



PVS 18&U Winter Championships

Hosted for PVS by:



December 3 – 6, 2020

Sanction # PVS-21-01

VSI Sanction # VS-21-65DS

MEET DIRECTOR	MEET REFEREE	ADMINISTRATIVE REFEREE
Angela Davis snowswimming.entries@gmail.com	Jack Neill jjneill@gmail.com	Tim Husson tim.husson@gmail.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-21-01 and Virginia Swimming, Inc.: VS-21-65DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., SNOW Swimming, and Claude Moore 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.
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FACILITY	<p style="text-align: center;">Claude Moore Recreation Center 46105 Loudoun Park Lane Sterling, VA 20164 (571) 258-3600</p> <ul style="list-style-type: none"> The pool at Claude Moore is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 lanes, 25 yards, running from wall to bulkhead at the eastern end of the pool. 8 lanes will be available for continuous cool-down. Water depth of 12'6" at the starting end and 6'8" at the turning end of the competition course. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
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ENTRY DEADLINE	<p style="text-align: center;">Tuesday, November 17, 2020 5:00 p.m.</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> <p>Athletes newly qualifying for events at meets occurring between November 18, 2020 and November 22, 2020 may be added until Tuesday, November 24, 2020 5:00 pm if space allows. Original entry times may not be improved.</p>
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SCHEDULE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Up</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;">Thursday, Saturday</td> </tr> <tr> <td style="padding-left: 20px;">Girls Preliminary Session</td> <td style="text-align: center;">6:30 – 7:50 am</td> <td style="text-align: center;">8:00 am</td> </tr> <tr> <td style="padding-left: 20px;">Boys Preliminary Session</td> <td style="text-align: center;">9:45 – 11:05 am</td> <td style="text-align: center;">11:15 am</td> </tr> <tr> <td style="padding-left: 20px;">FINALS</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" style="text-align: center;">Friday, Sunday</td> </tr> <tr> <td style="padding-left: 20px;">Boys Preliminary Session</td> <td style="text-align: center;">6:30 – 7:50 am</td> <td style="text-align: center;">8:00 am</td> </tr> <tr> <td style="padding-left: 20px;">Girls Preliminary Session</td> <td style="text-align: center;">9:45 – 11:05 am</td> <td style="text-align: center;">11:15 am</td> </tr> <tr> <td style="padding-left: 20px;">FINALS</td> <td style="text-align: center;">4:30 - 5:20 pm</td> <td style="text-align: center;">5:30 pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> The Meet Director, in coordination with the Senior chair, reserves the right to adjust times/sessions after entries are received. It may be necessary to split the preliminary sessions in order to not exceed the maximum number of persons allowed in the facility at one time. 		Warm Up	Events	Thursday, Saturday			Girls Preliminary Session	6:30 – 7:50 am	8:00 am	Boys Preliminary Session	9:45 – 11:05 am	11:15 am	FINALS	4:30 - 5:20 pm	5:30 pm	Friday, Sunday			Boys Preliminary Session	6:30 – 7:50 am	8:00 am	Girls Preliminary Session	9:45 – 11:05 am	11:15 am	FINALS	4:30 - 5:20 pm	5:30 pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all Potomac Valley Swimming registered USA Swimming Athletes age 18&Under. 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. All athletes shall compete at the age attained on the first day of the meet.
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	<ul style="list-style-type: none"> Swimmers must have equaled or bettered the applicable Qualifying Time listed. Qualifying times must have been achieved on or after November 1, 2018. Qualifying times must have been achieved in a USA-Swimming sanctioned, observed, or approved meet.
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic timing (touchpads primary) will be used.
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.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Potomac Valley Swimming, Virginia Swimming, Claude Moore Recreation Center, and SNOW Swimming cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19 BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, VIRGINIA SWIMMING, SNOW SWIMMING, AND THE CLAUDE MOORE RECREATION CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Loudoun County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> Athletes must arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed. Athletes must shower prior to arrival the pool. All attendees should bring a reusable water bottle to the meet. All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when warming up, cooling down, and competing. Masks must be affixed to the face without hands and must cover nose and mouth. All attendees will be required to complete and submit a health attestation prior to entering the facility. <ul style="list-style-type: none"> Athlete Health Attestation Official, Timer, Volunteer Health Attestation All attendees will enter the facility from doors in the back of the building, behind the child care

center. See attached map. Separate entrances will be used for athletes and coaches, officials, and volunteers. Athletes will proceed directly to their assigned area.

