



PVS January Open

January 20-21, 2024

Sanction # PVS-24-51

For PWCS VSI Sanction #: VS-24-21DS

Hosted for PVS by:



ENTRY DEADLINE: Thursday, January 4, 11:59 PM

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.

MEET HOST/ DIRECTOR	Arlington Aquatic Club	ALL STAR AQUATICS	FAIRFAX FOXES
	Evan Stiles estile@arlingtonva.us	Chris Schlegel Christopher.schlegel@hotmail.com	Matt Salerno fairfaxfoxes@gmail.com
MEET REFEREE	Jorge Zamora zamjr4@gmail.com	Barb Ship barb@ships3.com	Tim Husson Tim.husson@gmail.com
OFFICIALS SIGNUP	Officials Signup	Officials Signup	Officials Signup
FACILITY	<p>PWCS Aquatics Center 13833 Dumfries Road (Door #25) Manassas, VA 20112 (571) 374-6333</p> <ul style="list-style-type: none"> The pool at PWCS Aquatics Center is 40m x 25yd with a moveable bulkhead. Competition will be held in 8 lanes, 25 yards, running from wall to wall. 15 lanes are available for warm-ups. Continuous warm-up/cool-down will be available. Water depth ranges from 12 1/2' – 7' at both the start and turn ends. The meet host will ensure the required course dimensions. 	<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 50m x 25yd with two moveable bulkheads. Competition will be held in 10 lanes, 25 yards, running from wall to wall. Continuous warm-up/cool-down will be available. Water depth ranges from 5' – 13' at both the start and turn ends. The meet host will ensure the required course dimensions. 	<p>Audrey Moore Rec Center 8110 Braddock Road Annandale, VA 22003 (703) 321-7080</p> <ul style="list-style-type: none"> The pool at Audrey Moore Rec Center is a 50m x 25yd pool. Competition will be held in 9 lanes, 25 yards running wall to wall. Continuous warm-up/cool down will be available. Water depth range of 4.5' – 5.0' at both the starting and turning ends. The meet host will ensure the required course dimensions.
TEAM ASSIGNMENTS	AAC, BWST, FAA, GWU, HACC, MAKO, MACH, NCAP (Alexandria, Dulles South, West), OCCS, PM, RY, STJS, TRA, VLAC	ASA, ASTS, ERSC, FAST, HEAL, JFD, MACH (MD sites), NCAP (AU, Georgetown Prep, Holton Arms, North), PAC, PGPR, RMSC, RWST, SA, TIBU, TOLL, YSS	APAC, CSC, DCPR, DRAG, FISH, FXFX, GMU, LIFE, MAC, NCAP (Burke, Claude Moore, Marymount, Tysons), RIPS, SDS, SSCT, TANK, WEA, WSH, YORK

NOTE: Assignments of clubs to pool sites will be reviewed by the PVS LSC Services Manager after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned.

