



Sprint to Summer Showdown

March 28-29, 2020

Sanction # PVI-20-81 and VS-20-91DS



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| MEET DIRECTOR | MEET REFEREE | CLUB OFFICIALS CHAIR |
| Matt Salerno fairfaxfoxes@gmail.com | Cherlynn Venit dpws@aol.com | Lisa Gillen gillenlisaj@hotmail.com |

| SANCTION | <ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-20-81 and Virginia Swimming: VS-20-91DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Fairfax Foxes Swimming, and the PWCS Aquatic 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;">PWCS Aquatics Center 13833 Dumfries Road (Door #25) Manassas, VA 20112 / (571) 374-6333</p> <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth is 12' at the starting end and 4' at the turning end. Three (3) lanes of continuous warmup will be available. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming. | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENTRY DEADLINE | <p style="text-align: center;">Monday, March 16, 2020</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;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%; text-align: center;">Warm Ups</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3">Saturday, March 28, 2020</td> </tr> <tr> <td>13&Over Prelims</td> <td style="text-align: center;">6:45am – 7:35am</td> <td style="text-align: center;">7:45am</td> </tr> <tr> <td>11-12 Prelims</td> <td style="text-align: center;">11:00am – 11:50am</td> <td style="text-align: center;">12:00pm</td> </tr> <tr> <td>10&Under Timed Finals</td> <td style="text-align: center;">2:30pm – 3:00pm</td> <td style="text-align: center;">3:10pm</td> </tr> <tr> <td>FINALS</td> <td style="text-align: center;">5:15pm – 6:00pm</td> <td style="text-align: center;">6:10pm</td> </tr> <tr> <td colspan="3">Sunday, March 29, 2020</td> </tr> <tr> <td>13&Over Timed Finals</td> <td style="text-align: center;">6:45am – 7:35am</td> <td style="text-align: center;">7:45am</td> </tr> <tr> <td>12&Under Timed Finals</td> <td style="text-align: center;">11:00am – 12:00pm</td> <td style="text-align: center;">12:10pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. | | Warm Ups | Events | Saturday, March 28, 2020 | | | 13&Over Prelims | 6:45am – 7:35am | 7:45am | 11-12 Prelims | 11:00am – 11:50am | 12:00pm | 10&Under Timed Finals | 2:30pm – 3:00pm | 3:10pm | FINALS | 5:15pm – 6:00pm | 6:10pm | Sunday, March 29, 2020 | | | 13&Over Timed Finals | 6:45am – 7:35am | 7:45am | 12&Under Timed Finals | 11:00am – 12:00pm | 12:10pm |
| | Warm Ups | Events | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturday, March 28, 2020 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13&Over Prelims | 6:45am – 7:35am | 7:45am | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11-12 Prelims | 11:00am – 11:50am | 12:00pm | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10&Under Timed Finals | 2:30pm – 3:00pm | 3:10pm | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FINALS | 5:15pm – 6:00pm | 6:10pm | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sunday, March 29, 2020 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13&Over Timed Finals | 6:45am – 7:35am | 7:45am | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12&Under Timed Finals | 11:00am – 12:00pm | 12:10pm | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| ELIGIBILITY | <ul style="list-style-type: none"> • Open to all USA Swimming registered swimmers from invited teams listed below. Teams wishing to receive an invitation should contact the meet director. 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 <i>USA Swimming Rules & Regulations</i> Article 302. • Invited teams: PVS: BWST, DCPR, DRAG, FBST, HAAC, MAC, MAKO, MOON, NCAP-MARY, NCAP-WEST, OCCS, PAC, RIPS, SNOW VA: PSDN, RAYS, STAT, TSC *** Teams not on initial invitation list can contact meet director for availability. • Entries will be processed in the order they are received. |
| 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 (touchpads primary) will be used. |
| RULES | <ul style="list-style-type: none"> • Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), shall govern this meet. • No on-deck USA-S registration is permitted. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • In compliance with <i>USA Swimming Rules and Regulations</i>, 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 (e.g., 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. • 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 & Under events per Rule 205.3.1F. |
| EVENT RULES | <ul style="list-style-type: none"> • Athletes shall compete at the age attained on the first day of the meet. Athletes may only compete in events of his/her own age group. • Athletes may enter a maximum of seven (7) individual events. Athletes may enter no more than (3) individual events on Saturday, March 28 and no more than 4 individual events on Sunday, March 29. • All 10&Under events are timed finals. They will be swum independently as timed finals on |

