



# NCAP WINTER QUALIFIER

February 22-24, 2019

Sanction # PVI-19-61 and VA\_-XX-XX



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Mark Faherty <a href="mailto:mfaherty@nationscapitalswimming.com">mfaherty@nationscapitalswimming.com</a> (703) 861-9089	Chris Chmielenski <a href="mailto:cchmielenski@comcast.net">cchmielenski@comcast.net</a>	Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-19-61</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Nations Capital Swim Club, and the Warrenton Aquatic &amp; Rec Facility 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.</li> </ul>																																	
<b>FACILITY</b>	<p style="text-align: center;"><b>Warrenton Aquatic &amp; Recreation Facility</b> 800 Waterloo Road Warrenton, Virginia 20186 (703) 993-8350</p> <ul style="list-style-type: none"> <li>8 lanes, 25 yards</li> <li>Water depth range of 4.5' (lane 1) – 11.8' (lane 8). Non-turbulent lane markers.</li> <li>The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming.</li> </ul>																																	
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Thursday, February 14, 2018, 11:59 PM</b></p> <p>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.</p>																																	
<b>SCHEDULE</b>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;"></th> <th style="width: 20%; text-align: center; border-bottom: 1px solid black;">Warm-Up</th> <th style="width: 40%; text-align: center; border-bottom: 1px solid black;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3"><b><u>Friday, February 22</u></b></td> </tr> <tr> <td>Session 1: 500 Free &amp; 400 IM</td> <td style="text-align: center;">4:30-5:20 PM</td> <td style="text-align: center;">5:30 PM</td> </tr> <tr> <td colspan="3"><b><u>Saturday, February 23</u></b></td> </tr> <tr> <td>Session 2: 13&amp; Over</td> <td style="text-align: center;">6:40-7:50 AM</td> <td style="text-align: center;">8:00 AM</td> </tr> <tr> <td>Session 3: 1000 Free</td> <td style="text-align: center;">*Continuous during Session 2</td> <td style="text-align: center;">15 minutes after end of Session 2</td> </tr> <tr> <td>Session 4: 12&amp;Under</td> <td style="text-align: center;">1:00-1:50 PM</td> <td style="text-align: center;">2:00 PM</td> </tr> <tr> <td colspan="3"><b><u>Sunday, February 24</u></b></td> </tr> <tr> <td>Session 5: 13&amp;Over</td> <td style="text-align: center;">6:40-7:50 AM</td> <td style="text-align: center;">8:00 AM</td> </tr> <tr> <td>Session 6: 1650 Free</td> <td style="text-align: center;">*Continuous during Session 5</td> <td style="text-align: center;">15 minutes after end of Session 5</td> </tr> <tr> <td>Session 7: 12&amp;Under</td> <td style="text-align: center;">1:00-1:50 PM</td> <td style="text-align: center;">2:00 PM</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received. Any changes will be posted on <a href="http://www.nationscapitalswimming.com">www.nationscapitalswimming.com</a></li> </ul>		Warm-Up	Events	<b><u>Friday, February 22</u></b>			Session 1: 500 Free & 400 IM	4:30-5:20 PM	5:30 PM	<b><u>Saturday, February 23</u></b>			Session 2: 13& Over	6:40-7:50 AM	8:00 AM	Session 3: 1000 Free	*Continuous during Session 2	15 minutes after end of Session 2	Session 4: 12&Under	1:00-1:50 PM	2:00 PM	<b><u>Sunday, February 24</u></b>			Session 5: 13&Over	6:40-7:50 AM	8:00 AM	Session 6: 1650 Free	*Continuous during Session 5	15 minutes after end of Session 5	Session 7: 12&Under	1:00-1:50 PM	2:00 PM
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered USA Swimming swimmers 9-18 years of age. Swimmers shall compete at the age attained on the first day of the meet.</li> </ul>																																	

<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Colorado Automatic Timing System (timing pads primary) will be used.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• No on-deck USA-S registration is permitted.</li> <li>• 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts will be used at this meet.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• A contestant may enter a maximum of seven (7) individual events and no more than three (3) individual events per session. All events are timed finals.</li> <li>• Distance Events: Entries for the 400 IM, 500 Free, 1000 Free and 1650 Free may be limited to keep manageable timelines. Clubs will be notified if their athletes do not make the cut and will be offered a chance select an alternate event, or receive a refund on the entry for that event.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• 13&amp;Over &amp; Open: All events will be Positive Check In.</li> <li>• 12&amp;Under: 200 yards and longer will be Positive Check In. All other events will be pre-seeded.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• <b>Fastest to Slowest in all events.</b></li> <li>• <b>Mixed Gender in all events.</b></li> </ul>

