



PAC Dive Into Spring LC Meet

Saturday and Sunday, April 26-27, 2025

Sanction # PVC-25-94



MEET DIRECTOR John Venit, 301-254-7946, patuxentswim@gmail.com	MEET REFEREE Cherlynn Venit patuxentswim@gmail.com	CLUB OFFICIALS CHAIR Cherlynn Venit patuxentswim@gmail.com
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SANCTION	<ul style="list-style-type: none">Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-25-94.In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Patuxent Aquatic Club, and Fairland Aquatics 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>Fairland Aquatics Center 13820 Old Gunpowder Rd. Laurel, MD 20707 301-362-6060</p> <ul style="list-style-type: none">The pool at Fairland Aquatics Center is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 8 lanes, 50 meters, running from wall to bulkhead.Water depth range of 4.5' at the starting end and 13' at the turning end.The meet host will ensure the required course dimensions.
ENTRY DEADLINE	<p>April 16, 2025 at 11:59 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	<p>SATURDAY and SUNDAY</p> <ul style="list-style-type: none">13 & Older: Warm-up 7:00 – 8:00 AM Events 8:05 AM11-12 session: Warm-up 11:30 AM-12:30 PM Events 12:35 PM10 & Under session: Warm-up 3:30-4:00 PM Events 4:05 PM <p>SATURDAY</p> <ul style="list-style-type: none">13 & Older: Warm-up 6:00 – 7:00 AM Events 7:05 AM (3x20 min warmups)11-12 session: Warm-up 11:30 AM-12:10 PM Events 12:15 PM (2x20 min warmups)10 & Under session: Warm-up 4:15-4:45 PM Events 4:50 PM (2x15 min warmups) <p>SUNDAY</p> <ul style="list-style-type: none">13 & Older: Warm-up 6:00 – 7:00 AM Events 7:05 AM (3x20min warmups)11-12 session: Warm-up 11:30 AM-12:10 PM Events 12:15 PM (2x20 min warmups)10 & Under session: Warm-up 4:00-4:30 PM Events 4:35 PM (2x15 min warmups) <ul style="list-style-type: none">Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none">Open to all registered Potomac Valley Swimmers.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.
SWIMMERS WITH DISABILITIES	<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 written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the session Referee in writing of any desired accommodations/modifications prior to competition.

	<ul style="list-style-type: none"> • Athletes requiring special accommodation are asked to complete the form below. • o NECESSARY ACCOMMODATIONS FORM
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • No on-deck USA Swimming registration is permitted. • Deck entries must be submitted with payment (\$15.00 per event) no later than 30 minutes prior to the first event. No new heats will be created. • 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 without the use of the backstroke ledge. 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. • 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"> • The meet will be limited to no more than 350 swimmers per session. • Swimmers shall compete at the age attained on the first day of the meet. • A swimmer may enter and compete in a maximum of three (3) individual events per day. • All events are timed finals. • Deck entries will be accepted and must be submitted with exact change cash payment no later than 30 minutes prior to the first event. No new heats will be created. The athlete's member card must be shown when submitting the deck entry.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded. <p>We will also be doing positive check-in for the 200 meter events Positive Check-in closes at the following times each day:</p> <p>Saturday:</p> <p>13 & Over: 6:30 am</p> <p>11-12: 11:45 am</p> <p>10 & Under: 4:20 pm</p> <p>Sunday:</p> <p>13 & Over: 6:30 am</p> <p>11-12: 11:45 am</p> <p>10 & Under: 4:05 pm</p>

WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will 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 for cleaning up their team areas.
SEEDING	<ul style="list-style-type: none"> Standard seeding will be used.
SCORING	<ul style="list-style-type: none"> The meet will not be scored
AWARDS	<ul style="list-style-type: none"> 12 & under event results will be awarded as "10 & under" and "11-12". 13 & over event results will be awarded as "13-14" and "15 & over". Open event results will be awarded as 10 & under, 11-12, 13-14 and 15 & over. For each age group, there will be 3 levels of awards given based on achieved time standard: <ul style="list-style-type: none"> ✓ Swimmers achieving USA "A" times or faster will receive ribbons for 1st – 8th place. ✓ Swimmers achieving times equal or faster than USA "B" times but slower than USA "A" times will receive ribbons for 1st – 8th place. ✓ Swimmers achieving times slower than USA "B" times will receive ribbons for 1st – 8th place.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will be emailed to teams and available on Meet Mobile.
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 the pool deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the pool deck. Coaches and Officials should have proof of active USA Swimming membership with them.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> None. No personal chairs will be allowed in the facility lobby or viewing area.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
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 sign-up at Officials Sign Up 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. Two timers per lane. There will be two Head Timers. An online Timer's Signup will be emailed to participating clubs. Swimmers/Teams are responsible for providing their own timers for the following events: <ul style="list-style-type: none"> 400 meter IM 400 meter Free 800 meter Free (and must provide their own counter if desired)
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director at patuxentswim@gmail.com. Include in the subject of the email, "2025 Dive Into Spring LC Meet - *****" 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. Entries MUST be submitted as LCM times. Time conversions are permitted. Entries with a no time (NT) will be accepted. 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,

	<p>phone, officials contact).</p> <ul style="list-style-type: none"> • Entries directly from individual team members will not be accepted. • Entries by postal service, 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. • 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 Deck entries: \$15.00 Individual event fee: \$8.00</p> <ul style="list-style-type: none"> • Make checks payable to PAC. Checks may be mailed to: Patuxent Aquatics Club 414 Forest Bridge Ct. Laurel, MD 20724 • Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. A certified USA-S coach must also be designated as the responsible coach on deck. Payment may be made by cash or check. • Entry fees are due with meet entry. Unpaid fees at the start of the meet will incur a late fee equal to 20% of the entry fee. Unpaid fees will also be reported to the PVS Administrative Office.

Dive into Spring LC Meet

Saturday, 26 April 2025

Girls	13 & Over Events Warm-ups 7-8 AM Events 8:05 AM	Boys
1	13 & Over 200 Free	2
3	13 & Over 100 Back	4
5	13 & Over 50 Free	6
7	13 & Over 200 Breast	8
9	13 & Over 100 Fly	10
11	13 & Over 50 Breast	12
13	*13 & Over 400 IM	14
15	*13 & Over 400 Free	16

	* Swimmers/Teams responsible for providing their own timers	

Dive into Spring LC Meet

Saturday, 26 April 2025

Girls	11-12 Session Warm-ups 11:30 AM-12:30 PM Events 12:35 PM	Boys
17	11-12 200 Free	18
21	11-12 100 Back	22
25	11-12 50 Free	26
29	11-12 200 Breast	30
33	11-12 100 Fly	34
37	11-12 50 Breast	38
41	*11-12 400 IM	42
43	*11-12 400 Free	44
	* Swimmers/Teams responsible for providing their own timers	

Girls	10 & Under Events Warm-ups 3:30-4:00 PM Events 4:05 PM	Boys
19	10 & Under 200 Free	20
23	10 & Under 100 Back	24
27	10 & Under 50 Free	28
31	10 & Under 200 Breast	32
35	10 & Under 100 Fly	36
39	10 & Under 50 Breast	40

Dive into Spring LC Meet

Sunday, 27 April 2025

Girls	13 & Over Events Warm-ups 7-8 AM Events 8:05 AM	Boys
45	13 & Over 100 Free	46
47	13 & Over 200 Back	48
49	13 & Over 50 Fly	50
51	13 & Over 100 Breast	52
53	13 & Over 200 Fly	54
55	13 & Over 50 Back	56
57	13 & Over 200 IM	58
59	**13 & Over 800 Free	60
	** Swimmers/Teams responsible for providing their own timers and counters	

Dive into Spring LC Meet

Sunday, 27 April 2025

Girls	11-12 Session Warm-ups 11:30 AM-12:30 PM Events 12:35 PM	Boys
61	11-12 100 Free	62
65	11-12 200 Back	66
69	11-12 50 Fly	70
73	11-12 100 Breast	74
77	11-12 200 Fly	78
81	11-12 50 Back	82
85	11-12 200 IM	86

Girls	10 & Under Events Warm-ups 3:30-4:00 PM Events 4:05 PM	Boys
63	10 & Under 100 Free	64
67	10 & Under 200 Back	68
71	10 & Under 50 Fly	72
75	10 & Under 100 Breast	76
79	10 & Under 50 Back	80
83	10 & Under 200 IM	84