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| EVENT RULES (continued) | <p>Saturday, March 28 and will be swum as part of the 12&Under session on Sunday, March 29.</p> <ul style="list-style-type: none"> • 13&Over and 11-12 events on Saturday are prelims and finals. All events on Sunday, March 29, 2020 are Timed Finals. • 11-12 events, 13&14 events and 15 & Over events on Saturday, March 29 will have two (2) heats, “B” final and “A” final in the finals session. The “B” final will swim first, followed by the “A” final. • No Time Trials will be conducted. • Deck entries will be accepted if space is available in existing heats. Deck entries must be submitted no later than 45 minutes prior to the first event of each session. Swimmers will be entered in open lanes in existing heats on a first come, first served basis. In the event of a significantly over-subscribed session, the Meet Director reserves the right to not accept deck entries. • Evidence of current USA-S registration required for deck entries. |
| POSITIVE CHECK IN | <ul style="list-style-type: none"> • The 200yd IM and the 500yd Freestyle are positive check in events. All other events will be pre-seeded. • Meet Director reserves the right to make all events positive check in to manage timelines. • Athletes who check in and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee. |
| WITHDRAWING FROM SATURDAY FINALS | <ul style="list-style-type: none"> • PVS Scratch Rules apply for swimmers scratching from finals. • If you do not want to swim in the Final, you may “scratch” from the event by following this procedure: <ul style="list-style-type: none"> □ You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A” and “B” finals, if scheduled. □ You may declare intent to “scratch”. You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of announcement of qualifiers, marking the appropriate space for “intent”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch 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 of the remainder of the meet. |
| 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. • Three lanes of continuous warm up will be available. |
| SUPERVISION | <ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • Spectators are not allowed on the pool deck; swimmers may not bring personal chairs on the pool deck; coaches may bring a personal chair on the pool deck. |
| SEEDING | <ul style="list-style-type: none"> • Positive check in for 200-yd IM and 500-yd freestyle. All other events will be pre-seeded. |
| SCORING | <ul style="list-style-type: none"> • N/A |
| AWARDS | <ul style="list-style-type: none"> • Ribbons for 1st through 10th place. |
| PROGRAMS | <ul style="list-style-type: none"> • Meet programs will not be sold. The meet will be available on Meet Mobile. |

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| <p>CREDENTIALS</p> | <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. All swimmers will receive a bag tag which they will display for entry into the meet. | | | | | | | | |
| <p>OFFICIALS</p> | <ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. All certified officials wishing to volunteer please use the Officials Sign Up or contact the Fairfax Foxes Officials Chair, Lisa Gillen, gillennisaj@hotmail.com prior to March 20, 2020. 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. | | | | | | | | |
| <p>TIMERS</p> | <ul style="list-style-type: none"> Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be posted on the Fairfax Foxes website and emailed no later than Monday, March 23, 2020 and will also be emailed to the contact person of each of the individual clubs. | | | | | | | | |
| <p>ENTRY PROCEDURES</p> | <ul style="list-style-type: none"> Entries should be submitted by email to fairfaxfoxes@gmail.com Include in the subject of the email, "2020 SPRINT TO SUMMER - ****" 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 (fairfaxfoxes@gmail.com). 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. | | | | | | | | |
| <p>ENTRY FEES</p> | <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">Per Swimmer Surcharge:</td> <td style="width: 16.5%;">N/A</td> <td style="width: 33%;">Relay event fee:</td> <td style="width: 16.5%;">N/A</td> </tr> <tr> <td>Individual event fee:</td> <td>\$8.00</td> <td>Deck entries:</td> <td>\$10.00</td> </tr> </table> <ul style="list-style-type: none"> Make checks payable to Fairfax Foxes Swimming. Checks may be mailed to: <p style="margin-left: 40px;">Fairfax Foxes Swimming 7932 Ellet Road Springfield, VA 22151</p> Each club is requested to remit one check to cover the entry fees for the entire team. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. | Per Swimmer Surcharge: | N/A | Relay event fee: | N/A | Individual event fee: | \$8.00 | Deck entries: | \$10.00 |
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| Individual event fee: | \$8.00 | Deck entries: | \$10.00 | | | | | | |

