



2019 NCAP June LC Invitational

May 31 – June 2, 2019

Sanction # PVI-19-94

and VSI #



Sanctioned by USA Swimming through
Potomac Valley Swimming and Virginia Swimming

MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Brian Pawlowicz bpawlowicz@nationscapitalswimming.com 703-727-3994	Kelly Rowell kmcr.pvs@gmail.com	Karyn McCannon kmccannon@nationscapitalswimming.com Officials Signup

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-19-94 and Virginia Swimming, Inc.: . In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Nation’s Capital Swimming, and the Jeff Rouse Recreation 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	<p style="text-align: center;">Jeff Rouse Recreation Center 1600 Mine Road Stafford, VA 22554 540-318-6332</p> <ul style="list-style-type: none"> 8 Lanes, 50 meter course Water depth range of 12’6” at the starting end and 6’7” at the turning end. The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). The copy of such certification is on file with USA Swimming. A separate pool with limited space will be available throughout the meet for continuous warm-up. No food of any kind is allowed on the pool deck. Only water and/or Gatorade are permitted on the pool deck. Due to limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers and meet volunteers only will be permitted on the pool deck. No Deck chairs allowed for Athletes. 												
ENTRY DEADLINE	<p style="text-align: center;">May 21, 2019 at 11:59pm</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>												
SCHEDULE	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Friday May 31- OPEN Distance</td> <td style="width: 25%;">Warmups: 4:30-5:30 pm</td> <td style="width: 25%;">Events at 5:40pm</td> </tr> <tr> <td>Sat June 1 & Sun June 2- Open Prelims</td> <td>Warmups: 6:30-7:50 am</td> <td>Events at 8:00am</td> </tr> <tr> <td>Sat/Sun 12&U, 13&O- Timed Finals</td> <td>Warmups: 12:30-1:30 pm</td> <td>Events at 1:40 pm</td> </tr> <tr> <td>Sat/Sun- OPEN FINALS</td> <td>Warmups: 4:50-5:50 pm</td> <td>Events at 6:00 pm</td> </tr> </table> <p>**Anticipate Finals warmups starting 30 mins after Afternoon Session, Final information will be sent out after entry deadline**</p>	Friday May 31- OPEN Distance	Warmups: 4:30-5:30 pm	Events at 5:40pm	Sat June 1 & Sun June 2- Open Prelims	Warmups: 6:30-7:50 am	Events at 8:00am	Sat/Sun 12&U, 13&O- Timed Finals	Warmups: 12:30-1:30 pm	Events at 1:40 pm	Sat/Sun- OPEN FINALS	Warmups: 4:50-5:50 pm	Events at 6:00 pm
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	<ul style="list-style-type: none"> • Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> • Open to all USA Swimming athletes from invited teams who meet the established NST Qualifying Times. • The Qualifying Time Period is September 1, 2017 thru the entry deadline.
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 (touch pads primary) will be used for this meet.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • 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. • 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 during prelims sessions. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area. • 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.
EVENT RULES	<ul style="list-style-type: none"> • Contestants may enter a maximum of seven (7) individual events with no more than three (3) Individual events per day. Swimmers shall compete at the age attained on the first day of the meet. • It is anticipated that CHASE STARTS will be used during prelims. • The host team may enter additional swimmers who do not meet the qualifying times to help with meet volunteer work force. • The Meet Director reserves the right to adjust warm-up times and start times for all sessions after entries are received.

	<ul style="list-style-type: none"> The Open 400 Free and 400 IM are Timed Finals and will swim fastest to slowest. Friday Distance events will be limited to 5 heats each, women and men, for both the 400 Free and 400 IM. All Open individual events on Saturday and Sunday are Prelims and Finals, with a "D" final, "C" final, "B" final and "A" final heat. All 11-12 and 13&Over afternoon events are timed finals. Yard times will be the conforming times for this meet. LCM times will be seeded after SCY times.
BONUS EVENTS	<ul style="list-style-type: none"> Swimmers qualifying for 2 or more events at the OPEN QUALIFYING TIME may enter further events to reach the maximum 7 events for the meet. These should be marked Bonus. Bonus entries will be seeded last. Swimmers qualifying for 2 or more events at the 11-12 or 13& Over (Timed Final) standards may enter further events to reach the maximum 7 events for the meet. These should be marked Bonus. Bonus entries will be seeded last. NO BONUS ENTRIES ARE PERMITTED IN THE 400 IM or 400 FREE.
POSITIVE CHECK IN	<ul style="list-style-type: none"> All 200 meter and longer events will be positive check in. The Meet Manager reserves the right to Positive Check-in the 100 meter events in the interest of manageable timelines. For those events requiring positive check-in, athletes shall designate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked-in prior to the specified time will be not be seeded into the event. Athletes who have checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.
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 ensuring that their team areas are clean of any debris at the conclusion of each meet session.
SEEDING	<ul style="list-style-type: none"> The Open 400 Free and 400 IM are Timed Finals and will swim fastest to slowest. All other prelim/final events as well as the Timed Final afternoon events will be swum slowest to fastest.
PVS SCRATCH POLICY	<ul style="list-style-type: none"> If you do not wish to swim in the Final, you may "Scratch" from the event by following the proper procedure: You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A", "B", "C" and "D" finals. You may declare an "Intent to Scratch". You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent." You must "confirm" this intent on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event. If an athlete fails to properly scratch from an event and does not appear for the Final event, he/she shall be barred from further competition for the remainder of the meet.
PROGRAMS	<ul style="list-style-type: none"> Hard Copy Programs for parents and spectators will NOT be available for sale. Programs for the entire meet will be available on MEET MOBILE for \$20 for the weekend. Many events are positive check in; seeded heats will be sent to Meet Mobile as soon as possible after the check in deadline.
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

