February 9th, 2019

Sanctioned by USA Swimming through Potomac Valley Swimming and Virginia Swimming Sanction Number(s): PVI-19-56 and VS-19-78DS

In granting this sanction, it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Claude Moore Recreation Center and Snow Swimming, Inc.. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Meet Director

Angie Davis snowswimming.entries@gmail.com

Facility

Claude Moore Recreation Center 46105 Loudoun Park Lane Sterling, VA 20164 571-258-3600 Meet Referee Lynn Oliver <u>lynn.r.oliver@verizon.net</u>

SNOW Officials' Chair

Lynn Oliver lynn.r.oliver@verizon.net

One 25-yard course with 10 competition lanes will be used during each session. Warm-up/warm-down lanes will be available throughout the meet.

Water depth ranges from 6'8" to 12'6" at both the starting end and turning end.

The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C).

Automatic timing (touch pads - primary) will be used for this meet.

Schedule

The meet director reserves the right to adjust start times and/or sessions after entries are received

All events will be timed finals.

Saturday February 9, 2019

13 & Over Warm ups: 8 AM, Events 9:10 AM 12 & Under Warm ups: 1 PM, Events 2:10 PM

All events 200 yards and above will be positive check-in. Check-in closing times will be posted at the meet.

Eligibility

Open to invited USA Swimming teams. Swimmers shall compete with the age attained on Saturday, February 9, 2019.

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Rules

- Current USA Swimming Rules shall govern the meet.
- Swimmers may only participate in their own age group or open events.
- Swimmers may enter a maximum of three (3) individual events during the entire meet.
- Entries in the 400 IM and 500 Freestyle may be limited due to time constraints. Any swimmer removed from an event due to time constraints will be provided the opportunity to enter another event so long as it does not create a new heat and does not violate any applicable entry limits.
- Only provable short course times will be applicable. No NTs or coaches' times will be accepted.
- 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, 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 apparatus, 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.
- In accordance with VSI best practices, all swimmers should shower before entering the pool.
- 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 12&U sessions in Rule 205.3.1F.

Awards

No awards will be given out at this meet.

Disability Swimmers

PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the Board of Directors. Athletes with disabilities are welcome to participate, and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

Warm-ups

The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.



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Supervision

- Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas.
- Coaches & deck officials are required to display their valid 2019 USA Swimming credentials.
- Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.

Meet Programs

Meet programs will not be sold at the meet. The Meet Director will use best efforts to make the meet program and results available on Meet Mobile.

Officials & Timers

All certified officials wishing to volunteer to work this meet should contact: Lynn Oliver <u>lynn.r.oliver@verizon.net</u>

Please include your club affiliation, certifications held, and sessions you wish to work.

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-up.

Each participating club is requested to provide at least one official and 3 timers per session if entering 25 or more swimmers.

Seating

Due to the limited pool deck space, no chairs are allowed on deck. There will be bleachers available to spectators and athletes.

Fees

\$6.00 facility surcharge per swimmer \$7.00 per individual event \$10.00 per deck entry



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Entry Procedure

Teams should provide entries as follows:

Send an email to Angie Davis at <u>snowswimming.entries@gmail.com</u> Include with your entry file one report by name and one by event.

In the email of your body, provide entry numbers (girls, boys, total) as well as contact information (email, phone, officials contact).

Entry deadline: Tuesday, January 31 at 5:00 PM No NT entries will be accepted.

Important

The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.

The above date is the deadline for teams to submit their entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers. Check with your team for this information.

Other Registration Details

Entries directly from individual team members will not be accepted. Entries by phone or fax entries will not be accepted. Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.

Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

Each participating team is requested to remit one check to cover the entry fee for the entire team.

Please make checks payable to "SNOW Swimming." Please do not send cash.

Entry fees are due with each team's entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.

Send Entries and Checks To:

Teresa Meike SNOW Swimming 22483 Verde Gate Terrace Ashburn, VA 20148

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Saturday, February 9, 2019

All events 200 yards and above will be positive check-in.

The Meet Director reserves the right to limit the number of entries in the 400IM and 500 Freestyle and adjust start times of all sessions after entries are received.

13 & Over Timed Finals.

| Girls | Event | | Boys |
|-------|-----------|------------|------|
| # | | | # |
| 1 | Open | 400 IM | 2 |
| 3 | 13 & Over | 200 Free | 4 |
| 5 | 13 & Over | 100 Back | 6 |
| 7 | Open | 200 Fly | 8 |
| 9 | 13 & Over | 100 Free | 10 |
| 11 | Open | 200 Back | 12 |
| 13 | 13 & Over | 100 Breast | 14 |
| 15 | 13 & Over | 50 Free | 16 |
| 17 | Open | 200 Breast | 18 |
| 19 | 13 & Over | 100 Fly | 20 |
| 21 | 13 & Over | 200 IM | 22 |
| 23 | Open | 500 Free* | 24 |

*The 500 Free will be swum fastest to slowest, alternating women and men. Swimmers in the 500 Free must provide their own timers and counters.

12 & Under Timed Finals

| Girls # | Event | | Boys # |
|------------|------------|------------|-----------|
| 25 | 12 & Under | 200 IM | 26 |
| 27 | 12 & Under | 50 Back | 28 |
| 29 | 12 & Under | 50 Breast | 30 |
| 31 | 12 & Under | 100 Free | 32 |
| 33 | 12 & Under | 50 Fly | 34 |
| 35 | 12 & Under | 100 Fly | 36 |
| 37 | 12 & Under | 200 Free | 38 |
| 39 | 12 & Under | 100 Breast | 40 |
| 41 | 12 & Under | 100 Back | 42 |
| 43 | 12 & Under | 100 IM | 44 |
| 45 | 12 & Under | 50 Free | 46 |