Sprint to Summer Showdown

March 28 & 29, 2020 / PWCS Aquatics Center

Saturday, March 28, 2020

| 13&Over Prelims Warmup 6:45am Events 7:45am | | |
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| GIRLS | EVENT | BOYS |
| 1 | 13-14 50 Back | 2 |
| 3 | 15 & Over 50 Back | 4 |
| 5 | 13-14 100 Breast | 6 |
| 7 | 15 & Over 100 Breast | 8 |
| 9 | 13-14 50 Fly | 10 |
| 11 | 15 & Over 50 Fly | 12 |
| 13 | 13-14 100 Free | 14 |
| 15 | 15 & Over 100 Free | 16 |
| 17 | 13-14 200 IM | 18 |
| 19 | 15 & Over 200 IM | 20 |
| <i>Positive check in for 13 and over 200 IM by 7:30am</i> | | |

| 11-12 Prelims Warmup 11:00am Events 12pm | | |
|---|------------------|-------------|
| GIRLS | EVENT | BOYS |
| 21 | 11-12 50 Back | 22 |
| 23 | 11-12 100 Breast | 24 |
| 25 | 11-12 50 Fly | 26 |
| 27 | 11-12 100 Free | 28 |
| 29 | 11-12 200 IM | 30 |
| <i>Positive Check-in for 11-12 200 IM by 11:30am</i> | | |

| 10&Under Timed Finals Warmup 2:30pm / Events 3:10pm | | |
|---|----------------|-------------|
| GIRLS | EVENT | BOYS |
| 31 | 10&U 50 Back | 32 |
| 33 | 10&U 50 Breast | 34 |
| 35 | 10&U 50 Fly | 36 |
| 37 | 10&U 100 Free | 38 |
| 39 | 10&U 200 IM | 40 |
| <i>Positive check in for 10 and under 200 IM by 4pm</i> | | |

Sunday, March 29, 2020

| 13&Over Timed Finals Warmup 6:45am Events 7:45am | | |
|---|-------------------------|-------------|
| GIRLS | EVENT | BOYS |
| 41 | 13-14 100 Back | 42 |
| 43 | 15 & Over 100 Back | 44 |
| 45 | 13-14 50 Breast | 46 |
| 47 | 15 & Over 50 Breast | 48 |
| 49 | 13-14 100 Fly | 50 |
| 51 | 15 & Over 100 Fly | 52 |
| 53 | 13-14 50 Free | 54 |
| 55 | 15 & Over 50 Free | 56 |
| 57 | 13-14 100 IM | 58 |
| 59 | 15 & Over 100 IM | 60 |
| 61 | 13 & Over 500 Freestyle | 62 |

| 12&U Timed Finals Warmup 11:00am Events 12:10pm | | |
|--|--------------------------|-------------|
| GIRLS | EVENT | BOYS |
| 63 | 11-12 100 Back | 64 |
| 65 | 10 & Under 100 Back | 66 |
| 67 | 11-12 50 Breast | 68 |
| 69 | 10 & Under 100 Breast | 70 |
| 71 | 11-12 100 Fly | 72 |
| 73 | 10 & Under 100 Fly | 74 |
| 75 | 11-12 50 Free | 76 |
| 77 | 10 & Under 50 Free | 78 |
| 79 | 11-12 100 IM | 80 |
| 81 | 10 & Under 100 IM | 82 |
| 83 | 12 & Under 500 Freestyle | 84 |

Sprint to Summer Showdown

March 28 & 29, 2020

PWCS Aquatics Center

Saturday, March 28, 2020

| FINALS Warmup 5:15pm Events 6:10pm | | |
|---|----------------------|-------------|
| GIRLS | EVENT | BOYS |
| 1 | 13-14 50 Back | 2 |
| 3 | 15 & Over 50 Back | 4 |
| 21 | 11-12 50 Back | 22 |
| 5 | 13-14 100 Breast | 6 |
| 7 | 15 & Over 100 Breast | 8 |
| 23 | 11-12 100 Breast | 24 |
| 9 | 13-14 50 Fly | 10 |
| 11 | 15 & Over 50 Fly | 12 |
| 25 | 11-12 50 Fly | 26 |
| 13 | 13-14 100 Free | 14 |
| 15 | 15 & Over 100 Free | 16 |
| 27 | 11-12 100 Free | 28 |
| 17 | 13-14 200 IM | 18 |
| 19 | 15 & Over 200 IM | 20 |
| 29 | 11-12 200 IM | 30 |