



Swim & Rock

November 22-24, 2019



Entry Deadline: October 22, 2019

Parent Volunteers are CRITICAL for this meet – if your child is participating in this meet, you are expected to volunteer for at least one session – Sign-up in your Swim Portal

FACILITY	Oak Marr Recreation Center 3200 Jermantown Rd, Oakton, VA 22124
SCHEDULE	<p>Friday:</p> <p>11 & Up: Warm-Ups: 6:30 – 7:50 am Events Start: 8:00 am</p> <p>Distance Session: Timed Finals – Warm-ups for the Distance session will start immediately following the end of the 11 & up session. Events will start 30 minutes after warm-ups begin.</p> <p><i>*An estimated timeline for the Start for Distance Session Warm-ups and Events will be available a week prior to the meet. Estimated start time for Distance: 11:30 am</i></p> <p>Finals Warm-ups: 5:00 – 5:50 pm Events Start: 6:00 pm</p> <p>Saturday:</p> <p>13 & Up: Warm-Ups: 6:30 – 7:50 am Events Start: 8:00 am</p> <p>11 & 12: Warm-Ups: 11:00 – 11:50 pm Events Start: 12:00 pm</p> <p style="padding-left: 40px;">Warm-ups: 11:20 am-12:10 pm Events Start: 12:20 pm</p> <p>9&10: Warm-Ups: 2:30 pm to 3:10 pm Events Start: 3:20 pm (9&10 Timed Finals)</p> <p>Finals Warm ups: 5:00-5:50 pm Events Start: 6:00 pm</p> <p>Sunday: (All events are timed finals)</p> <p>13 & Up: Warm-Ups: 6:30 – 7:30 am Events Start: 7:45 am 7:40 am</p> <p>11 & 12: Warm-Ups: 12:00 – 12:50 pm Events Start: 1:00 pm</p> <p style="padding-left: 40px;">Warm-ups: 12:20 am-1:10 pm Events Start: 1:20 pm</p> <p>9&10: Warm-Ups: 3:40 pm to 4:20 pm Events Start: 4:30 pm</p> <p style="padding-left: 40px;">Session Combined: Boys and Girls will swim in one course (8 lane side)</p>
EVENT RULES	<ul style="list-style-type: none"> • 11 & Older contestants are limited to a total of (9) nine events: <ul style="list-style-type: none"> ○ Up to 3 preliminary events on Friday – plus 1 distance event (1000 or 1650 free) ○ Up to 2 Events on Saturday ○ Up to 3 Events on Sunday • 9 & 10 contestants may enter a total of seven (7) events – one (1) distance event on Friday (500 free), up to 3 events on Saturday, & up to 3 events on Sunday • ALL SWIMMERS SWIMMING THE 1650, 1000 & 500 FREE MUST PROVIDE THEIR OWN COUNTERS AND TIMERS. • For 11-12 Age Group - A Final - Top eight (8) qualifiers from prelims swim in finals (Friday and Saturday events, unless noted as timed finals) • For 13-14 & 15-up Age Group - A & B Finals - Top sixteen (16) qualifiers from prelims swim in

	<p>finals session. Order of Finals is B, A. There will only be the A Final (Top eight (8) qualifiers) for the 400 IM.</p> <ul style="list-style-type: none"> • Exceptions: <ul style="list-style-type: none"> • The Distance Session: 11 & Older 1650 free & 1000 free and 9-10 500 free 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 500 swimmers. • Minimum provable times: <ul style="list-style-type: none"> • For 13 & Older Athletes: The minimal provable time for 1000 yd (800M) Freestyle is 14:00:00, 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 14:00.00 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: <ul style="list-style-type: none"> • A provable time of 7:20 must be swum in the 500 yd (400 M)Freestyle before entering the 1000 yd (800M)Freestyle; • A provable time of 15:00:00 must be swum in the 1000 yd Freestyle before entering the 1650 yd Freestyle <p>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.</p>
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), shall govern this meet. • 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 (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. • 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 at this meet. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts. • 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.
POSITIVE CHECK IN	<p>All events 200 and up will be positive check-in. Positive check-in times may be adjusted.</p> <p>Friday</p> <ul style="list-style-type: none"> • 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 – 11:15 am • Events #27, 28 – 1:00 pm <p>Saturday</p> <ul style="list-style-type: none"> • Events # 33, 34, 35, 36, 41, 42, 43, 44 – 7:45 am • Events # 47, 48, 51, 52 – 11:30 am 12 pm

