

Swim & Rock 2017

Parent Information

November 17-19, 2017

Sponsored by SDS

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Location:

Oak Marr Recreation Center, 3200 Jermantown Road, Oakton VA 22124

11 and over preliminaries sessions and the 10 and under sessions will be swum in two courses, finals sessions will be swum on one course. Lanes will be available for continuous warm-up and warm down throughout the meet.

Special Note:

- **NO DECK ENTRIES WILL BE ALLOWED. NO EXCEPTIONS.**
- Spectators are not allowed on the pool deck and seating is limited.
- Concessions may be available.
- **Swim & Rock T-Shirts will be sold at the meet.**
- **PROGRAMS:** A limited number meet programs will be sold during the meet. Meet Programs will be sold for \$5.00.

Credentials: Parents not working the meet as a deck official, volunteer timer, meet volunteer are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on deck. Coaches and Officials should have their current USA Swimming card with them at all times.

ALL SWIMMERS SWIMMING THE 1650, 1000 & 500 FREE MUST PROVIDE THEIR OWN COUNTERS AND TIMERS.

Schedule:

Friday:

11 & Up Warm-Ups: 6:30 – 7:50 am Events Start: 8:00 am

DISTANCE SESSION: (Timed Finals) -- Warm-ups – Will start approximately at 11:30 pm

**An estimated timeline for the Start for Distance Session Warm-ups and Events will be available a week prior to the meet.*

Finals Warm-ups: 5:00 – 5:50 pm Events Start: 6:00 pm

Saturday:

13 & Up Warm-Ups: 6:30 – 7:30 am Events Start: 7:45 am

11 & 12 Warm Ups: 11:30 – 12:30 pm Events Start: 12:40 pm

9&10 Warm-Ups: 2:55 pm to 3:35 pm Events Start: 3:45 pm
(9&10 Timed Finals)

Finals Warm ups: 6:00 pm – 6:50 pm Events Start: 7:00 pm

Sunday: (All events are timed finals)

13 & Up Warm-Ups: 6:30 – 7:30 am Events Start: 7:45 am

11 & 12 Warm Ups: 11:30 – 12:30 pm Events Start: 12:40 pm

9&10 Warm-Ups: 2:55 pm to 3:35 pm Events Start: 3:45 pm

Warm up times may be adjusted based on estimated session timelines after entries are received. Breaks prior to the 500 Free events may be adjusted to stay within timelines

Individual Events:

11 & Older contestants are limited to a total of (9) nine events:

Up to 3 preliminary events on Friday – plus 1 distance event (1000 or 1650)

Up to **2 Events on Saturday**

Up to 3 Events on Sunday

9 & 10 contestants may enter a total of six (6) events – up to 3 events on Saturday & up to 3 events on Sunday

Qualifying Times for Distance Events:

All Distance event entries must submit proof of time. Minimum provable times:

- For 13 & Older Athletes: The minimal provable time for 1000 yd (800M) Freestyle is 13:30:00, or must have a provable time of NST 6:30.00 in the 500 yd (400M) Freestyle;
 - For 13 & Older Athletes: The minimal provable time for the 1650 yd Freestyle is 23:00.00 or a provable time of NST 13:30.00 in the 1000 yd Freestyle
 - See Full description of the [PVS Distance Qualifying Policy](#) [PVS Distance Qualifying Policy](#)
- ✓ Minimum provable times for 12 & Under Swimmers:
- A provable time of 7:20 must be swum in the 500 yd Freestyle before entering the 1000 yd Freestyle;
 - A provable time of 15:00:00 must be swum in the 1000 yd Freestyle before entering the 1650 yd Freestyle

Entries in the 1000 and 1650 may need to be limited due to time constraints. If a swimmer is removed from an event because of time constraints, they will be provided the opportunity to enter another event in the meet, as long as **that entry DOES NOT create a new heat.**

Competition Rules:

Current USA Swimming rules shall govern the meet.

For 11-12 Age Group

A Final - Top eight (8) qualifiers from prelims swim in finals.

For 13-14 & 15-18 Age Group

A & B Finals - Top sixteen (16) qualifiers from prelims swim in finals session. Order of Finals is B, A. There will only be the A Final (Top eight (8) qualifiers) for the 400 IM.

Exceptions:

- The Distance Session 1650 & 1000 will be swum as Timed Finals on Friday.

*Meet Manager has the right to eliminate the break or cut the break time down after notifying all coaches with 400 IM and 500 swimmers.

Additional Rules:

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, PDA's etc.) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.

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:

The Meet Manager has determined that Dive-Over Starts will be used at all morning preliminary and afternoon timed final sessions. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches.](#) Officials are requested to review [Protocol for Dive-Over Starts.](#)

Bulkheads -- Pool management has requested that we limit the number of people standing on the bulkheads. As a result access to the bulkheads will be limited as follows:

- During Competition – Please limit to Coaches that are coaching swimmers in that event;
- Swimmers shall not be allowed on the bulkheads during the meet.

Withdrawing from Finals:

PVS scratch rules apply for swimmers scratching finals. If a swimmer fails to properly scratch from a final event and does not appear for the final, he/she will be barred from further competition for the remainder of the meet, unless excused by the Referee.

PVS Positive Check-in Policy:

Athletes who check-in prior to the specified time will be seeded into the event. Athletes who have checked-in, seeded into the event, and fail to swim the event will be scratched from their next scheduled individual event, unless excused by the Referee.

Positive Check-in:

All events 200 and up will be positive check-in. Positive check-in times may be adjusted.