- Face masks should remain dry; therefore, all athletes should bring multiple masks.
- Each athlete should bring a small, plastic zipper bag (Ziplock or similar) to place each mask in while the athlete is in the water. Bags containing masks will be placed on chairs behind starting blocks during competition and warm-ups for swimmers in the competition course. Bags containing masks will be placed in boxes on the wall for swimmers in the cool-down pool.
- All attendees shall maintain a minimum of six (6) feet distance from all other participants whenever possible.
- Each session will be limited to **110** swimmers.
- The number of coaches allowed per team will be limited based on entries. A maximum of **35** coaches will be permitted in any session.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- Swimmers must follow all directions as posted and adhere to all marshal directions. Any attendee failing or refusing to comply with any of these protocols will be prohibited from entering the facility and/or asked to leave the facility.
- One-way traffic flow will be implemented. Swimmers will enter the pool deck from the eastern stairwell (the start end of the competition course) and exit the pool deck from the western stairwell (the shallow end of the pool). Stairwells will be one-way traffic only.
- All swimmers must remain in their designated area until they are called for their event and they must return to their area immediately following cooling down after their event.
- Swimmers may not enter another swimmer's "square" of seating.
- Any swimmer not following the meet protocols will be subject to immediate removal from the meet.
- Limited hospitality may be offered.
- We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.
- No spectators will be permitted. Competition will be live-streamed on the PVS Facebook page.

RULES

- 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 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 (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 not be used.
- No deck entries will be accepted.

EVENT RULES	<ul style="list-style-type: none"> • All events are prelims/finals, except for the 1000yd and 1650yd Freestyle events which are timed finals. • SCY entry times are conforming times and will be seeded before LCM entry times. NT entries will not be accepted. • A swimmer may enter a maximum of 6 events and no more than 3 events per day. • Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event will result in the swimmer being scratched from that event. • Distance Entries: Any swimmer who qualifies for the 1000 yd and/or 1650 yd freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle. • Two heats of each individual event, except the 1000 yd and 1650 yd Freestyle, will be swum at finals. Finals heats will be swum in the following order: “B”, “A”. • Heats of distance events (1000 yd & 1650 yd Freestyle) will be swum fastest to slowest. The fastest seeded heat of distance events (1000 yd & 1650 yd Freestyle) will swim as the first event at Finals. When checking in for these events, swimmers may indicate they want to swim in the preliminaries session. • All swimmers must provide their own counter (if desired) for the 500 yd, 1000 yd, and 1650 yd Freestyle events. Counters must be swimmers, coaches, or volunteers already present for the session.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • If you do not wish to swim in the Final, you may “scratch” from the event by following this procedure: <ul style="list-style-type: none"> ○ You must email scratch@pvsim.org within 30 minutes of the completion of the last preliminary event of the session. ○ Email must include swimmer’s first and last name, club, coach’s name, and event being scratched. It is recommended that your coach is included on the email. • If an athlete fails to properly scratch from an event and does not appear for the “Final” event, they “shall be barred from further competition for the remainder of the meet.”
POSITIVE CHECK IN	<ul style="list-style-type: none"> • The 1000 yd and 1650 yd Freestyle events are positive check in events. Athletes must check in by the check-in deadline in order to be seeded into the event. Athletes not checked-in will not be seeded into the event. When checking in for the 1000 yd and 1650 yd Freestyle, swimmers may indicate they want to swim in the preliminaries session. • Complete the PVS 2020 18&U Winter Championships Positive Check-In to check in for the 1000 yd and 1650 yd Freestyle events. • The check-in deadline for Events 5, Women’s 1650 yd Freestyle, and 6, Men’s 1000 yd Freestyle is Wednesday, December 2, 2020, NOON. • The check-in deadline for Events 27, Women’s 1000 yd Freestyle, and 28, Men’s 1650 yd Freestyle is Saturday, December 5, 2020, NOON. • All other events will be pre-seeded.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • The structure of warm-ups will be established by the Meet Director. Details of each warm-up session will be published no later than Monday, November 30, 2020. • No more than 5 swimmers will be permitted in each warm-up lane. • During the meet there will be 8 continuous cool-down lanes. Marshals will be assigned to monitor these areas. No more than 5 swimmers are permitted in a cool-down lane at any time. If at any time conditions become unsafe, the area will be closed for the remainder of the session.

SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. No personal chairs will be allowed on deck.
SCORING	<ul style="list-style-type: none"> The meet will not be scored.
AWARDS	<ul style="list-style-type: none"> There will be no individual or team awards.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will be available on the PVS website no later than the evening before the meet at www.pvswim.org. The meet will be available on Meet Mobile.
CONCESSIONS	<ul style="list-style-type: none"> Food trucks may be available.
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 or in the facility before, during, or after each meet session. 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.
OFFICIALS	<ul style="list-style-type: none"> Officials will be identified in advance and coordinated by the Meet Referee, Jack Neill. Officials wishing to volunteer should complete the PVS 18&U Winter Championships Officials Sign-Up. Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. Certified officials working this meet will need to wear a mask for the duration of the meet. A comprehensive official's briefing will be conducted the night prior to the meet via Zoom. Walk-on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> One timer per lane. Clubs will be required to provide timers in proportion to the number of entries they have in each session. An initial number of timers required per club and their lane assignments will be posted on the PVS website. Timer requirements may be adjusted after all entries have been received. Timers should report to the timers meeting 20 minutes before the start of each session.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director, Angela Davis snoswimming.entries@gmail.com. Conforming (SCY) and Non-Conforming (LCM) times may be used for entry. Conforming times will be seeded first. Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry. Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status. Individual Unattached Athletes may enter individually. <ul style="list-style-type: none"> Payment for unattached athletes is due in advance of the start of the meet. Contact the Meet Entry chair for payment instructions. 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;">Per Swimmer Surcharge: \$5.00 Individual event fee: \$10.00</p> <ul style="list-style-type: none"> Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payments and where to send a check.

PVS 18&U Winter Championships

December 3 – 6, 2020

Claude Moore Recreation Center

Thursday, December 3, 2020

	WARM UPS	EVENTS
Women Preliminary Session	6:30 – 7:50 am	8:00 am
Men Preliminary Session	9:45 – 11:05 am	11:15 am
FINALS	4:30 - 5:20 pm	5:30 pm

Women's Event #	SCY QT	LCM QT	Event	LCM QT	SCY QT	Men's Event #
1	24.39	27.69	50 yd Freestyle	25.19	21.69	2
3	2:24.19	2:45.09	200 yd Breaststroke	2:30.59	2:09.89	4
5	58.09	1:05.39	100 yd Butterfly	58.99	51.69	6
7	17:24.79	17:50.79	1650 yd Freestyle			
			1000 yd Freestyle	8:45.99	9:40.09	8

- **Positive Check-in deadline for 1650 yd Freestyle and 1000 yd Freestyle is Wednesday, December 2, 2020, NOON.**
- Swimmers in the 1650 yd Freestyle and 1000 yd Freestyle must provide their own counter (if desired). Counters must be swimmers, coaches, or volunteers already present for the session.
- The 1650 yd Freestyle and 1000 yd Freestyle will be swum fastest to slowest; the top heat will swim as the first event in the Finals session.

Friday, December 4, 2020

	WARM UPS	EVENTS
Men Preliminary Session	6:30 – 7:50 am	8:00 am
Women Preliminary Session	9:45 – 11:05 am	11:15 am
FINALS	4:30 - 5:20 pm	5:30 pm

Women's Event #	SCY QT	LCM QT	Event	LCM QT	SCY QT	Men's Event #
9	4:33.49	5:10.39	400 yd Individual Medley	4:45.29	4:10.09	10
11	1:53.79	2:09.09	200 yd Freestyle	1:59.29	1:42.89	12
13	1:06.69	1:16.79	100 yd Breaststroke	1:09.39	59.29	14

PVS 18&U Winter Championships

December 3 – 6, 2020

Claude Moore Recreation Center

Saturday, December 5, 2020

	WARM UPS	EVENTS
Women Preliminary Session	6:30 – 7:50 am	8:00 am
Men Preliminary Session	9:45 – 11:05 am	11:15 am
FINALS	4:30 - 5:20 pm	5:30 pm

Women's Event #	SCY QT	LCM QT	Event	LCM QT	SCY QT	Men's Event #
15	5:06.59	4:31.49	500 yd Freestyle	4:12.49	4:39.89	16
17	2:06.69	2:23.39	200 yd Butterfly	2:11.49	1:54.89	18
19	58.69	1:07.59	100 yd Backstroke	1:01.49	52.69	20

Sunday, December 6, 2020

	WARM UPS	EVENTS
Men Preliminary Session	6:30 – 7:50 am	8:00 am
Women Preliminary Session	9:45 – 11:05 am	11:15 am
FINALS	4:30 - 5:20 pm	5:30 pm

Women's Event #	SCY QT	LCM QT	Event	LCM QT	SCY QT	Men's Event #
21	52.69	59.99	100 yd Freestyle	54.39	46.99	22
23	2:06.29	2:25.49	200 yd Backstroke	2:13.29	1:53.99	24
25	2:09.59	2:27.89	200 yd Individual Medley	2:14.19	1:56.29	26
27	10:26.69	9:19.39	1000 yd Freestyle			
			1650 yd Freestyle	16:48.99	16:15.19	28

- **Positive Check-in deadline for 1650 yd Freestyle and 1000 yd Freestyle is Saturday, December 5, 2020, NOON**
- Swimmers in the 1650 yd Freestyle and 1000 yd Freestyle must provide their own counter (if desired). Counters must be swimmers, coaches, or volunteers already present for the session.
- The 1650 yd Freestyle and 1000 yd Freestyle will be swum fastest to slowest; the top heat will swim as the first event in the Finals session.