



JP Popovich Memorial Invitational

October 4-6, 2019

Sanctioned by USA Swimming through Potomac Valley Swimming & Virginia Swimming
Sanction Numbers: PVS-20-04 and VS-20-15DS

***NOTE:** In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Claude Moore Recreation Center, and SNOW Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

Meet Director

Angela Davis
snowswimming.entries@gmail.com

Meet Referee

Jan van Nimwegen
jnimwegen@earthlink.net

SNOW Officials' Chair

Lynn Oliver
lynn.r.oliver@verizon.net
[Officials Signup](#)

MEET BACKGROUND

Welcome to the annual JP Popovich Memorial Invitational! 2019 marks the 4th year SNOW has hosted this meet named in honor of SNOW alum, JP Popovich ('15). JP was incredibly enthusiastic about swimming generally and about his teammates particularly. An accomplished IMer (2015 VHSL 4A 200 IM State Champion), JP tragically passed away in December 2015 while home from the University of Virginia for the holidays. SNOW hopes to keep alive JP's spirit and enthusiasm for both swimming and swimmers alike, as we kick-off the 2019-2020 short course season with this meet showcasing the same spirit and enthusiasm that JP displayed throughout his life. We are looking forward to a great weekend of racing!

FORMAT

In keeping with JP's specialty, the Individual Medley, this timed-finals meet is keenly focused on the IMX events. While winners of both the Women's and Men's 13 & Over 200 IM will again have their names etched onto the JP Popovich 200 IM Memorial Plaque commemorating their accomplishments, each event in the 9-10, 11-12 and 13-14 IMX Extreme Meet are included in the meet, along with a Pentathlon on Saturday for the 8 & Under athletes.

FACILITY

Claude Moore Recreation Center
46105 Loudoun Park Lane
Sterling, VA 20164
571-258-3600

One 25-yard course with 10 competition lanes will be used during each session. Warm-up/cool-down lanes will be available throughout the meet. Water depth is 12'6" at the start end and 6' 8" at the turn end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C).

TIMING SYSTEM

- Automatic timing (touch pads primary) will be used for events 50 yards and longer.
- Semi-automatic timing (buttons primary) will be used for 25-yard events.



JP Popovich Memorial Invitational

October 4-6, 2019

Sanctioned by USA Swimming through Potomac Valley Swimming & Virginia Swimming
Sanction Numbers: PVS-20-04 and VS-20-15DS

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Claude Moore Recreation Center, and SNOW Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

SCHEDULE

- **The Meet Director reserves the right to adjust times and/or sessions after entries are received.**
- **All events will be timed finals.**
- **On Saturday and Sunday mornings, athletes will not be allowed in the building until 7:45 AM.**

Entry Deadline: Friday September 20, 2019 by 5:00 PM

Friday, October 4

Warm-up: 4:00-4:50 PM; Events - 5:00 PM

Saturday, October 5

13 & Over Warm-up: 8:00-8:50 AM; Events: 9:00 AM

12 & Under Warm-up: 1:00-1:50 PM; Events: 2:00 PM

Sunday, October 6

13 & Over Warm-up: 8:00-8:50 AM; Events: 9:00 AM

12 & Under Warm-up: 1:00 PM; Events: 2:00 PM

All events 200 yards and above will be positive check-in.

ELIGIBILITY

- Open to **invited** USA Swimming teams. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in the USA Swimming Rules & Regulations Article 302.
- Invited teams will receive an email from the Meet Director.
- Swimmers shall compete at the age attained on Friday, October 4, 2019.

RULES

- Current USA Swimming rules, including the [Minor Athlete Abuse Prevention Policy](#) ("MAAPP"), shall govern this meet.
- Swimmers may only participate in their own age group events or open events.
- **Swimmers may enter a maximum of seven (7) individual events during the entire meet, not exceeding two (2) events on Friday and three (3) events on Saturday and Sunday, except that any 8 & Under swimmers choosing to complete the Pentathlon may enter a maximum of (5) events on Saturday but may not exceed the maximum of seven (7) individual events for the entire meet.**
- **Only short course times are applicable.**
- Entries in the 400 IM and 500 Freestyle may be limited due to time constraints. If necessary, this will be done based on verifiable proof of time. Any swimmer removed from an event due to time constraints will be provided the opportunity to enter another event, so long as it does not create a new heat and does not violate any applicable entry limits.
- No on-deck USA-S registration is permitted.
- In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices,



JP Popovich Memorial Invitational

October 4-6, 2019

Sanctioned by USA Swimming through Potomac Valley Swimming & Virginia Swimming
Sanction Numbers: PVS-20-04 and VS-20-15DS

***NOTE:** In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Claude Moore Recreation Center, and SNOW Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As 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.
- The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform to the 4-hour provision for sessions that include 12 & Under events per Rule 205.3.1F.
- Operation of a drone, or any other flying apparatus, 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.
- In accordance with VSI best practices, all swimmers should shower before entering the pool.
- No VSI non-athlete member in good standing may be barred from participating in the meet as an official as certified.

AWARDS

- No medals will be given at this meet.
- The top scoring male and female swimmers who complete all 5 events of the 8 & Under Pentathlon will be recognized.
- The male and female winner of the 13 & Over 200 IM will have their names and times reflected on the JP Popovich Memorial Plaque displayed at Claude Moore.

DISABILITY SWIMMERS

PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy](#) as adopted by the Board of Directors. Athletes with disabilities are welcome to participate and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

WARM-UP

The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

SUPERVISION

- Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas.
- Coaches and deck officials should have proof of active USA Swimming membership with them at all times.
- Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.



