



Speedo Eastern States Senior Invitational Meet

January 4-5, 2020

Sanction # PVI-20-40



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| MEET DIRECTOR Evan Stiles, estile@arlingotnva.us , 703-228-1814 | MEET REFEREE Charles Lundy, calundy@verizon.net | CLUB OFFICIALS CHAIR Phyllis Cuttino, pcuttino@me.com |
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| SANCTION | <ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-20-40. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Arlington Aquatic Club, and Wakefield Aquatic Center, 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. |
| FACILITY | <p style="text-align: center;">Wakefield Aquatic Center 1325 S Dinwiddie St. Arlington, VA 22206 (703) 228-2395</p> <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth of 6.8' at the starting end and 4.0' at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). |
| ENTRY DEADLINE | <p style="text-align: center;">Friday, December 27, 2019, 9:00 p.m.</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> |
| SCHEDULE | <ul style="list-style-type: none"> Saturday, January 04, 2020 Session 1 ---- 7:00 am - 8:20 am warm up/8:30 am start Session 2 ---- 3:30 pm - 4:30 pm warm up/4:40 pm start Jr Circuit -----12:00-12:30 pm warm up/ 12:40 pm start- Open to all swimmers not yet at the Senior level of all participating Sr Circuit teams. Meet events are on the next to last page. Sunday, January 05, 2020 Session 3 ---- 6:30 am - 7:20 am warm up for the 1650 Free/1000 Free- 7:30 am start 1650/1000 (events 23 - 24) will be swum slowest to fastest, combined heats of women and men. All Heats of the 1000's will swim before the 1650's 5 lanes of continuous warm-up/warm-down will be available. The warm-up/warm-down pool is 25m long, 3' deep at one end, 12' deep at the other Session 4 ---- Warm-up will be available at all times in the 5 lane pool/Session start time will be 30 minutes after the completion of the 1650 Free. Meet Director reserves the right to adjust times/sessions after entries are received. |

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| ELIGIBILITY | <ul style="list-style-type: none"> • Open to all swimmers of teams that are members of the Eastern States Senior Circuit. • No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302. • PLEASE MAKE SURE YOUR ATHLETES ARE REGISTERED FOR 2020 BEFORE ENTERING THEM. • There are no qualifying times but all teams agree to bring swimmers who are training at a senior level and are preparing for successful qualification or participation in Sectionals and Nationals. Please see published Circuit Guidelines for more information. |
| DISABILITY SWIMMERS | <ul style="list-style-type: none"> • 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. |
| TIMING SYSTEM | <ul style="list-style-type: none"> • Automatic timing (touch pads primary) will be used. |
| RULES | <ul style="list-style-type: none"> • Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), shall govern this meet. • No on-deck USA-S registration is permitted. • In compliance with <i>USA Swimming Rules and Regulations</i>, 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 (e.g., 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. |
| EVENT RULES | <ul style="list-style-type: none"> • There will be a Jr Circuit on Saturday, in between the 1st and 2nd sessions for 15 & under swimmers looking to improve or qualify for IMX events. These swimmers are not part of the Senior Circuit. • All events are timed finals. Positive check in may be required. This will be determined based off of entries received. • Some events may be limited to 3 heats per event per gender based on timeline. • May combine boys and girls heats to conserve time • These events should be for swimmers in a training group preparing for the Senior group • Athletes may enter no more than 6 events/day. No time trials will be offered. |

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| | <ul style="list-style-type: none"> Age on January 4, 2020 will determine age for the entire meet. |
| POSITIVE CHECK IN | <ul style="list-style-type: none"> For Senior Circuit- All events at the distance of 200 and below will be pre-seeded. All relays, 400 IM, 500 Free, and 1650/1000 Free will be deck seeded and require a positive check in. All Relay check in must be done 30 minutes prior to meet start time for each session. Saturday- Check-in for the 400 IM will be by 8:00 am Saturday- Check-in for the 500 Free will be by 9:00 am Check in for the 1000/1650 Free will be by 6:00 pm on Saturday. |
| WARM-UP | <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. |
| SEEDING | <ul style="list-style-type: none"> 1650/1000 (events 23 - 24) will be swum slowest to fastest, combined heats of women and men. All Heats of the 1000's will swim before the 1650's. |
| SCORING/AWARDS | <ul style="list-style-type: none"> This meet will not be scored; There are no awards at this meet. |
| PROGRAMS | <ul style="list-style-type: none"> Meet programs will be available for spectators at each session for \$2.00 |
| CREDENTIALS | <ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times. |
| SPECTATOR ENTRY FEE | <ul style="list-style-type: none"> There will be no spectator entry fee. |
| OFFICIALS | <ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. Officials interested in volunteering should contact Phyllis Cuttino, pcuttino@me.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 | <ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. |
| ENTRY PROCEDURES | <ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "2020 Senior Circuit #3 - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. Include in entry email: entry file, report of entries by name, report of entries by event. In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. 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. |