	<p>be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.</p>
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • There is no Spectator entry fee for this meet. • The Jeff Rouse Center Concessions stand will be open during the meet.
OFFICIALS	<ul style="list-style-type: none"> • All certified officials wishing to volunteer for this meet should fill out the Officials Sign Up prior to May 24th, 2019. If there are any questions, issues accessing the application, or officials wishing to volunteer after May 24th should contact the Meet Referee Kelly Rowell (kmcrr.pvs@gmail.com) • 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"> • Clubs and sites will be required to provide timers in proportion to the number of swimmers they have entered in each session. • If timer assignments are determined before the meet, they will be posted online at nationscapitalswimming.com and emailed to all participating clubs.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director, Brian Pawlowicz (bpawlowicz@nationscapitalswimming.com) • Short Course entry times are considered conforming times for this meet and will be seeded ahead of LC entry times. Entry Times must be achieved no earlier than September 1, 2017. • Include in the subject of the email, "2019 NCAP June Invitational - ****" 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. • 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. • No late/deck entries are permitted for this meet. Absolutely NO "NT" entries will be accepted. • TEAMS SENDING ENTRIES FROM TEAM UNIFY are requested to include a PDF copy of entries to confirm bonus events, as TU removes that designation before importing into Hy-Tek. (Please send report by Athlete Name) • 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>Per Swimmer Surcharge: \$2.00</p> <p>Individual event fee: \$8.00</p> <ul style="list-style-type: none"> • Make checks payable to Nation's Capital Swimming (NCAP). Checks may be mailed to: Nation's Capital Swimming Attn: Karyn McCannon 8120 Woodmont Ave, Suite #101 Bethesda, MD 20814

Friday, May 31, 2019 @ Jeff Rouse

Warm-up 4:30-5:30 p.m. Events at 5:40 p.m.

**All Events Timed Finals - NO BONUS ENTRIES ON FRIDAY
Positive Check In closes 30 minutes after the start of warm-ups**

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
1	5:11.19	4:37.69	Open 400 Free	4:49.79	4:20.99	2
3	4:40.79	5:20.49	Open 400 IM	4:17.49	4:49.89	4

- Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

OPEN EVENTS for FRIDAY, SATURDAY and SUNDAY

Saturday, June 1, 2019 @ Jeff Rouse

Warm-up 6:30-7:50 a.m. Events at 8:00 a.m.

Positive Check In closes 30 minutes after the start of warm-ups

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
5	59.39	1:06.69	Open 100 Fly	54.69	1:00.89	6
7	1:56.39	2:11.09	Open 200 Free	1:48.89	2:01.49	8
9	1:09.19	1:18.29	Open 100 Breast	1:02.89	1:10.39	10
11	2:11.49	2:26.99	Open 200 Back	2:00.99	2:15.39	12
13	25.09	28.49	Open 50 Free	22.79	25.59	14

Sunday, June 2, 2019 @ Jeff Rouse

Warm-up 6:30-7:50 a.m. Events at 8:00 a.m.

Positive Check In closes 30 minutes after the start of warm-ups

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
15	2:31.79	2:49.39	Open 200 Breast	2:17.79	2:32.99	16
17	59.89	1:07.89	Open 100 Back	55.69	1:01.99	18
19	2:13.69	2:28.99	Open 200 IM	2:02.19	2:16.59	20

21	53.69	1:00.69	Open 100 Free	49.89	55.69	22
23	2:14.49	2:29.49	Open 200 Fly	2:03.59	2:16.29	24

TIMED FINAL EVENTS for SATURDAY and SUNDAY

Saturday, June 1, 2019 @ Jeff Rouse

Warm-up 12:30-1:30 p.m. Events at 1:40 p.m.