JP Popovich Memorial Invitational

October 4-6, 2019

Sanctioned by USA Swimming through Potomac Valley Swimming & Virginia Swimming
Sanction Numbers: PVS-20-04 and VS-20-15DS

***NOTE:** In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Claude Moore Recreation Center, and SNOW Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

MEET PROGRAMS

Programs will not be sold at the meet. The Meet Director will use best efforts to make the meet program and results available on Meet Mobile.

OFFICIALS & TIMERS

- Officials interested in volunteering to work this meet should complete the [Officials Signup](#) or contact SNOW Officials Chair, **Lynn Oliver**, at lynn.r.oliver@verizon.net. Please include your club affiliation, certifications held, and sessions you wish to work in your email.
- 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-up.
- Each participating club is requested to provide **at least** one official per session if entering 25 or more swimmers.
- Timers per session will be assigned to each participating team based upon the number of entries.

FEES

\$6.00 facility surcharge per swimmer

\$7.00 per individual event

\$10.00 per deck entry (plus facility surcharge)

DECK ENTRIES

Deck entries will be allowed at the discretion of the Meet Director and/or Meet Referee. Entry fee is \$10 per individual event plus the facility surcharge. Swimmers will be entered in open lanes in the existing heats on a first come, first serve basis. No extra heats will be created. Evidence of current USA-S registration will be required for all deck entries. This can be done by presenting a copy of the swimmer's USA-S athlete registration card.

SEATING

No chairs will be allowed on deck. Bleachers will be available on deck for athletes. Spectators not volunteering will be restricted to the upstairs gallery.



JP Popovich Memorial Invitational

October 4-6, 2019

Sanctioned by USA Swimming through Potomac Valley Swimming & Virginia Swimming
Sanction Numbers: PVS-20-04 and VS-20-15DS

***NOTE:** In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Claude Moore Recreation Center, and SNOW Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

ENTRY PROCEDURE

Teams should provide entries as follows:

- Send e-mail to Angie Davis at snowswimming.entries@gmail.com
- Include in the subject of the email, "2019 SNOW – JP Popovich Memorial - ****" 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 with your entry file, one entry report by name and one entry by event.
- In the body of your email, provide entry numbers (girls, boys, totals), as well as contact information (e-mail and phone) for the person responsible for entries and for your officials contact.

Entry Deadline: Friday September 20, 2019 by 5:00 PM

Important

- The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.
- The above date is the deadline for teams to submit entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers. Check with your team for this information.

Other Entry Details

- Entries directly from individual team members will not be accepted.
- Entries by phone or fax entries will not be accepted.
- Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.
- Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.
- Each participating team is requested to remit one check to cover the entry fee for the entire team.
- Entry fees are due with each team's entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.
- Please make checks payable to "SNOW Swimming." Please do not send cash.

Send entry fees to:

Teresa Meike
SNOW Swimming
22483 Verde Gate Terrace
Ashburn, VA 20148



JP Popovich Memorial Invitational

October 4-6, 2019

Sanctioned by USA Swimming through Potomac Valley Swimming & Virginia Swimming
Sanction Numbers: PVS-20-04 and VS-20-15DS

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Claude Moore Recreation Center, and SNOW Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

The Meet Director reserves the right to limit the number of entries in the 400 IM and 500 Free and adjust start times of all sessions after entries are received

Friday

Timed Finals

Warmup: 4:00-4:50 pm, Events 5:00 pm

The 500 Free will be swum fastest to slowest, alternating women and men Swimmers in the 500 Free will need to provide their own timers and counters

1	Girls	12 & Under	200 FR	Boys	2
3	Girls	11 & Over	400 IM	Boys	4
5	Girls	12 & Under	200 IM	Boys	6
7	Girls	11 & Over	500 FR	Boys	8

Saturday

13 & Over Timed Finals

Warmup: 8:00-8:50 am, Events 9:00 am

Athletes will not be allowed in the building until 7:45 AM

9	Girls	13 & Over	200 BK	Boys	10
11	Girls	13 & Over	100 FR	Boys	12
13	Girls	13 & Over	200 BR	Boys	14
15	Girls	13 & Over	100 FL	Boys	16
17	Girls	13 & Over	200 FR	Boys	18

Saturday

12 & Under Timed Finals

Warmup: 1:00-1:50 pm, Events 2:00 pm

19	Girls	8 & Under	100 FR	Boys	20
21	Girls	9-12	100 BK	Boys	22
23	Girls	8 & Under	25 BK	Boys	24
25	Girls	9-12	50 FR	Boys	26
27	Girls	8 & Under	25 FR	Boys	28
29	Girls	9-12	100 FL	Boys	30
31	Girls	8 & Under	25 FL	Boys	32
33	Girls	9-12	50 BR	Boys	34
35	Girls	8 & Under	25 BR	Boys	36



JP Popovich Memorial Invitational

October 4-6, 2019

Sanctioned by USA Swimming through Potomac Valley Swimming & Virginia Swimming
Sanction Numbers: PVS-20-04 and VS-20-15DS

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Claude Moore Recreation Center, and SNOW Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Sunday

13 & Over Timed Finals

Warmup: 8:00-8:50 am, Events 9:00 am

Athletes will not be allowed in the building until 7:45 AM

37	Girls	13 & Over	200 FL	Boys	38
39	Girls	13 & Over	100 BK	Boys	40
41	Girls	13 & Over	100 BR	Boys	42
43	Girls	13 & Over	50 FR	Boys	44
45	Girls	13 & Over	200 IM	Boys	46

Sunday

12 & Under Timed Finals

Warmup: 1:00-1:50 pm, Events 2:00 pm

47	Girls	12 & Under	50 BK	Boys	48
49	Girls	9-12	100 BR	Boys	50
51	Girls	12 & Under	50 FL	Boys	52
53	Girls	9-12	100 FR	Boys	54
55	Girls	12 & Under	100 IM	Boys	56