



Loughmiller Memorial Meet

hosted by Fairfax Foxes

November 6-7, 2021

Sanction # PVI-22-17

VSI Sanction # VS-22-07DS



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Matt Salerno fairfaxfoxes@gmail.com	Tim Husson tim.husson@gmail.com	Tricia Feinberg tricia_feinberg@hotmail.com Officials Signup

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-22-17 and Virginia Swimming: VS-22-07DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Fairfax Foxes Swimming, and the Warrenton Aquatic and Fitness 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;">Warrenton Aquatic and Recreation Facility 800 Waterloo Road Warrenton, VA 20186</p> <ul style="list-style-type: none"> The pool at Warrenton Aquatic and Recreation Facility is 25yd x 25m with 11, 25 yard lanes. Competition will be held in 6 lanes, 25yd. 10 lanes will be used for warm-ups. Two 25 yard lanes will be available for continuous warm-up and cool down. Water depth range of 4.5' (lane 1) – 11.8' (lane 8) at the start and turn ends. 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;">October 26, 2021 at 11:00 PM</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, November 6, 2021</td> </tr> <tr> <td>Session 1 Mixed 15 & Over</td> <td style="text-align: center;">7:00am – 7:50am</td> <td style="text-align: center;">8:00am</td> </tr> <tr> <td>Session 1 Mixed 13&Over</td> <td style="text-align: center;">9:45am - 10:20am</td> <td style="text-align: center;">10:30am</td> </tr> <tr> <td>Session 2 Mixed 12 & Under</td> <td style="text-align: center;">12:55pm – 1:20pm</td> <td style="text-align: center;">1:30pm</td> </tr> <tr> <td colspan="3">Sunday, November 7, 2021</td> </tr> <tr> <td>Session 4 Mixed 15 & Over</td> <td style="text-align: center;">7:00am – 7:50am</td> <td style="text-align: center;">8:00am</td> </tr> <tr> <td>Session 3 Mixed 13&Over</td> <td style="text-align: center;">9:45am - 10:20am</td> <td style="text-align: center;">10:30am</td> </tr> <tr> <td>Session 4 Mixed 12 & Under (8 & U)</td> <td style="text-align: center;">12:55pm – 1:20pm</td> <td style="text-align: center;">1:30pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> 8 & Under Swimmers will compete as 8 & Under swimmers on Sunday, November 7, 2021. They are permitted to participate in 12 & Under events at their club's discretion. Meet Director reserves the right to adjust times/sessions after entries are received. 		Warm Ups	Events	Saturday, November 6, 2021			Session 1 Mixed 15 & Over	7:00am – 7:50am	8:00am	Session 1 Mixed 13&Over	9:45am - 10:20am	10:30am	Session 2 Mixed 12 & Under	12:55pm – 1:20pm	1:30pm	Sunday, November 7, 2021			Session 4 Mixed 15 & Over	7:00am – 7:50am	8:00am	Session 3 Mixed 13&Over	9:45am - 10:20am	10:30am	Session 4 Mixed 12 & Under (8 & U)	12:55pm – 1:20pm	1:30pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming registered swimmers from invited teams. 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. 																											

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, VIRGINIA SWIMMING, INC., FAIRFAX FOXES SWIMMING, AND WARRENTON AQUATICS AND RECREATION FACILITY 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 Fauquier County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • All attendees (athletes, coaches, officials, volunteers, spectators) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. • Athletes must arrive and depart in their suits. Locker room use is minimized to emergency use only. • Spectators will not be permitted into the facility. • The meet will be live streamed on the Foxes Facebook page. The link will be shared with participating families. • Before registering your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently. • Each session will be limited to 250 swimmers. Swimmers will be assigned to a seating area either in the bleachers or the leisure pool area. • Entry for all participants, volunteers and coaches will be through the main facility entrance. • Prior to WARF entry, all attendees (athletes, coaches, officials, and volunteers) are required to assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering “no” to the following questions:

