



PVS LC Open 1

June 19, 2022
Sanction # PVS-22-101

Hosted for PVS by:



ENTRY DEADLINE: Thursday, June 9, 2022 5:00 PM

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.

MEET HOST/ DIRECTOR	Machine Aquatics at Audrey Moore Rec Center Paris Jacobs Paris@machineaquatics.com	Potomac Marlins at Lee District Rec Center Bill Marlin Bill.marlin@verizon.net
MEET REFEREE	Courtney Johnston officials@machineaquatics.com Officials Signup	Tony Martinich tonymartinich@gmail.com Officials Signup
SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming PVS-22-101. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Lee District Rec Center, Audrey Moore Rec Center, Machine Aquatics, and Potomac Marlins shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 	
FACILITIES	<p style="text-align: center;">Audrey Moore Rec Center 8110 Braddock Road Annandale, VA 22003 (703) 321-7080</p> <ul style="list-style-type: none"> The pool at Audrey Moore Rec Center is a 50 x 25yd pool. Competition will be held in 8 lanes, 50 meters. Water depth range of 4.5' at the starting and 15' at the turning end. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). 	<p style="text-align: center;">Lee District Rec Center 6601 Telegraph Rd. Alexandria, VA 22313 (703) 922-9840</p> <ul style="list-style-type: none"> The pool at Lee District Rec Center is a 50m x 25 yd pool. Competition will be held in 8 lanes, 50 meters Water depth is 12' at the starting end and 4.5' at the turning ends. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
TEAM ASSIGNMENTS	BWST, CSC, DRAG, FAA, FISH, FXFX, GMU, HACC, MAC, MACH, MAKO, NCAP (Burke, Claude Moore, Tysons, Dulles South, West), OCCS, PAC, RIPS, RY, SNOW, SSCT, STJS, TANK, TRA, VLAC, WSH	AAC, ANSC, APAC, ASA, ASTS, AU, DCPR, ERSC, FAST, HEAL, JFD, LIFE, MSSC, NCAP (Alexandria, AU, Georgetown Prep, Holton Arms, Marymount, North, Prince George's), PGPR, PM, RMSC, RWST, SDS, TIBU, TOLL, WEA, YORK

NOTE: Assignments of clubs to pool sites will be reviewed by the PVS LSC Services Manager after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned.

ENTRY DEADLINE	Thursday, June 9, 2022, 5:00 PM 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.
---------------------------	--

SCHEDULE	<p style="text-align: center;">Sunday, June 19, 2022</p> <p style="text-align: center;">11-12: Warmup 6:30am – 7:20am; Events 7:30am 10 & Under: Warmup 10:00am – 10:40am; Events 10:50am 13 & Over: Warmup 1:00pm – 1:50pm; Events 2:00pm</p> <ul style="list-style-type: none"> • PVS LSC Services Manager and the Age Group & Senior Chairs reserve the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes. • 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. • Swimmers shall compete at the age attained on the first day of the meet. • It may be necessary to limit entries due to time constraints.
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.
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, 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, MACHINE AQUATICS, POTOMAC MARLINS, AUDREY MOORE REC CENTER, LEE DISTRICT REC 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, or Fairfax County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • Locker room use should be minimized. • No one with symptoms of COVID-19 is permitted in the facility. • Athletes should arrive and depart in their suits if possible. • Masks are optional. • No chairs for athletes. • The meet will be limited to no more than 350 swimmers per session.

