



2019 Green & Orange Bowl IntraSquad

January 12-13th, 2019

UPDATED TO REFLECT POOL CHANGE & SESSION TIMES & ORDER OF EVENT FOR DISTANCE SESSION!

New Times-

<p><u>Saturday, January 12, 2019</u> 13 & Over Session- Warm Up: 7:00- 8:00am Events: 8:10am</p> <p>12 & Under Session- Warm Up: 11:00am- 11:50am Events: 12:00pm</p>	<p><u>Sunday, January 13, 2019</u> 13 & Over Session- Warm Up: 7:00- 8:00am Events: 8:10am</p> <p>Distance Session- 10:30am- 11:20am Events: 11:30am</p> <p>12 & Under Session- Warm Up: 1:00pm- 1:50pm Events: 2:00pm</p>
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<p>MEET DIRECTOR</p> <p>Paris Jacobs (571)238-7657 paris@machineaquatics.com</p> <p>Meet Entry Email: entries@machineaquatics.com</p>	<p>MEET REFEREE</p> <p>Courtney Johnston officials@machineaquatics.com</p>	<p>CLUB OFFICIALS CHAIR</p> <p>Courtney Johnston officials@machineaquatics.com</p>
<p>SANCTION</p>	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-19-42. • In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Machine Aquatics, and The St. James, Inc, shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 	

<p>FACILITY- UPDATED</p>	<p>The St. James 6805 Industrial Road, Springfield, VA (703) 239-6870</p> <ul style="list-style-type: none"> • 8 lanes 25 yd pool with a depth range of 7-12 feet at both the starting and turning end. • The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.
<p>ENTRY DEADLINE</p>	<p>FINAL ENTRIES ARE DUE BY 5:00 p.m. Thursday, January 3rd, 2019</p> <p>Submit Entries to: entries@machineaquatics.com</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>SCHEDULE- UPDATED!!!</p>	<p>Saturday, January 12, 2019 13 & Over Session- Warm Up: 7:00- 8:00am Events: 8:10am</p> <p>12 & Under Session- Warm Up: 11:00am-11:50am Events: 12:00pm</p> <p>Sunday, January 13, 2019 13 & Over Session- Warm Up: 7:00- 8:00am Events: 8:10am</p> <p>Distance Session- 10:30am- 11:20am Events: 11:30am</p> <p>12 & Under Session- Warm Up: 1:00pm- 1:50pm Events: 2:00pm</p> <p>**NOTE THE CHANGE IN WARMUP TIME FROM SATURDAY TO SUNDAY FOR ALL AGES!**</p>
<p>ELIGIBILITY</p>	<p>This is an intrasquad meet for registered Machine Aquatics swimmers only.</p>
<p>DISABILITY SWIMMERS</p>	<p>PVS and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the PVS 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.</p>
<p>TIMING SYSTEM</p>	<p>Automatic Timing Systems (touchpads primary) will be used.</p>

<p>RULES</p>	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern 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. Per PVS policy, the use of equipment capable of taking pictures (i.e., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are 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. • Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. • Dive-over starts will be used at this meet. • 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.
<p>EVENT RULES</p>	<p><u>Individual Events:</u></p> <p>Swimmers may participate in only his or her own age group events. Swimmers may enter FOUR (4) events per DAY. NOTE: If you are swimming the 500 Free on Saturday, you may swim THREE (3) events in the main session and ONE (1) event in the Distance Session.</p> <p>Positive check-in close times will be posted before warm-ups at the positive check-in table. Any swimmer that fails to check-in will be removed from their next event.</p> <p>To the extent there are available lanes, swimmers can request deck entry at a cost of \$15.00.</p> <p>SWIMMERS MUST PROVIDE THEIR OWN TIMERS/ LAP COUNTERS FOR THE 500 FREE.</p> <p>*NOTE: The Meet Director reserves the right to rearrange sessions/ start times in order to allow the full meet to fit within the pool rental time.</p>
<p>POSITIVE CHECK IN</p>	<p>500 Freestyle will require positive check-in. Timelines for the check-in will be provided to the coaches prior to the meet.</p>

WARM-UP	The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.
SUPERVISION	Coaches are responsible for the conduct of their swimmers and families and for cleaning up their team areas. Only athletes, USA Swimming certified coaches and deck officials are permitted on the pool deck. Working coaches and deck officials are required to display their 2019 USA Swimming card.
PROGRAMS	Meet programs will be available for \$3.00 per session or via Meet Mobile.
AWARDS	There are NO awards for this meet.
CREDENTIALS	Parents not working the meet as deck officials, volunteer timer or other positions are not permitted on deck. Only athletes, USA Swimming certified coaches and deck officials will be permitted on deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
OFFICIALS	Officials wishing to volunteer to work the meet should contact Machine Aquatics Head Official, Courtney Johnson, at officials@machineaquatics.com . Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. 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-ups.
TIMERS	All timers will be provided by Machine Aquatics. Please use the Sign Up Genius to volunteer which will be sent separately.
CONCESSIONS	There will be no concessions at this meet.
SEATING	Due to the limited pool deck space, officials, USA Swimming registered coaches and swimmers only will be permitted on the pool deck. Personal chairs <u>will be permitted</u> on the deck for coaches only. Swimmers MAY NOT bring personal chairs on the deck.

