioned by USA Swimming through Potomac Valley Swimming: **PVS-16-92**

Hosted by Potomac Valley Swimming

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

Warm up: Thursday-Sunday: 12:15-1:15 pm Events: 1:25 pm

****NOTE:** Warm-up and Event Start times are subject to change once all entries for both Senior Champs and Junior Champs have been received.

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:	Meet Referee: Jan van Nimwegen, jnimwegen@earthlink.net Admin Referee: Tim Husson, thusson@comcast.net Please submit an Application to Officiate or contact Jan van Nimwegen by July 10 if you are interested in being an Official for this meet.
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 meter with separate warm up/cool down facility • The pool is 8 1/2 ft deep at the starting end and 13 ft deep at the turning end. • 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 pad primary) will be used at this meet.
Eligibility:	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes 13 & Over as of the first day of the meet. • Swimmers shall compete at the age attained on the first day of the meet. • Do not enter with a time achieved prior to July 1, 2014
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 timed finals. • All events will be positive check-in. The check in schedule will be communicated prior to the start of the meet. • A swimmer may compete in a maximum of 7 individual events and no more than 3 individual events per day. • A swimmer may not enter an event they are eligible to swim at either the PVS 2016 Senior LC Champs or PVS 2016 Age Group LC Champs.

	<ul style="list-style-type: none"> • Any athlete who betters the “No Faster Than” times for PVS Junior Champs after the submission of entries is precluded from competing in that event at this meet. • All entry times must be actually achieved LCM times that were swum after July 1, 2014. No “NO TIMES” are permitted nor are converted times. • Seed times are long course meters • No late entries are permitted for this meet. • No on-deck USA-S registration is permitted • 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. • 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.
Positive Check In:	<p>All events will be positive check in. Swimmers who do not check-in will be scratched from that event. Athletes who have checked in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event.</p> <p>Positive check in will close no earlier than 30 minutes after the start of warm up for each session.</p>
800/1500 Freestyle:	<ul style="list-style-type: none"> • The 800 M and 1500 M Freestyle will be swum Fast to Slow and alternating Women and Men. Swimmers are responsible for providing their own lap counter and timer (required) • 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. • Please note that during the Thursday and Sunday sessions there is no break prior to the 800/1500 M Freestyle events. Coaches and swimmers should take this into account and plan accordingly.
Time Trials:	<ul style="list-style-type: none"> • Swimmers entered in an event in Junior Champs are eligible to participate in the time trials being run as part of Senior Champs • Athletes are permitted a total of two time trials during the meet. They may swim only one time trial per time trial 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 at the time of registration for the time trials 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.</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>

	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.
Supervision:	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
Scoring:	Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 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.
Awards:	There are no awards for this meet.
Concessions:	PVS will not be providing concessions at this event.
Programs:	All attempts will be made to have programs available for each session for a price not to exceed \$2. Because the entire session will be positive check-in, programs may not be available until after the start of the meet. In the event that programs are not able to be sold, programs will be posted throughout the spectator areas. The meet will also be available on Meet Mobile.
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 should have their current USA Swimming card with them at all times.
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 or submit an Application to Officiate prior to July 10. • Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries. • The host club will provide at least one timer per lane. • The Meet Director will send out a request for timers based upon entries.
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 Junior 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 meet roster in order to participate in the meet. • IMPORTANT: NFT QT's in the TM event file are for both 15 & Over and 13-14 year old swimmers. The NFT QT's for 13-14 year old swimmers are slower. Please make sure any 13-14 year old swimmers entered into the meet do not have a QT for the PVS 2016 Age Group LC Champs.
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: 12:15-1:15 pm, Events: 1:25 pm

Warm up times are subject to change after all Jr. and Sr. Champ entries have been entered.