All events are Timed Finals

Positive Check In closes 30 minutes after the start of warm-ups

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
25	34.09	38.29	12&Under 50 Fly	34.19	38.69	26
27	1:11.39	1:21.09	13&Over 100 Fly	1:06.39	1:15.49	28
29	2:29.69	2:50.39	12&Under 200 Free	2:24.59	2:45.19	30
31	2:22.19	2:42.59	13&Over 200 Free	2:12.79	2:32.29	32
33	39.99	45.49	12&Under 50 Breast	39.59	45.39	34
35	1:22.39	1:34.99	13&Over 100 Breast	1:15.59	1:28.09	36
37	1:18.49	1:31.09	12&Under 100 Back	1:15.79	1:29.09	38
39	2:35.39	2:59.39	11 &Over 200 Back	2:25.89	2:49.69	40
41	1:08.29	1:18.49	12&Under 100 Free	1:05.89	1:15.69	42
43	30.29	34.59	13&Over 50 Free	27.89	31.99	4444

For Timed Final Events ONLY: In 11&Over events, events will be swum combined age groups, but will be separated 11-12 and 13&Over for scoring purposes.

Sunday, June 2, 2019 @ Jeff Rouse
Warm-up 12:30-1:30 p.m. Events at 1:40 p.m.

All events are Timed Finals

Positive Check In closes 30 minutes after the start of warm-ups

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
45	1:27.39	1:41.39	12&Under 100 Breast	1:24.59	1:38.49	46
47	2:58.29	3:25.59	11&Over 200 Breast	2:45.59	3:11.59	48
49	35.59	41.19	12&Under 50 Back	35.29	40.89	50
51	1:11.69	1:23.59	13&Over 100 Back	1:06.89	1:18.29	52
53	2:47.79	3:11.49	12&Under 200 IM	2:44.19	3:09.29	54
55	2:39.19	3:03.39	13&Over 200 IM	2:28.59	2:51.99	56
57	31.49	35.79	12&Under 50 Free	30.29	34.69	58
59	1:05.79	1:15.39	13&Over 100 Free	1:00.89	1:09.99	60
61	1:18.29	1:28.49	12&Under 100 Fly	1:16.49	1:26.29	62
63	2:37.89	2:59.49	11&Over 200 Fly	2:26.99	2:49.19	64

**For Timed Final Events ONLY: In 11&Over events, events will be swum combined age groups,
but will be separated 11-12 and 13&Over for scoring purposes.**

WELCOME TO THE JEFF ROUSE SWIM AND SPORT CENTER

1600 MINE ROAD, STAFFORD, VA 22554 540-318-6332
WWW.ROUSECENTER.COM

Driving Directions from the North:

From I95, take exit 140 and turn right on to Courthouse Road. After approximately one mile, turn right on to Mine Road and the center will be on your left.

Driving Directions from the South:

From I95, take exit 140 and turn left on to Courthouse Road. After approximately one mile, turn right on to Mine Road and the center will be on your left.

Contact Information

General Manager

Kristen Loescher

kloescher@rousecenter.com

Aquatics Director

Brian Cann

bcann@rousecenter.com

Assistant General Manager

Michael Avery

mavery@rousecenter.com

Enjoy the meet and

SWIM FAST!



Center Policies and Helpful Tips

Thank you for attending a swim meet at our center. We are looking forward to being your hosts for the weekend! As a guest of our facility we ask that you abide by the following policies:

FOOD & DRINK - No outside food or drink is permitted in the facility other than water and your morning coffee (we don't want to come between you and your caffeine!). We have a café that serves snacks, drinks, smoothies, and breakfast, lunch and dinner. Guests are permitted to eat in the stands, but please throw away your trash and recycle your cans and bottles. Thank you for supporting our concessions!

Exception - Participating athletes may bring in their preferred food and drink.

GUEST PASSES - Swim meet participants and guests are not allowed to use any part of the facility other than the pool area, locker rooms, and restrooms. If you would like to use our gymnasium or fitness center, you may purchase a day pass at the front desk.

ACCESS TO POOL - Swimmers, please enter the pool area through the locker rooms or wet corridor. Parents, coaches and spectators, please enter the pool through the wet corridor (straight down the hallway as you enter).

PHOTOGRAPHY - No flash photography/videography is allowed during competition.

TEAM BANNERS - Please do not hang or tape anything to our sponsorship banners. We have clips to hang your banners above our banners.

SOCIAL MEDIA - Use our Hashtag this weekend and see your tweets up on the scoreboard!

HOTELS - Please visit the following website for booking information from the Rouse Center's preferred hotel provider: <http://www.marriott.com/hotels/travel/mnzfs-fairfield-inn-and-suites-quantico-stafford/>

Each swim team is responsible for their swimmers and guests. The JRSSC reserves the right to ask guests to leave the building immediately for unruly or un-cooperative behavior.

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