ENTRY PROCEDURES	<p>Send entries to ENTRIES@MACHINEAQUATICS.COM</p> <p>Please include in the subject line of the email "2019 Green & Orange Bowl. Entries should be submitted using Hy-Tek Team Manager.</p> <p>The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.</p> <p>Warning: 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>
ENTRY FEES	<p>Individual event fee: \$5.00</p> <p>Make checks payable to Machine Aquatics, LLC. Checks may be mailed to: 204- D Mill Street, NE Vienna, VA 22180</p>

2019 Green & Orange Bowl IntraSquad

Saturday, January 12, 2019

13 & Over Session

Warm Up: 7:00- 8:00am/ Events: 8:10 am

Girls Events #	Event	Boys Event #
1	15 & Over 200 Individual Medley	2
3	13- 14 200 Individual Medley	4
5	15 & Over 100 Butterfly	6
7	13- 14 100 Butterfly	8
9	15 & Over 200 Backstroke	10
11	13-14 200 Backstroke	12
13	15 & Over 100 Freestyle	14
15	13- 14 100 Freestyle	16
17	15 & Over 200 Breaststroke	18
19	13 -14 200 Breaststroke	20

2019 Green & Orange Bowl IntraSquad

Saturday, January 12, 2019

12 & Under Session

Warm Up: 11:00am- 11:50am/ Events: 12:00pm

8 & Under participating in 200 events MUST have coaches approval & have swum the 100 of the event PRIOR to this meet. 8 & Unders without approval will be removed from that event.

Girls Events #	Event	Boys Event #
29	11-12 200 Butterfly	30
31	10 & Under 200 Butterfly	32
33	11-12 100 Breaststroke	34
35	10 & Under 100 Breaststroke	36
37	11-12 50 Butterfly	38
39	10 & Under 50 Butterfly	40
41	11-12 100 Backstroke	42
43	10 & Under 100 Backstroke	44
45	11-12 200 Freestyle	46
47	10 & Under 200 Freestyle	48
49	11-12 50 Backstroke	50
51	10 & Under 50 Backstroke	52
53	11-12 100 Individual Medley	54
55	10 & Under 100 Individual Medley	56

2019 Green & Orange Bowl IntraSquad

Sunday, January 13, 2019

13 & Over Session

Warm Up: 7:00- 8:00am/ Events: 8:10am

Girls Events #	Event	Boys Event #
57	15 & Over 200 Freestyle	58
59	13- 14 200 Freestyle	60
61	15 & Over 100 Breaststroke	62
63	13-14 100 Breaststroke	64
65	15 & Over 200 Butterfly	66
67	13-14 200 Butterfly	68
69	15 & Over 100 Backstroke	70
71	13- 14 100 Backstroke	72
73	15 & Over 50 Freestyle	74
75	13- 14 50 Freestyle	76
77	15 & Over 400 Individual Medley	78
79	13-14 400 Individual Medley	80

Sunday, January 13, 2019

DISTANCE Session

Warm Up: 10:30- 11:20am/ Events: 11:30am

Girls Events #	Event	Boys Event #
25	11-12 500 Freestyle	26
27	9-10 500 Freestyle	28
21	15 & Over 500 Freestyle	22
23	13- 14 500 Freestyle	24

NOTE CHANGE:

11-12 & 9-10 WILL SWIM FIRST, FOLLOWED BY 15 & OVER & 13-14 FREESTYLE

2019 Green & Orange Bowl IntraSquad

Sunday, January 13, 2019

NOTE THE CHANGE IN WARMUP TIME FROM SATURDAY

12 & Under Session

Warm Up: 1:00- 1:50pm/ Events: 2:00pm

8 & Unders participating in 200 events MUST have coaches approval & have swum the 100 of the event PRIOR to this meet. 8 & Unders without approval will be removed from that event.

Girls Events #	Event	Boys Event #
81	11-12 200 Breaststroke	82
83	10 & Under 200 Breaststroke	84
85	11-12 100 Freestyle	86
87	10 & Under 100 Freestyle	88
89	11-12 50 Breaststroke	90
91	10 & Under 50 Breaststroke	92
93	12 & Under 200 Individual Medley	94
95	11-12 100 Butterfly	96
97	10 & Under 100 Butterfly	98
99	11-12 200 Backstroke	100
101	10 & Under 200 Backstroke	102
103	11-12 50 Freestyle	104
105	10 & Under 50 Freestyle	106