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-24-51 and VSI: VS-24-21DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Audrey Moore Rec Center, Fairland Aquatics Center, PWCS Aquatics Center, Occoquan Swimming, All Star Aquatics, and Fairfax Foxes shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
ENTRY DEADLINE	<p style="text-align: center;">Thursday, January 4, 2024 11:59 PM</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 style="text-align: center;">Saturday, January 20 and Sunday, January 21, 2024</p> <p style="text-align: center;">11-12: Warmup 6:30am – 7:20am; Events 7:30am 9-10: Warmup 11:00am – 11:40pm; Events 11:50am 13 & Over: Warmup 3:00pm – 4:00pm; Events 4:10pm</p> <ul style="list-style-type: none"> The PVS Services Manager and the Age Group and Senior Chairs reserve the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all Potomac Valley Swimming registered athletes. 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 shall compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints.
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 (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. 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 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"> All events are timed finals. Seed times are short course yards. If short course yard times are not available, coaches' times are preferred over "no times" for all events. An athlete may enter no more than four (4) events per day, or seven (7) events for the meet. Athletes must provide their own timer and counter (if desired) for the 500 Freestyle. Athletes must provide their own timer for the 400 IM. The 500 Freestyle and the 400 IM will be swum fast to slow. Deck entries will be accepted if the meet is not over-subscribed. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. No new heats will be created. All deck entries must be submitted no later than 45 minutes prior to first event of each session. Evidence of current USA Swimming registration required for deck entries.
POSITIVE CHECK IN	<ul style="list-style-type: none"> Positive check-in may be required for events 200 yd and longer. Meet Directors will determine events that require positive check-in and will communicate positive check-in events and schedule to participating clubs. Athletes who check into a positive check-in event, have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.
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 based upon the number of swimmers per session to accommodate the appropriate number of swimmers per lane.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.
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.
AWARDS	<ul style="list-style-type: none"> There will be no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> Programs will be made 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 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.
SPECTATORS 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 complete the appropriate Officials Signup or contact the appropriate Meet Referee prior to January 8. <div style="display: flex; justify-content: space-around; text-align: center;"> <div>PWCS Officials Signup</div> <div>FAIRLAND Officials Signup</div> <div>AUDREY MOORE Officials Signup</div> </div> 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"> Two (2) timers per lane. Participating clubs are expected to provide timers in proportion to their entries. The Meet Director may send out a request for timers based upon 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, "2024 PVS JANUARY OPEN - ****" 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. • 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 style="text-align: center;">Individual event fee: \$5.00 Athlete Surcharge: \$5.00 Deck Entry: \$10.00</p> <ul style="list-style-type: none"> • Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payment and where to send a check. • Payment for Deck Entries must be received prior to the swimmer being seeded into events. Payment may be made by cash or check (payable to PVS). The host club is responsible for reporting cash payments to PVS and delivering checks to PVS. Payment for unaccounted for deck entries or lost payments is the responsibility of the host club. • 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 (payable to PVS).

PVS JANUARY OPEN

Saturday, January 20, 2024

11-12 Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
1	11-12 50 yd Backstroke	2
3	11-12 200 yd Breaststroke	4
5	11-12 100 yd Butterfly	6
7	11-12 200 yd Backstroke	8
9	11-12 100 yd Freestyle	10
11	11-12 200 yd Individual Medley	12
13	11-12 50 yd Breaststroke	14
15	11-12 500 yd Freestyle	16

Sunday, January 21, 2024

11-12 Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
41	11-12 200 yd Butterfly	42
43	11-12 100 yd Breaststroke	44
45	11-12 200 yd Freestyle	46
47	11-12 100 yd Backstroke	48
49	11-12 50 yd Butterfly	50
51	11-12 100 yd Individual Medley	52
53	11-12 50 yd Freestyle	54

9-10 Session		
Warmup 11:00am – 11:40am		
Events 11:50am		
GIRLS	EVENT	BOYS
17	9-10 50 yd Backstroke	18
19	9-10 200 yd Individual Medley	20
21	9-10 100 yd Butterfly	22
23	9-10 50 yd Breaststroke	24
25	9-10 100 yd Freestyle	26
27	9-10 500 yd Freestyle	28

9-10 Session		
Warmup 11:00am – 11:40am		
Events 11:50am		
GIRLS	EVENT	BOYS
55	9-10 50 yd Butterfly	56
57	9-10 200 yd Freestyle	58
59	9-10 100 yd Breaststroke	60
61	9-10 100 yd Backstroke	62
63	9-10 50 yd Freestyle	64
65	9-10 100 yd Individual Medley	66

13 & Over Session		
Warmup 3:00pm – 4:00pm		
Events 4:10pm		
29	13 & O 100 yd Backstroke	30
31	13 & O 200 yd Individual Medley	32
33	13 & O 200 yd Butterfly	34
35	13 & O 100 yd Breaststroke	36
37	13 & O 50 yd Freestyle	38
39	13 & O 500 yd Freestyle	40

13 & Over Session		
Warmup 3:00pm – 4:00pm		
Events 4:10pm		
67	13 & O 200 yd Freestyle	68
69	13 & O 100 yd Butterfly	70
71	13 & O 200 yd Breaststroke	72
73	13 & O 100 yd Freestyle	74
75	13 & O 200 yd Backstroke	76
77	13 & O 400 yd Individual Medley	78

- If Positive Check-In is used for events 200 yd or more, it will close 30 minutes before the start of events.
- Athletes must provide their own timer and counter (if desired) for the 500 Freestyle.
- Athletes must provide their own timer for the 400 IM.