	<ul style="list-style-type: none"> Events # 59, 60 – 2:45 pm <p>Sunday</p> <ul style="list-style-type: none"> Events # 73, 74, 75, 76 – 7:15 am Events # 81, 82, 83, 84 – 8:15 am Events # 91, 92, 95, 96 – 12:30 pm 12:40 pm Events # 103, 104 – 4:00 pm <p>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.</p>
AWARDS	<ul style="list-style-type: none"> Medals 1st through 8th place and ribbons 9th through 16th place. All swimmers entered in an individual event will receive a Swim & Rock 2018 Swim Cap & Swim Bag Tag.
PROGRAMS	<ul style="list-style-type: none"> A limited number meet programs will be sold during the meet. Meet Programs will be sold for \$5.00.
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 at all times.

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*
<p>* - 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.</p>		

Friday DISTANCE Session		
11 & Older 1000 & 1650 and 9-10 500 Free on ONE Course, TIMED FINALS		
Events will begin no earlier than 11:30 am. <i>*An estimated timeline for the start of warm-ups and events will be available one week prior to meet.</i>		
Events start: 11:30 am (anticipated)		
Alternating heats Girls /Boys		
Event #	Event	Event #
23*%\$@	11 & Older 1000 Free	24*%\$@
25*%\$@	11 & Older 1650 Free	26*%\$@
27*%\$@	9-10 500 Free	28*%\$@
<p>* - 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.</p>		

Saturday 13 & Older Prelims 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: 5:30-6:15 PM Events: 6:30 PM		
Girls Event #	Event	Boys Event #
29	13-14 50 Free	30
31	15-18 50 Free	32
33*	13-14 200 IM	34*
35*	15-18 200 IM	36*
37	13-14 100 Breast	38
39	15-18 100 Breast	40
41*	13-14 200 Free	42*
43*	15-18 200 Free	44*
* - 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: 11:00 – 11:50 PM 11:20 am-12:10 pm Events:		
12:00 PM 12:20 pm		
11&12 Finals Warm-up: 5:30 -6:15 PM Events: 6:30 PM		
Girls Event #	Event	Boys Event #
45	11-12 100 Back	46
47*	11-12 200 Free	48*
49	11-12 100 IM	50
51*	11-12 200 Fly	52
53	11-12 50 Free	54
55	11-12 100 Breast	56
* - 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: 2:30 pm to 3:10 pm Events Start: 3:20 pm		
Girls Event #	Event	Boys Event #
57	9-10 100 Back	58
59*	9-10 200 Free	60*
61	9-10 100 IM	62
63	9-10 50 Fly	64
65	9-10 50 Free	66
67	9-10 100 Breast	68
* - 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 #
69	15-18 100 Free	70
71	13-14 100 Free	72
73*	15-18 200 Fly	74*
75*	13-14 200 Fly	76
77	15-18 100 Back	78
79	13-14 100 Back	80
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
81*\$%	15-18 500 Free	82*\$%
83*\$%	13-14 500 Free	84*\$%
* - 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: 12:00 – 12:50 PM 12:20-1:10 pm Events: 1:00 PM 1:20 pm		
Girls Event #	Event	Boys Event #
85	11-12 100 Free	86
87	11-12 50 Back	88
89	11-12 50 Breast	90
91*	11-12 200 IM	92*
93	11-12 50 Fly	94
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
95*\$%	11-12 500 Free	96*\$%
* - 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 a single course (8 lane side)		
9 & 10 Timed Finals		
Warm-up: 3:40-4:20 pm Events Start: 4:30 pm		
Girls Event #	Event	Boys Event #
97	9-10 100 Free	98
99	9-10 100 Fly	100
101	9-10 50 Breast	102
103*	9-10 200 IM	104*
105	9-10 50 Back	106
* - Positive Check-In event, see Meet Announcement for closing time.		