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| | <ul style="list-style-type: none"> 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 by PVS and no further entries will be accepted from that club until the said fine is paid. |
| ENTRY FEES | <p>Per Swimmer Surcharge: \$10.00 Relay event fee: \$12.00 Individual event fee: \$6.00 Deck entries: \$10.00</p> <ul style="list-style-type: none"> Make checks payable to AAC Boosters. Checks may be mailed to: AAC Boosters, PO Box 7512, Arlington, VA 22207 Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. |

Senior Circuit #3

ORDER OF EVENTS Saturday, January 04, 2020

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| Session 1 | | |
| Warm-ups: 7:00 - 8:20 am/Start 8:30 am | | |
| Female | | Male |
| 1 | 800 Free Relay[^] | 2 |
| 3 | 400 IM^{&} | 4 |
| 5 | 100 Free | 6 |
| 7 | 200 Back | 8 |
| 9 | 200 Mixed Medley Relay^{*^} | 9 |
| 11 | 500 Free[%] | 12 |

[^]Positive check in for relays by 8:00 am

[&]Positive check in for 400 IM by 8:00 am

[%]Positive check in for 500 Free by 9:00am

***All Mixed Relays will consist of 2 boys and 2 girls. They can swim in any order.**

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| Session 2 | | |
| Warm-ups: 3:30 - 4:30 pm/Start 4:40 pm | | |
| Female | | Male |
| 13 | 400 Mixed Free Relay^{*^} | 13 |
| 15 | 100 IM | 16 |
| 17 | 200 Free | 18 |
| 19 | 100 Breast | 20 |
| 21 | 200 Fly | 22 |

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| 23 | 100 Back | 24 |
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^Positive check in for relays by 4:00pm

*All Mixed Relays will consist of 2 boys and 2 girls. They can swim in any order.

Junior Circuit #3

ORDER OF EVENTS
Saturday, January 04, 2020

Warm-up: 12:00-12:30 p.m. Events: 12:40 p.m.

| Female | Events | Male |
|------------|---------------------------------------|------------|
| 101 | 14 & under 400 IM | 102 |
| 103 | 12 & under 200 IM | 104 |
| 105 | 14 & under 200 Breast | 106 |
| 107 | 12 & under 100 Breast | 108 |
| 109 | 14 & under 200 Back | 110 |
| 111 | 12 & under 100 Back | 112 |
| 113 | 14 & under 200 Fly | 114 |
| 115 | 12 & under 100 Fly | 116 |
| 117 | 14 & under 500 Free | 118 |
| 119 | Mixed 15 & under 1000 Free | |
| | Mixed 15 & under 1650 Free | 120 |

* all events will be limited to 3 heats per event per gender

may combine boys and girls heats to conserve time

% These events should be for swimmers in a training group preparing for the Senior group

Sunday, January 05, 2020

| Session 3 | | |
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| Warm-up: 6:30 - 7:20 am/Start 7:30 am | | |
| Female | | Male |
| 25 | Mixed 1000 Free | 25 |
| 26 | Mixed 1650 Free | 26 |

All events will be swum slowest to fastest, mixed women and men
All heats of the 1000 free will swim before the 1650

| Session 4 | | |
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| Warm-up: All Morning/Start minimum of 30 minutes after 1650 Free | | |
| Female | | Male |
| 27 | 400 Mixed Medley Relay^{^*} | 27 |
| 29 | 200 IM | 30 |
| 31 | 50 Free | 32 |
| 33 | 200 Breast | 34 |
| 35 | 100 Fly | ^{^*}36 |
| 37 | 200 Mixed Free Relay^{^*} | 38 |

[^]Positive check in for Mixed 400 Medley relays by **11:00 a.m.** and
for the 200 Mixed Free relay by the beginning of Male 200 Breast

^{*}All Mixed Relays will consist of 2 boys and 2 girls. They can swim in any order.