



NCAP Bronze Bash

January 16-17, 2021

Sanction # PVQ-21-151

VSI Sanction # VS-21-113DS



MEET DIRECTOR	MEET REFEREE	ENTRY COORDINATOR
Stephen Clendenin sclendenin@nationscapitalswimming.com	Rich McMillen padre1993@gmail.com	Karyn McCannon kmccannon@nationscapitalswimming.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-21-121 and Virginia Swimming, Inc: VS-21-113DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Nation's Capital Swimming Inc., and Dulles South Recreation and Community 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;">Dulles South Recreation and Community Center</p> <p style="text-align: center;">24950 Riding Center Drive South Riding, VA 20152 (571) 258-3456</p> <ul style="list-style-type: none"> The pool at Dulles South is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in ten (10) lanes, 25-yards, running from wall to bulkhead at the southern end of the pool. Water depth is 12'6" at the starting end and 6'8" at the turning end. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). A copy of such certificate is on file with USA Swimming. 																								
ENTRY DEADLINE	Tuesday January 12, 1:00PM																								
SCHEDULE	<p style="text-align: center;">January 16-17, 2021</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm up 1</th> <th style="text-align: center;">Warm up 2</th> <th style="text-align: center;">Competition</th> </tr> </thead> <tbody> <tr> <td colspan="4">Saturday, January 16</td> </tr> <tr> <td style="text-align: center;">Session 1</td> <td style="text-align: center;">7:00-7:20am</td> <td style="text-align: center;">7:30-7:50am</td> <td style="text-align: center;">8:00am</td> </tr> <tr> <td colspan="4">Sunday, January 17</td> </tr> <tr> <td style="text-align: center;">Session 2</td> <td style="text-align: center;">7:00-7:20am</td> <td style="text-align: center;">7:30-7:50am</td> <td style="text-align: center;">8:00am</td> </tr> <tr> <td style="text-align: center;">Session 3</td> <td style="text-align: center;">11:15-11:35am</td> <td style="text-align: center;">11:45-12:05pm</td> <td style="text-align: center;">12:15pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet staff reserves the right to adjust times/sessions after entries are received. 		Warm up 1	Warm up 2	Competition	Saturday, January 16				Session 1	7:00-7:20am	7:30-7:50am	8:00am	Sunday, January 17				Session 2	7:00-7:20am	7:30-7:50am	8:00am	Session 3	11:15-11:35am	11:45-12:05pm	12:15pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming registered and invited NCAP athletes in specific training groups at Burke, Claude Moore, Dulles South, Marymount, and Tysons. 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 and Regulations</i> Article 302. 																								
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. 																								

<p>COVID-19 CONSIDERATIONS</p>	<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, Inc., 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 INC., NATION'S CAPITAL SWIMMING INC., AND DULLES SOUTH RECREATION AND COMMUNITY 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.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • Before entering your young swimmer, please consider that they can manage themselves for the duration of the meet with only their swim coach and meet staff overseeing them, including being able to visit the bathroom independently. • 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. • Athletes should bring one (1) full water bottle to the meet. • Face masks should remain dry; therefore, all athletes should bring multiple masks. • All attendees (athletes, coaches, officials, volunteers) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when competing or warming up/cooling down. • Each athlete should bring a small, plastic Ziploc or similar bag to place each mask in while the athlete is in the water. • All coaches, officials and volunteers will be required to wear a face mask at all times when on the pool deck. • All attendees should maintain a minimum of six (6) feet distance from all other participants whenever possible. • All attendees will be required to complete and submit a health attestation prior to entering the facility. <p style="text-align: center;"> Athletes Health Attestation Officials, Timers, Volunteers Health Attestation </p>

	<ul style="list-style-type: none"> • Each session will be limited to a maximum of 80 athletes. • Prior to facility entry, all attendees will receive a touch-less temperature screening. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted to enter the facility. • We request that all attendees notify the NCAP Director of Operations, Karyn McCannon, (kmccannon@nationscapitalswimming.com), 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. • 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. • An athlete’s failure to comply with these Protocols will result in his/her being scratched from the entire meet.
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 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 not be used. • 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. • No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • All events will be mixed Gender. • Athletes may only enter events during their assigned session, based on training group. Athletes may enter no more than four (4) events.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All 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 Meet Director may determine the structure of warm-up, including times/lane assignments. • Warm-up lanes will be assigned by the Meet Director. No more than five (5) swimmers will be permitted in each warm-up lane at any time. • Continuous warm-up lanes will not be available. At least 1 break will be taken during the session to make the competition pool available for warm-up.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.

SEEDING	<ul style="list-style-type: none"> All events will be pre-seeded. All events will be swum slow to fast. The Meet Director reserves the right to modify the format of the meet after entries are received to best facilitate timelines and space availability and COVID-19 Considerations and COVID-19 Protocols.
AWARDS	<ul style="list-style-type: none"> There are no awards at this meet.
PROGRAMS	<ul style="list-style-type: none"> The meet will be available on Meet Mobile.
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 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, Rich McMillen. Officials interested in volunteering should contact him directly at padre1993@gmail.com. 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. Each participating site will be assigned lanes.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Entry Coordinator and will be managed by the NCAP entry system. 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: \$7.00 Individual Event fee: \$5.00</p> <ul style="list-style-type: none"> Payment for entries will be collected through the NCAP Team Unify platform. Entry fees are due with meet entry.

NCAP Bronze Bash

January 16-17, 2021

Session 1: Saturday

DS Bronze 1, CM Bronze 1, MM Silver 1

Warm up 1: 7:00-7:20am

Warm up 2: 7:30-7:50am

Competition: 8:00am

EVENT #	EVENT
1	Mixed 100 Butterfly
2	Mixed 50 Butterfly
3	Mixed 100 Backstroke
4	Mixed 50 Backstroke
5	Mixed 100 Breaststroke
6	Mixed 50 Breaststroke
7	Mixed 100 Freestyle
8	Mixed 50 Freestyle
9	Mixed 100 IM

Session 2: Sunday

TY Bronze 1, TY Bronze 2, MM Silver 2, CM Bronze 2

Warm up 1: 7:00-7:20am

Warm up 2: 7:30-7:50am

Competition: 8:00am

EVENT #	EVENT
10	Mixed 100 Butterfly
11	Mixed 50 Butterfly
12	Mixed 100 Backstroke
13	Mixed 50 Backstroke
14	Mixed 100 Breaststroke
15	Mixed 50 Breaststroke
16	Mixed 100 Freestyle
17	Mixed 50 Freestyle
18	Mixed 100 IM

NCAP Bronze Bash

January 16-17, 2021

Session 3: Sunday

Burke AG 2, DS Bronze 2

Warm up 1: 11:15-11:35am

Warm up 2: 11:45-12:05pm

Competition: 12:15pm

EVENT #	EVENT
19	Mixed 100 Butterfly
20	Mixed 50 Butterfly
21	Mixed 100 Backstroke
22	Mixed 50 Backstroke
23	Mixed 100 Breaststroke
24	Mixed 50 Breaststroke
25	Mixed 100 Freestyle
26	Mixed 50 Freestyle
27	Mixed 100 IM