<b>SCORING</b>	<ul style="list-style-type: none"> <li>This meet is not scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>There will not be awards at this meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will be available to coaches, officials and volunteers.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>There is no admission charge.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stoke &amp; Turn Judge) per session if entering 25 or more splashes. Contact: Chris Chmielenski <a href="mailto:cchmielesnki@comcast.net">cchmielesnki@comcast.net</a></li> <li>Officials volunteering for this meet should sign in at the recording table prior to the start of warmups. 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.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the Meet Director at: <a href="mailto:Mfaherty@nationscapitalswimming.com">Mfaherty@nationscapitalswimming.com</a></li> <li>Include in the subject of the email, "2019 NCAP Winter Qualifier - *****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email.</li> <li>Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>Entries directly from individual team members will not be accepted.</li> <li>Entries by phone or fax will not be accepted.</li> <li>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.</li> <li>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.</li> </ul>

<b>ENTRY FEES</b>	Individual event fee:                    \$6.00      Deck entries:                    \$10.00
	<p>Make checks payable to <b>Nation’s Capital Swim Club</b>. Checks may be mailed to:</p> <p style="text-align: center;"> Nation’s Capital Swimming  Attn: Karyn McCannon  8120 Woodmont Ave #101  Bethesda, MD 20814 </p> <p>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.</p> <p>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.</p>

## Friday, February 22

### Session 1 – 500 Free & 400 IM

Warm-up 4:30-5:20 PM      First Event 5:30 PM

Event #	Age	Event
1	Open	500 Freestyle
2	11 & Over	400 IM

*ALL events are positive check-in. Positive check-in for all events will close 5:00 PM*

## Saturday, February 23

### Session 2 – 13&Over

Warm-up 6:40-7:50 AM      First Event 8:00 AM

Event #	Age	Event
3	13&Over	200 Backstroke
4	13&Over	100 Breaststroke
5	13&Over	200 Butterfly
6	13&Over	100 Freestyle
7	13&Over	200 IM

*ALL events are positive check-in. Positive check-in for all events will close at 7:30 AM*

### Session 3 – 1000 Free

Warm-up Continuous during Session 2

First Heat Begins 15 minutes after conclusion of Session 2

Event #	Age	Event
8	Open	1000 Freestyle

*Positive check-in deadline will be posted before the first day of the meet.*

*\*The 1000 Free will be limited to a 1 hour session (approximately 4 heats – 32 swimmers).*

## Saturday, February 23

### Session 4 – 12&Under

Warm-up 1:00-1:50 PM      First Event 2:00 PM

Event #	Age	Event
9	12&Under	200 Backstroke
10	9-10	100 Breaststroke
11	11-12	100 Breaststroke
12	9-10	50 Butterfly
13	11-12	50 Butterfly
14	9-10	100 Freestyle
15	11-12	100 Freestyle
16	9-10	200 IM
17	11-12	200 IM
18	9-10	50 Backstroke
19	11-12	50 Backstroke
20	12&Under	200 Butterfly

*ALL 200 yd events are positive check-in. Positive check-in for all events will close at 1:30 PM.*

## Sunday, February 24

### Session 5 – 13&Over

Warm-up 6:40-7:50 AM      First Event 8:00 AM

Event #	Age	Event
21	13&Over	200 Freestyle
22	13&Over	100 Butterfly
23	13&Over	50 Freestyle
24	13&Over	200 Breaststroke
25	13&Over	100 Backstroke

*ALL events are positive check-in. Positive check-in for all events will close at 7:30 AM*

### Session 6 – 1650 Free

Warm-up Continuous during Session 5

First Heat Begins 15 minutes after conclusion of Session 5

Event #	Age	Event
26	Open	1650 Freestyle

*Positive check-in deadline will be posted before the first day of the meet.*

*\*The 1000 Free will be limited to a 1 hour session (approximately 3 heats – 24 swimmers).*

## Sunday, February 24

### Session 7 – 12&Under

Warm-up 1:00-1:50 PM      First Event 2:00 PM

Event #	Age	Event
27	9-10	100 Butterfly
28	11-12	100 Butterfly
29	12&Under	200 Breaststroke
30	9-10	50 Freestyle
31	11-12	50 Freestyle
32	9-10	100 IM
33	11-12	100 IM
34	9-10	200 Freestyle
35	11-12	200 Freestyle
36	9-10	50 Breaststroke
37	11-12	50 Breaststroke
38	9-10	100 Backstroke
39	11-12	100 Backstroke

*ALL 200 yd events are positive check-in. Positive check-in for all events will close at 1:30 PM.*