	<ul style="list-style-type: none"> • 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 swimmer not following the meet protocols will be subject to immediate removal from the meet. • 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. • Spectators will be permitted. <ul style="list-style-type: none"> ○ Spectator limit for Lee District: 200 ○ Spectator limit for Audrey Moore: 300
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • No on-deck USA Swimming 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 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.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • Seed times are long course meters. If long course meter times are not available, coaches' times are preferred over "no times" for all events. • Athletes may enter up to three (3) events. • Deck entries will be accepted if the meet is not over-subscribed. All deck entries must be submitted no later than 45 minutes prior to first event of each session. • Evidence of current USA Swimming registration required for deck entries.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • There will be positive check in for events 400M and longer. The check in will be due 30 minutes before the start of events. The Meet Director will determine if additional events will require positive check in. • Athletes who check into a positive check-in event, 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 will determine the structure of warm-up, including times/lane assignments based upon the number of swimmers per session to accommodate the appropriate number of swimmers per lane.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe

	deck space is available.						
AWARDS	<ul style="list-style-type: none"> There will be no awards for this meet. 						
PROGRAMS	<ul style="list-style-type: none"> Programs will be made 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 deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times. 						
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> None 						
OFFICIALS	<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. Officials interested in volunteering should contact the appropriate Meet Referee prior to June 15th. <ul style="list-style-type: none"> <li style="display: inline-block; width: 45%; text-align: center;"> AUDREY MOORE Courtney Johnston officials@machineaquatics.com Officials Signup <li style="display: inline-block; width: 45%; text-align: center;"> LEE DISTRICT Tony Martinich tonymartinich@gmail.com Officials Signup 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"> Participating clubs are requested to provide timers in proportion to their entries. There will be two timers per lane. The Meet Director may send out a request for timers based upon entries. 						
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "2022 PVS LC OPEN 1 - ****" 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. 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	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">Individual event fee:</td> <td style="text-align: center;">\$5.00</td> <td style="padding-left: 20px;">Per Swimmer Surcharge: \$5.00</td> </tr> <tr> <td>Deck entries:</td> <td style="text-align: center;">\$10.00</td> <td></td> </tr> </table> <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 payment and where to send a check. Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check (payable to PVS). Payment for Deck Entries must be received prior to the swimmer being seeded into events. Payment may be made by cash or check (payable to PVS). The host club is responsible for reporting cash payments to PVS and delivering checks to PVS. Payment for unaccounted for deck entries or lost payments is the responsibility of the host club. 	Individual event fee:	\$5.00	Per Swimmer Surcharge: \$5.00	Deck entries:	\$10.00	
Individual event fee:	\$5.00	Per Swimmer Surcharge: \$5.00					
Deck entries:	\$10.00						

PVS LC OPEN 1

11-12 Session

Warm up: 6:30 am-7:20 am, Events: 7:30am

Women's Event #	Events	Men's Event #
1	11-12 400 M Freestyle*	2
3	11-12 100 M Backstroke	4
5	11-12 200 M Breaststroke	6
7	11-12 100 M Butterfly	8
9	11-12 50 M Freestyle	10
11	11-12 200 M Individual Medley	12
13	11-12 50 M Breaststroke	14

*Positive Check-In deadline is 7:00 am (or 30 minutes after the start of warm up).
Meet Director will determine if other events will require positive check-in.

10 & Under Session

Warm up: 10:00am - 10:40am; Events 10:50pm

Women's Event #	Events	Men's Event #
15	10 & Under 400 M Freestyle*	16
17	10 & Under 100 M Backstroke	18
19	10 & Under 100 M Butterfly	20
21	10 & Under 50 M Freestyle	22
23	10 & Under 200 M Individual Medley	24
25	10 & Under 50 M Breaststroke	26

*Positive Check-In deadline is 10:30 am (or 30 minutes after the start of warm up).
Meet Director will determine if other events will require positive check-in.

13 & Over Senior Session

Warmup: 1:00pm – 1:50pm; Events 2:00pm

Women's Events #	Event	Men's Event #
27	13 & Over 400 M Freestyle*	28
29	13 & Over 100 M Backstroke	30
31	13 & Over 200 M Breaststroke	32
33	13 & Over 100 M Butterfly	34
35	13 & Over 200 M Individual Medley	36
37	13 & Over 50 M Freestyle	38

*Positive Check-In deadline is 1:30 pm (or 30 minutes after the start of warm up).
Meet Director will determine if other events will require positive check-in.