



10 & Under Mini Championships

March 3-4, 2018

Sanction # PVC-18-62 and VA_XX-XX



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Leslie Tomlinson ltomlinson@nationscapitalswimming.com (225) 505 - 4057	Ray Nash raynashdvcc@aol.com	Ray Nash raynashdvcc@aol.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-18-62. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Nation's Capital Swimming, and the GMU Freedom Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
FACILITY	Freedom Aquatic & Fitness Center 10900 University Boulevard Manassas, Virginia 20110-2203 (703)993-8350
ENTRY DEADLINE	Tuesday, February 27th at 5:00 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.
SCHEDULE	Saturday and Sunday, March 3rd and 4th, 2018 Boys warm-up 9:00 – 9:40 AM First Event 9:50 AM Girls warm-up 12:40 – 1:20 PM First Event 1:30 PM Meet Director reserves the right to adjust times/sessions after entries are received. Any changes will be posted on www.nationscapitalswimming.com
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimming Swimmers 10 years of age and under. Non-PVS clubs may request an invitation from the Meet Director; however, non-PVS athlete participation will be limited to a maximum of 20%. It may be necessary to limit entries in certain events to time constraints. Swimmers shall compete at the age attained on the first day of the meet.
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 will be used for this meet (50y and up events). Manual timing (stopwatches only) may be used for this meet (25y events).

RULES	<ul style="list-style-type: none"> • Current United States Swimming rules shall govern the meet. A contestant may enter a maximum of three (3) individual events and one (1) relay. • No on-deck USA-S registration is permitted. • 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. • 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. 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. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • 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 may 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. 																																																			
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments. 																																																			
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. 																																																			
SEEDING	<ul style="list-style-type: none"> • All events will be pre-seeded. 																																																			
SCORING	<ul style="list-style-type: none"> • This meet is all timed finals. 																																																			
<table border="1" data-bbox="121 1312 1367 1476"> <thead> <tr> <th>Place</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> <th>7</th> <th>8</th> <th>9</th> <th>10</th> <th>11</th> <th>12</th> <th>13</th> <th>14</th> <th>15</th> <th>16</th> </tr> </thead> <tbody> <tr> <td>Individual</td> <td>20</td> <td>17</td> <td>16</td> <td>15</td> <td>14</td> <td>13</td> <td>12</td> <td>11</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relay</td> <td>40</td> <td>34</td> <td>32</td> <td>30</td> <td>28</td> <td>26</td> <td>24</td> <td>22</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </tbody> </table>		Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Individual	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1	Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2
Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																				
Individual	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1																																				
Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2																																				
AWARDS	<ul style="list-style-type: none"> • Medals will be given for 1st to 3rd place – Individual events. • Ribbons will be given for 4th to 8th place – Individual events. • Ribbons will be given for 1st to 3rd place – Relay events. 																																																			
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. 																																																			
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • There is no admission charge. Programs for each session will be available for \$2.00 each. 																																																			
OFFICIALS	<ul style="list-style-type: none"> • Each participating club is requested to provide at least one table worker or official (Referee Starter, 																																																			

	<p>Chief Judge or Stoke & Turn Judge) per session if entering 25 or more splashes.</p> <ul style="list-style-type: none"> • Contact Ray Nash raynashdvcc@aol.com to volunteer. • 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"> • This is very important at this meet; automatic timing (50y and 100y events) and watch times (25y events) will be used. Participating clubs are required to provide timers in proportion to their entry. A timer is required for each 25 entries, (not swimmers, entries). The number of timers will be adjusted when the club is providing other officials. Acceptance of the Club entry is based on compliance with the above. The host club will provide one (1) timer per lane.
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, “2018 NCAP Mini Champs - ****” with the club’s 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 Relay event fee: \$10.00 Deck entries: \$10.00/ Individual Event</p> <ul style="list-style-type: none"> • Make checks payable to Nation’s Capital Swim Club. Checks may be mailed to: <div style="text-align: center;"> Nation’s Capital Swimming Attn: Karyn McCannon 8120 Woodmont Ave #101 Bethesda, MD 20814 </div> • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. Each participating Club is requested to remit one check to cover the entry fee for the entire team. • Deck entries are \$10.00 per individual event and must be submitted with cash payment no later than 15 minutes prior to the first event of each session. No new heats will be created. First come, first served.

Saturday, March 3rd 2018

Session I - Boys

Warm-up 9:00-9:40 AM

First Event 9:50 AM

Event #	Age	Event
1	9-10 Year Old	200 Free Relay
3	8 & Under	100 Free Relay
5	10 & Under	100 IM
7	9-10	50 Fly
9	8 Year Olds	50 Fly
11	7 & Under	25 Fly
13	9-10	50 Back
15	8 Year Old	50 Back
17	7 & Under	25 Back
19	9-10	50 Breast
21	8 Year Old	50 Breast
23	7 & Under	25 Breast
25	9-10	200 Free

The 9-10 year old 200 Free will be contingent on session time availability once all entries are processed.
The 9-10 year old 200 Free will be positive check-in closing at the end of warm-ups.

Saturday, March 3rd 2018

Session II – Girls

Warm-up 12:40-1:20 PM

First Event 1:30 PM

Event #	Age	Event
2	9-10 Year Old	200 Free Relay
4	8 & Under	100 Free Relay
6	10 & Under	100 IM
8	9-10	50 Fly
10	8 Year Olds	50 Fly
12	7 & Under	25 Fly
14	9-10	50 Back
16	8 Year Old	50 Back
18	7 & Under	25 Back
20	9-10	50 Breast
22	8 Year Old	50 Breast
24	7 & Under	25 Breast
26	9-10	200 Free

The 9-10 year old 200 Free will be contingent on session time availability once all entries are processed.
The 9-10 year old 200 Free will be positive check-in closing at the end of warm-ups.

Sunday, March 4th 2018**Session III - Boys**

Warm-up 9:00-9:40 AM

First Event 9:50 AM

Event #	Age	Event
27	9-10 Year Old	200 Medley Relay
29	8 & Under	100 Medley Relay
31	9-10	25 Breast
33	8 Year Olds	25 Breast
35	7 & Under	50 Breast
37	9-10	25 Back
39	8 Year Olds	25 Back
41	7 & Under	50 Back
43	9-10	25 Fly
45	8 Year Old	25 Fly
47	7 & Under	50 Fly
49	9-10	100 Free
51	8 Year Old	50 Free
53	7 & under	25 Free
55	9-10	200 IM

The 9-10 year old 200 IM will be contingent on session time availability once all entries are processed.
The 9-10 year old 200 IM will be positive check-in closing at the end of warm-ups.

Sunday, March 4th 2018**Session IV - Girls**

Warm-up 12:40-1:20 PM

First Event 1:30 PM

Event #	Age	Event
28	9-10 Year Old	200 Medley Relay
30	8 & Under	100 Medley Relay
32	9-10	25 Breast
34	8 Year Olds	25 Breast
36	7 & Under	50 Breast
38	9-10	25 Back
40	8 Year Olds	25 Back
42	7 & Under	50 Back
44	9-10	25 Fly
46	8 Year Old	25 Fly
48	7 & Under	50 Fly
50	9-10	100 Free
52	8 Year Old	50 Free
54	7 & under	25 Free
56	9-10	200 IM

The 9-10 year old 200 IM will be contingent on session time availability once all entries are processed.
The 9-10 year old 200 IM will be positive check-in closing at the end of warm-ups.