Women's Events #	NST	No Faster Than		Event	NST	No Faster Than		Men's Event #
		15 & O LCM	13-14 LCM			15 & O LCM	13-14 LCM	
1	2:42.99	2:31.60	2:43.00	13 & Over 200M Individual Medley	2:29.99	2:18.10	2:35.40	2
3	1:06.49	1:01.90	1:06.30	13 & Over 100M Freestyle	1:00.19	56.30	1:02.70	4
5	1:28.49	1:21.40	1:27.00	13 & Over 100M Breaststroke	1:21.49	1:12.80	1:23.00	6
7	10:50.09	9:46.00	10:30.00	13 & Over 800M Freestyle				
				13 & Over 1500M Freestyle	19:40.09	18:00.00	21:20.00	8

800M & 1500M Freestyle: Events are timed finals. Heats will be swum fastest to slowest, alternating women and men.

Seed Times are Long Course Meters.

All events will be positive check-in. The positive check schedule will be communicated prior to the start of the meet.

Friday July 15, 2016

Warm up: 12:15-1:15 pm, Events: 1:25 pm

Warm up times are subject to change after all Jr. and Sr. Champ entries have been entered.

Women's Events #	NST	No Faster Than		Event	NST	No Faster Than		Men's Event #
		15 & O LCM	13-14 Meters			15 & O LCM	13-14 Meters	
9	2:23.99	2:14.30	2:22.80	13 & Over 200M Freestyle	2:11.99	2:02.80	2:16.00	10
11	1:16.99	1:07.80	1:15.90	13 & Over 100M Butterfly	1:07.99	1:01.10	1:11.00	12
13	5:53.99	5:23.00	5:47.00	13 & Over 400M Individual Medley	5:35.99	4:57.90	5:41.00	14

Seed Times are Long Course Meters.
All events will be positive check-in. The positive check schedule will be communicated prior to the start of the meet.

Saturday July 16, 2016

Warm up: 12:15-1:15 pm, Events: 1:25 pm

Warm up times are subject to change after all Jr. and Sr. Champ entries have been entered.

Women's Events #	NST	No Faster Than		Event	NST	No Faster Than		Men's Event #
		15 & O LCM	13-14 LCM			15 & O LCM	13-14 LCM	
15	2:54.99	2:32.10	2:51.00	13 & Over 200M Butterfly	2:39.99	2:20.00	2:43.00	16
17	1:17.49	1:11.10	1:16.00	13 & Over 100M Backstroke	1:11.99	1:05.00	1:14.00	18
19	5:02.99	4:40.50	5:01.00	13 & Over 400M Freestyle	4:42.99	4:21.50	4:51.00	20

Seed Times are Long Course Meters.
All events will be positive check-in. The positive check schedule will be communicated prior to the start of the meet.

Sunday, July 17, 2016

Warm up: 12:15-1:15 pm, Events: 1:25 pm

Warm up times are subject to change after all Jr. and Sr. Champ entries have been entered.

Women's Events #	NST	No Faster Than		Event	NST	No Faster Than		Men's Event #
		15 & O LCM	13-14 LCM			15 & O LCM	13-14 LCM	
21	2:44.49	2:31.10	2:42.60	13 & Over 200M Backstroke	2:33.49	2:19.80	2:37.00	22
23	30.89	29.00	30.70	13 & Over 50M Freestyle	28.29	26.20	29.00	24
25	3:11.99	2:54.80	3:07.00	13 & Over 200M Breaststroke	2:58.99	2:39.10	2:59.00	26
27	21:09.09	18:43.00	20:50.00	13 & Over 1500M Freestyle				
				13 & Over 800M Freestyle	10:08.99	9:04.40	10:20.00	28

800M & 1500M Freestyle: Events are timed finals. Heats will be swum fastest to slowest alternating women and men

Please note that during Sunday's session there is no break prior to the 800/1500 M Freestyle events.

Coaches and swimmers should take this into account and plan accordingly.

Seed Times are Long Course Meters.

All events will be positive check-in. The positive check schedule will be communicated prior to the start of the meet.