



Potomac Valley Swimming
2017 Long Course Junior & Senior Championships
July 6-9, 2017
Freedom Aquatic & Fitness Center
Manassas, Virginia

As you may know, Freedom Center is much more limited than UMD and GMU as far as space and amenities however we are doing all that we can to help make the meet a success for the swimmers and as comfortable as possible for the coaches, officials, volunteers and spectators.

Start Times
SR Champs

Coach meeting Thursday 7:30am in hospitality area outside

All Prelims –7am-8:20am/ 8:30am (Unchanged)

Finals – Thursday-Saturday 5:00-6:00pm/6:10pm (Unchanged)

Finals – Sunday a minimum of 40 minutes will be provided for warm ups; meet will start no earlier than 6:10pm or 45 minutes after start of warm up session (note only 5 minute prep before distance events start).

Check in deadline is 7:45am for first two events each day; 8:00am for all other events (except Sundays distance events are due on Saturday at 6:40pm)

JR Champs

Coach meeting Thursday 11:50am in hospitality area outside

Thursday – 12:00-1:00pm/ 1:10pm (**change of 15 min earlier**) – **Check in deadline 12:30pm for all events except 800/1500 free which will be 2:10pm**

Friday & Saturday – 12:15-1:15pm/ 1:25pm (unchanged) – **Check in deadline is 12:45pm for all events**

Sunday – 11:45-12:45pm/ 12:55pm (**change of 30 min earlier**) – **Check in deadline is 12:15pm for all events except 800/1500 free which will be 1:55pm**

Swimmer and Spectator Seating areas

There are a few options for seating areas for swimmers. Spectators are confined to the spectator seating and will not be allowed on the pool deck.

Pool deck space will be very limited. There will be a few bleachers available however they are very limited and the pool deck will likely be very warm.

Only coaches may use their own chairs on the pool deck, swimmers will not be permitted to bring chairs onto the pool deck due to space limitations. However, there are two areas that you may use your own chairs:

Outside Patio or Grass area (there is not going to be shade provided so on a first come first serve basis you may pop up your own shelter) As of today it looks like it will be hot next week, so this may not be the best option for the afternoon/evenings...

Gymnasium (air conditioned)

Note that in both the outdoor seating and the gym you will be responsible for tracking the timeline of the swim meet; no announcements will be provided in these areas.

Swim Meet Format

Per the procedures established at the PVS Competition Committee meeting in May, we will be competing in 10 lanes throughout both meets, including finals. To accommodate warm up/cool down, the meet will stop after every male event to allow for a short break (length TBD). Senior Champs will have top 30 finishers advancing to finals.



Potomac Valley Swimming
2017 Long Course Junior & Senior Championships
 July 6-9, 2017
 Freedom Aquatic & Fitness Center
 Manassas, Virginia

All events are set to be positive check in; procedures for this will be available later.

Time Trials

Time trials will be held following the completion of the finals sessions on Thursday, Friday, Saturday and Sunday. An athlete must compete in an individual event in either Senior Champs or Junior Champs in order to participate. Athletes are permitted a total of two time trials during the meet. They may only swim one time trial per session provided that this participation does not cause them to exceed the three events per day limit. The time trial fee is \$12/attempt and must be paid when registering for time trial by either cash or check. The order of time trial events will be those events contested that day followed by those events remaining to be contested, followed by those events already contested, except that time trials for the 800M and 1500M freestyle will only be offered on Thursday. Time Trial events may be combined for efficiency. Entries for time trials are due by 6pm each evening.

Coach Meetings

All teams will be required to have a coach attend the scheduled coach meeting to be updated on the meet procedures.

Senior Champ – Thursday, July 6, 7:30am outside the double doors at top of stairs (by hospitality)

Junior Champs – Thursday, July 6, 11:50am outside the double doors at top of stairs (by hospitality)

Timer Requirements

Per the meet announcement, each team is required to provide one timer per 25 entries into the meet. The volunteer sign up page for your team to fill in the open spots with families is online and ready to sign up (see sign up genius links below). The only aspect that may change is the exact times based on any changes requested by the referee/PVS Sr Chair. We are running ten lanes for the entire meet and on first look the sessions are short enough that we will not need to shift them.