Friday

- Events # 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, – 7:30 am
- Events # 23, 24, 25, 26 – 12:15 pm

Saturday

- Events # 31, 32, 33, 34, 39, 40, 41, 42 – 8:00 am
- Events # 61, 62, 65, 66 – 12:00 noon
- Events # 85, 86 – 3:15 pm

Sunday

- Events # 47, 48, 49, 50 – 7:15 am
- Events # 55, 56, 57, 58 – 8:15 am
- Events # 77, 78, 81, 82– 12:00 noon
- Events # 101, 102, 105, 106 – 3:15 pm

*Meet Manager reserves the right to have positive check-in for all events.

Awards:

All swimmers entered in an individual event will receive a Swim & Rock 2017 Swim Cap & Swim Bag Tag.

Individual Events:

Medals 1st through 8th place and ribbons 9th through 16th place.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Oak Marr Recreational Center and Sea Devil Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Friday 11-12, 13-14 & 15-18 Session
Girls and Boys Prelims on separate courses, Finals on One course

Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM

Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM

Girls Event #	Event	Boys Event #
1	13-14 100 Fly	2
3	15 -18 100 Fly	4
5	11-12 100 Fly	6
7*%¶	13-14 400 IM	8*%¶
9*%¶	15-18 400 IM	10*%¶
11*	11-12 200 Breast	12*
13*	13-14 200 Breast	14*
15*	15-18 200 Breast	16*
17*	11-12 200 Back	18*
19*	13-14 200 Back	20*
21*	15-18 200 Back	22*

* - Positive Check-In event, see Meet Announcement for closing time.

% - Swum fastest to slowest in Prelims Session.

¶ - Only the A Final (Top eight (8) qualifiers) for the 400 IM will go to Finals.

Friday DISTANCE Session 1000 and 1650 on ONE Course, TIMED FINALS		
Events will begin no earlier than 11:30 am. *An estimated timeline for the start of warm-ups and events will be available one week prior to meet.		
Events start: 11:30 am Alternating heats Girls /Boys		
Event #	Event	Event #
23*%\$@	1000	24*%\$@
25*%\$@	1650	26*%\$@
* - Positive Check-In event, see Meet Announcement for closing time. \$ - Swimmers must provide their own timer and counter during this Session. @ - Timed Finals % - Swum fastest to slowest.		

Saturday 13 & Older Prelims Session Girls and Boys Prelims on separate courses, Finals on One course		
Prelims Warm-up: 6:30 - 7:30 AM Events: 7:45 AM Finals Warm-up: 6:00 – 6:50 PM Events: 7:00 PM		
Girls Event #	Event	Boys Event #
27	13-14 50 Free	28
29	15-18 50 Free	30
31*	13-14 200 IM	32*
33*	15-18 200 IM	34*
35	13-14 100 Breast	36
37	15-18 100 Breast	38
39*	13-14 200 Free	40*
41*	15-18 200 Free	42*
* - Positive Check-In event, see Meet Announcement for closing time.		

Saturday 11 & 12 Prelims Session Girls and Boys on separate courses		
11&12 Prelims Warm-up: 11:30 - 12:30 PM Events: 12:40 PM 11&12 Finals Warm-up: 6:00-6:50 PM Events: 7:00 PM		
Girls Event #	Event	Boys Event #
59	11-12 100 Back	60
61*	11-12 200 Free	62*
63	11-12 100 IM	64
65*	11-12 200 Fly	66*
67	11-12 50 Free	68
69	11-12 100 Breast	70
* - Positive Check-In event, see Meet Announcement for closing time.		

Saturday 9-10 (Timed Finals) Session Girls and Boys on separate courses		
9 &10 Timed Finals Warm-up: 2:55 pm to 3:35 pm Events Start: 3:45 pm		
Girls Event #	Event	Boys Event #
83	9-10 100 Back	84
85*	9-10 200 Free	86*
87	9-10 100 IM	88
89	9-10 50 Fly	90
91	9-10 50 Free	92
93	9-10 100 Breast	94
* - Positive Check-In event, see Meet Announcement for closing time.		

**Sunday 13 & Older Timed Finals Session
Girls and Boys Separate courses**

Time Finals Warm-up: 6:30 - 7:30 AM Events: 7:45 AM

Girls Event #	Event	Boys Event #
43	15-18 100 Free	44
45	13-14 100 Free	46
47*	15-18 200 Fly	48*
49*	13-14 200 Fly	50*
51	15-18 100 Back	52
53	13-14 100 Back	54
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
55*\$%	15-18 500 Free	56*\$%
57*\$%	13-14 500 Free	58*\$%

* - Positive Check-In event, see Meet Announcement for closing time.

\$ - Swimmers must provide their own timer and counter for this event during this Session.

% - Swum fastest to slowest

**Sunday 11-12 Timed Finals Session
Girls and Boys on separate courses**

11&12 Time Finals Warm-up: 11:30 - 12:30 PM Events: 12:40 PM

Girls Event #	Event	Boys Event #
71	11-12 100 Free	72
73	11-12 50 Back	74
75	11-12 50 Breast	76
77*	11-12 200 IM	78*
79	11-12 50 Fly	80
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
81*\$%	11-12 500 Free	82*\$%

* - Positive Check-In event, see Meet Announcement for closing time.

\$ - Swimmers must provide their own timer and counter for this event during this Session.

% - Swum fastest to slowest

**Sunday 9-10 Timed Finals Session
Girls and Boys on separate courses**

9 & 10 Timed Finals

Warm-up: 2:55 pm to 3:35 pm Events Start: 3:45 pm

Girls Event #	Event	Boys Event #
95	9-10 100 Free	96
97	9-10 50 Back	98
99	9-10 50 Breast	100
101*	9-10 200 IM	102*
103	9-10 100 Fly	104
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
105*\$%	9-10 500 Free	106*\$%

* - Positive Check-In event, see Meet Announcement for closing time.

\$ - Swimmers must provide their own timers & counters for this event during this session.

% - Swum fastest to slowest