



# ASTS Invitational

January 8, 2023

Sanction # PVC-23-12

Hosted by:



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Dominique Banks, <a href="mailto:Coachdbanks@gmail.com">Coachdbanks@gmail.com</a> (301) 300-9078	Jan van Nimwegen <a href="mailto:jnimwegen@earthlink.net">jnimwegen@earthlink.net</a>	Dominique Banks, <a href="mailto:Coachdbanks@gmail.com">Coachdbanks@gmail.com</a> (301) 300-9078

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-23-12.</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Accokeek Stroke Technique Swim Team, 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>Fairland Aquatics Center</b> 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060</p> <ul style="list-style-type: none"> <li>The pool at Fairland Aquatics Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 8 lanes, 25 yards, running from wall to wall.</li> <li>Water depth range of 4.5' – 4.7' at the starting end and 3.5' – 5' at the turning end.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>December 16, 2022</b></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>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Sunday, January 8, 2023</b></p> <p style="text-align: center;">13&amp;O Warm-up: 7:30-8:15 am, Start Time 8:30 am 10&amp;U Warm-up: 11:40-12:30 pm Start Time 12:40 pm 11-12 Warm-up: 3:00 – 3:50 pm, Start Time 4:00 pm</p> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered Potomac Valley Swimmers.</li> <li>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 USA Swimming Rules and Regulations, Article 302.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic timing (touchpads primary) will be used for 11-12 and 13&amp;O sessions. Semi-automatic timing (buttons primary) will be used for 10&amp;U sessions.</li> </ul>

<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• 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.</li> <li>• No on-deck USA Swimming registration is permitted.</li> <li>• 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 (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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts will be used.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• Seed times are short course yards.</li> <li>• Athletes may enter a total of six (6) events.</li> <li>• No Slower Than (NST) will be enforced for 13 &amp; Over and 11-12 events except for the 50 freestyle.</li> <li>• The 500 freestyle will be swum mixed gender.</li> <li>• All relays are mixed gender.</li> <li>• Swimmers must provide their own timer and counter (if desired) for the 500 freestyle.</li> <li>• Deck entries will be accepted in empty lanes only. No new heats will be created.</li> <li>• The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines and space availability.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• No scoring.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• 12 and under swimmers will receive 1<sup>st</sup> – 8<sup>th</sup> place ribbons.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Meet programs will be available on the ASTS website the evening before the meet at <a href="http://www.accokeekstroketechnique.com">http://www.accokeekstroketechnique.com</a> and on Meet Mobile.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>• There is no spectator entry fee.</li> </ul>

<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>• Officials interested in volunteering should contact the Meet Referee, Jan van Nimwegen, <a href="mailto:jnimwegen@earthlink.net">jnimwegen@earthlink.net</a>.</li> <li>• 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.</li> </ul>				
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> <li>• A Timer Sign up link will be sent to the coaches.</li> </ul>				
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director.</li> <li>• Include in the subject of the email, "ASTS Invitational- ****" 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.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• 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.</li> <li>• 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.</li> </ul>				
<b>ENTRY FEES</b>	<table data-bbox="511 1144 1274 1228" style="margin-left: auto; margin-right: auto;"> <tr> <td>Per Swimmer surcharge: \$7.00</td> <td>Relay Event fee: \$12.00</td> </tr> <tr> <td>Individual event fee \$10.00</td> <td>Deck Entry: \$10.00</td> </tr> </table> <ul style="list-style-type: none"> <li>• Make checks payable to ASTS Swim Team. Checks may be mailed to: 9154 Maytide Street Waldorf, MD 20603</li> <li>• Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.</li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>	Per Swimmer surcharge: \$7.00	Relay Event fee: \$12.00	Individual event fee \$10.00	Deck Entry: \$10.00
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## Sunday, January 8, 2023

13&O Warm-up: 7:30-8:15 am, Start Time 8:30 am

10&U Warm-up: 11:40-12:30 pm, Start Time 12:40 pm

11-12 Warm-up: 3:00 – 3:50 pm, Start Time 4:00 pm

### Session 1 - 13&Over

NST	GIRLS	EVENT	BOYS	NST
	1	13 & Over Mixed 200 Freestyle Relay	2	
2:37.09	3	13 & Over 200 Freestyle	4	2:26.99
2:54.79	5	13& Over 200 Individual Medley	6	2:44.99
1:31.99	7	13 & Over 100 Breaststroke	8	1:25.29
1:14.59	9	13 & Over 100 Freestyle	10	1:09.59
1:20.69	11	13 & Over 100 Backstroke	12	1:15.49
1:20.39	13	13 & Over 100 Butterfly	14	1:15.19
3:14.89	15	13 & Over 200 Breaststroke	16	3:00.59
2:50.79	17	13 & Over 200 Backstroke	18	2:40.29
2:53.99	19	13 & Over 200 Butterfly	20	2:42.19
	21	13 & Over 50 Freestyle	22	
	23	13 & Over Mixed 200 Medley Relay	23	
6:53.79	24	13 & Over 500 Freestyle	24	6:53.79

### Session 2 – 10 & Under

GIRLS	EVENT	BOYS
25	10 & Under Mixed 200 Freestyle Relay	25
26	10 & Under 50 Backstroke	27
28	9-10 100 Individual Medley	29
30	10 & Under 50 Breaststroke	31
32	10 & Under 100 Freestyle	33
34	10 & Under 50 Butterfly	35
36	10 & Under 100 Breaststroke	37
38	10 & Under 100 Backstroke	39
40	9-10 100 Butterfly	41
42	10 & Under 50 Freestyle	43

### Session 3 – 11-12

NST	GIRLS	EVENT	BOYS	NST
	44	11-12 Mixed 200 Freestyle Relay	44	
1:29.09	45	11-12 100 Individual Medley	46	1:25.89
1:39.09	47	11-12 100 Breaststroke	48	1:36.39
1:18.59	49	11- 12 100 Freestyle	50	1:15.99
1:29.79	51	11-12 100 Backstroke	52	1:27.19
1:29.39	53	11-12 100 Butterfly	54	1:27.89
3:25.89	55	11- 12 200 Breaststroke	56	3:19.09
3:05.19	57	11- 12 200 Individual Medley	58	3:00.29