Junior Champs – swimmers in the 400 IM, 400 Free, 800 Free and 1500 Free will need to provide their own timers.

Senior Champs – swimmers in the 800 Free and 1500 Free will need to provide their own timers. If there is a lack of timers available, swimmers may need to provide their own timers for the 400 free and 400 IM.

OCCS will take care of supplying timers for Senior Champ Finals each evening and fill in gaps as needed for prelims.

SENIOR CHAMPS Prelims 8:30am-10:30am

Sign up <http://www.signupgenius.com/go/10c094da9a62ea3fa7-potomac1>

Team	Timers	Team	Timers
NCAP	10	AAC	1
RMSC	3	SNOW	1
FISH	2	MACH	2
All other teams	2		

JUNIOR CHAMPS Timed Finals (exact times TBD)

Sign up <http://www.signupgenius.com/go/10c094da9a62ea3fa7-potomac>

Team	Timers	Team	Timers
NCAP	6	SNOW	1
RMSC	6	All other teams	5
MACH	2		



Potomac Valley Swimming
2017 Long Course Junior & Senior Championships
 July 6-9, 2017
 Freedom Aquatic & Fitness Center
 Manassas, Virginia

Hospitality

We are pleased to team up with a local favorite restaurant to provide our meals catered throughout the weekend. Ashton Avenue Family Restaurant will set up the meals at the times below for officials, coaches and meet management staff. There will also be snacks & refreshments during and between meals available to coaches, officials, meet management and timers. Pending weather, there will be outdoor shaded seating available throughout the weekend.

	Thursday	Friday	Saturday	Sunday
Breakfast 7:00am-9:00am Coffee, Tea, Water & Juice	Scrambled Eggs, Home Fries, Bacon, Biscuits Hard Boiled eggs, Fruit, granola, yogurt, mini cinnamon rolls, oatmeal with toppings	Scrambled Eggs with ham & Cheese, home fries, Pancakes Hard Boiled eggs, Fruit, granola, yogurt, doughnuts, oatmeal with toppings	Breakfast burritos, seasonal fruit Hard Boiled eggs, granola, yogurt, pastries, oatmeal with toppings	Pancakes, scrambled eggs, bacon Hard Boiled eggs, Fruit, granola, yogurt, pastries, oatmeal with toppings
Lunch 11:00am-1:00pm Coffee, Tea, Water & Soda	Pulled Pork BBQ, Coleslaw & Potato salad Assorted chips, fruit, snack bars & Cookies	Wraps (chicken, turkey & ham) with chips & seasonal fruit Assorted chips, snack bars & Cookies	Hamburgers & Grilled Chicken Sandwiches with Fries Assorted chips, fruit snack bars & Cookies	Cold Sandwiches with pasta salad Assorted chips, fruit snack bars & Cookies
Dinner 4:30pm-6:30pm Coffee, Tea, Water & Soda	Lasagna (Meat & Spinach), Salad, Bread & Dessert	Roasted Chicken with rice, vegies, bread & Dessert	Baked Ziti with meat sauce, salad, bread & Dessert	Italian Feast (meatballs, sausage & chicken alfredo), salad, bread & Dessert

Meet Vendors

We are excited to be able to offer a few vendors to help your swimmers and spectators stay comfortable and even do a little shopping. Vendors will be set up in the community room at Freedom Center and will be available each day at set times (see their booth for details).

Concessions

A full array of meals and snacks will be available for both swimmers and spectators. Items from Chik-Fil-A, Subway and more will be for sale along with plenty of other healthy and not so healthy snacks. Meet programs will also be sold at the concessions stand.

Swim Shop

Speedo is a major sponsor of the meet and Riptide Swim Shop will be on site throughout the weekend supplying Speedo gear and more.

Jolyn Clothing

Everyone's favorite fashion supplier will open up for a trunk show during the weekend offering workout wear and more.

Fine Designs Commemorative T-Shirts



Potomac Valley Swimming
2017 Long Course Junior & Senior Championships

July 6-9, 2017

Freedom Aquatic & Fitness Center

Manassas, Virginia

Fine Designs will be on site throughout the weekend with a special Senior and Junior Championship designed t-shirt for sale.

Parking

The good news is that parking is free but they will have parking attendants to direct cars to the right parking spaces to use.