

PVS Long Course
Distance Meet
June 21-22, 2008

Location: Claude Moore Recreation Center -- 571-258-3600
46105 Loudoun Park Lane, Sterling, VA 20164

Schedule:	Session	Warm-up	Events
	Saturday	1:00pm	1:45pm
	Sunday	1:00pm	1:45pm

Eligibility: Meet open to all Potomac Valley Swimming registered athletes age 10 years old and older.

Qualifying Time: 1500M Freestyle -- Minimum provable time to enter the 1500M Freestyle is 25:00.00 in either 1500M or 1650Y Freestyle. Athletes wishing to enter the 1500 Freestyle who do not have a provable 1650Y / 1500 M Free time under 25:00.00 must have a provable 800M / 1000Y time of 15:00.00 or faster. These athletes will be entered into the 1500M Freestyle with their 800M / 1000Y time and will be seeded after all 1500M/1650Y entry times have been seeded. After times are verified, all SCY times will be converted for seeding purposes.

If entering an athlete into the 1500M Freestyle with a 800 M / 1000Y time, enter your swimmer based on actual time and actual course swum -- do not convert. Please mark swimmer entering with 800M / 1000Y times as exhibition.

800M Freestyle -- Minimum provable time to enter the 800M Freestyle is 15:00.00 in either 800M or 1000Y freestyle. Athletes wishing to enter the 800 Freestyle who do not have a provable 1000Y / 800 M Free time under 15:00.00 must have a provable 400M / 500Y time of 7:20.00 or faster. These athletes will be entered into the 800M Freestyle with their 400M / 500Y time and will be seeded after all 800M/1000Y entry times have been seeded. After times are verified, all SCY times will be converted for seeding purposes.

If entering an athlete into the 800M Freestyle with a 400M / 500Y time, enter your swimmer based on actual time showing course swum -- do not convert. Please mark swimmers entering with 400M / 500Y times as exhibition. If the entry time into 800M is an intermediate split from a 1650Y or 1500M freestyle please indicate meet swum so intermediate time can be verified.

All swimmers will be eligible for awards regardless of entry time used.

Coaches who have swimmers who they believe can complete the event(s) faster than the QT's, but who do not satisfy the entry rule, may petition the PVS Distance Coordinator, Bill Marlin, at coach_bill@verizon.net, for an exception. The petition should provide specific evidence why they believe the swimmer can complete the event within the QT. All petitions must be submitted prior to the entry deadline.

Warnings: 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 \$100.00 per occurrence and no further entries will be accepted from that club until the said fine has been paid. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

Rules: The competition will be conducted in accordance with current USA Swimming rules. No on-deck USA-S registrations will be permitted.

Inclusion Policy for Swimmers with a Disability: PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director and PVS Senior Chairman (Riley Eaton at jreaton@verizon.net). The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

Order of Swims: The meet will be seeded and swum according to submitted entry times regardless of age. Heats will be swum fastest to slowest, alternating Women and Men. Expected swim times, and check in requirements will be posted to the PVS Web Page at www.pvswim.org no later than Wednesday, June 18, 2008.

Warm-up: 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. The Meet Director will determine after meet entries are received the arrangements for warm-up/warm-down during the meet. This information will be posted to the website.. Persons will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.

Awards: Medals will be awarded to sixth place separately in the following age groups: 10, 11, 12, 13, 14, and 15 and Over.

Officials: All certified officials wishing to volunteer to work this meet please contact the CUBU Officials Chairman, Art Davis at emerand@comcast.net prior to June 10. Please include your club affiliation, certifications held and sessions you wish to work. Officials volunteering should sign in at the recording table prior to the start of Warm-ups. Certified officials who have not previously advised of their availability may volunteer their services to the Referee at this time.

Timers: Each swimmer must provide their own timer; counters are optional.

Admissions/Programs: There is no admission charge. A complimentary copy of the Psych sheet
----- will be provided to coaches and working officials. -----

NO LATE OR DECK ENTRIES ARE PERMITTED FOR DISTANCE MEETS.

Saturday, June 21, 2008

Warm-up: 1:00 - 1:40 p.m. First Heat: 1:45 p.m.

Women Event #	Event	Men Event #
1	1500 Meter Freestyle	2

Sunday, June 22, 2008

Warm-up: 1:00 - 1:40 p.m. First Heat: 1:45 p.m.

Women Event #	Event	Men Event #
3	800 Meter Freestyle	4

**Please note athletes must provide their own timer,
counters are optional**

**ENTRIES DUE -- NO LATER THAN
Tuesday, June 3rd, 2008**