	<ul style="list-style-type: none"> ○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? ○ Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days? ○ Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days? <ul style="list-style-type: none"> • Only swimmers, coaches, officials, and designated volunteers will be permitted on the pool deck or in the bleachers. • For warm-ups, swimmers for each session will be assigned to one of two warmup groups. • Two timers will be assigned to each lane. • Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag behind the starting block in their lane or on a hook on the starting block. Swimmers will immediately put their masks back on before they exit the pool deck. • Swimmers (8 & Under) who are racing 25-yard freestyle and/or 25-yard backstroke will start on the “turn side” of the pool and finish on the “block side”. Mask runners will take the masks to the swimmers. • Swimmers must follow all directions as posted and adhere to all marshals’ directions. • All swimmers must remain in their designated area for their group until they are called for their event and they must return to their area immediately following their event. • Any swimmer, coach, official and/or designated volunteer not following 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.
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 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 & 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. • Events will be pre-seeded. Athletes will be notified of their individual sessions along with a heat and lane for warm-up. • Athletes may enter a maximum of eight (8) individual events with no more than 4 individual events per day. • All events are timed finals. • Deck entries will not be accepted. • Swimmers in the 500yd Freestyle must provide their own timer and counter (if desired).
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded. Swimmers unavailable to participate in the meet should contact the meet director as soon as they are aware of their absence.
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. • Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag behind the starting block in their lane. • Two lanes of continuous warm up will be available with a marshal present at the turn end.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • No spectators will be permitted in the facility. 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"> • All events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> • This meet will not be scored.
AWARDS	<ul style="list-style-type: none"> • No awards will be given.
PROGRAMS	<ul style="list-style-type: none"> • Meet programs 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"> • 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 complete the Officials Signup or contact Tim Husson, Meet Referee, or Tricia Feinberg (tricia_feinberg@hotmail.com), Fairfax Foxes Officials Chair. • 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"> • 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, November 1, 2021 and will also be emailed to the contact person of each of the individual clubs. There will be 2 timers per lane.

ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to fairfaxfoxes@gmail.com • Include in the subject of the email, "2021 Loughmiller Memorial Meet ****" 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.
ENTRY FEES	<p>Per Swimmer Surcharge: \$10.00 Individual event fee: \$10.00</p> <ul style="list-style-type: none"> • Make checks payable to Fairfax Foxes Swimming. Checks may be mailed to: Fairfax Foxes Swimming 7932 Ellet Road Springfield, VA 22151 • 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.

Loughmiller Memorial Meet, hosted by FFX

November 6-7, 2021

Session 1: ~~Warm-up: 7:00am – 7:50am~~ Events: 8:00am

Session 1, 3: Warm-up: 9:45am – 10:20am Events: 10:30am

Session 2, 4: Warm-up: 12:55pm – 1:20pm Events: 1:30pm

Saturday, November 6

Session 1 – Mixed 13 & Over

Event #	AGE	EVENT
1	Mixed 15 & Over	200 Freestyle
7	Mixed 13-14	200 Freestyle
2	Mixed 15 & Over	100 Breaststroke
8	Mixed 13-14	100 Breaststroke
3	Mixed 15 & Over	100 Backstroke
9	Mixed 13-14	100 Backstroke
4	Mixed 15 & Over	200 Butterfly
10	Mixed 13-14	200 Butterfly
5	Mixed 15 & Over	50 Freestyle
11	Mixed 13-14	50 Freestyle
6	Mixed 15 & Over	400 IM
12	Mixed 13-14	400 IM

Session 2 – Mixed 12 & Under

Event #	AGE	EVENT
13	Mixed 12 & Under	100 IM
14	Mixed 12 & Under	200 Freestyle
15	Mixed 12 & Under	50 Breaststroke
16	Mixed 12 & Under	100 Backstroke
17	Mixed 12 & Under	50 Butterfly
18	Mixed 12 & Under	100 Freestyle

Sunday, November 7

Session 3 – Mixed 13 & Over

Event #	AGE	EVENT
19	Mixed 15 & Over	200 IM
25	Mixed 13-14	200 IM
20	Mixed 15 & Over	100 Freestyle
26	Mixed 13-14	100 Freestyle
21	Mixed 15 & Over	200 Breaststroke
27	Mixed 13-14	200 Breaststroke
22	Mixed 15 & Over	200 Backstroke
28	Mixed 13-14	200 Backstroke
23	Mixed 15 & Over	100 Butterfly
29	Mixed 13-14	100 Butterfly
24	Mixed 15 & Over	500 Freestyle
30	Mixed 13-14	500 Freestyle

Session 4 – Mixed 12 & Under (8 & Under)

Event #	AGE	EVENT
31	Mixed 8 & Under	25 Freestyle
32	Mixed 12 & Under	50 Freestyle
33	Mixed 8 & Under	25 Backstroke
34	Mixed 12 & Under	50 Backstroke
35	Mixed 12 & Under	100 Butterfly
36	Mixed 12 & Under	100 Breaststroke
37	Mixed 12 & Under	200 IM