



PAC 10 & Under Little Blue Penguin Pentathlon Meet

February 6, 2022 (Sunday)

Sanction # PVC-22-55



MEET DIRECTOR John Venit, 301-254-7946, dpws@aol.com	MEET REFEREE Bill McMahon wjmcmahon@verizon.net	CLUB OFFICIALS CHAIR Cherlynn Venit dpws@aol.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-22-55. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Patuxent Aquatic Club, and Fairland Aquatics 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;">University of Maryland College Park Campus Eppley Recreation Center College Park, MD 20740 (301) 226-4400</p> <ul style="list-style-type: none"> The competition pool at the University of Maryland is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 8 lanes, 25 yards, running from wall to bulkhead and is 8' deep at the starting end and 10'6" deep at the turning end. Eight (8) lanes will be used for warm-ups. No lanes will be available for warm down. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
ENTRY DEADLINE	<p style="text-align: center;">January 27, 2022 at 11:59 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>
SCHEDULE	<p style="text-align: center;">Sunday, February 6, 2022 Warm-up: 1:00 pm; Events: 1:45 pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers and invited USA Swimming 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.
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

	<p>participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <ul style="list-style-type: none"> • 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, THE PATUXENT AQUATICS CLUB, AND THE UNIVERSITY OF MARYLAND, EPPLEY 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 State of Maryland, and Prince Georges County, and the University of Maryland.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • Before signing up 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. • All attendees (athletes, coaches, officials, and volunteers) must wear masks at all times, with the exception of athletes when warming up, cooling down, and competing. • 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 in the past 14 days? • Locker rooms will only be available for emergency use. On deck showers will be available, and all athletes are required to rinse off prior to entering the water during warm-ups. • Athletes must arrive and depart in their suits. No locker room space will be available for changing. • Swimmers must try to maintain proper social distancing. • Teams must provide a minimum of 1 or 2 marshals (based on team size) to monitor social distancing and mask compliance within their assigned spaces. Names of marshals must be provided in advance. • Bathroom use is allowed in emergencies, but all athletes must use the visiting team locker rooms and wipe down all surfaces touched. • The meet will be limited to no more than 300 swimmers. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • One-way traffic will be maintained on the pool deck. Swimmers will leave their assigned team area, walk along the turn (diving boards) end of the pool, down the lane 1 (window) side of the pool, stage along the lane 1 side of the pool deck and continue behind the blocks. See attached

diagram in the supplemental document. Athletes will exit the area at the conclusion of their race towards lane 8. Athletes will only be permitted to stage for their heats 2 heats at a time behind the blocks.

- For warm-ups, swimmers will be assigned to a warm-up group.
- Swimmers will proceed to their assigned seating area on deck or in the stands upon arrival, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines. Swimmers not participating in warm-up will remain in their team seating area.
- Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag. The bags will be placed in baskets by the starting blocks during warm-ups and competition. Swimmers will immediately put their masks back on at the completion of their swims before they leave the starting area.
- For the 25-yard events, volunteers will move the baskets containing masks to the finish end of the pool where the swimmers will immediately put them back on after exiting the pool.
- Swimmers must follow all directions as posted and adhere to all marshal directions.
- All swimmers must remain in their designated seating area for their group until they are called for their event and they must return to their area immediately following their event.
- Any swimmer not following the meet protocols will be subject to immediate removal from the meet.
- All coaches, officials, and volunteers must bring their own water bottle and snacks.
- Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.
- UV light is used along with chlorine to disinfect the water constantly.
- 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 via the [Patuxent Aquatics Club Facebook page](https://www.facebook.com/PatuxentAquaticsClub). (<https://www.facebook.com/PatuxentAquaticsClub>)

RULES

- 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 *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.

	<ul style="list-style-type: none"> For the 25 yd events, swimmers will start from the turn end (no blocks). 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. A swimmer may enter no more than five (5) individual 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. No more than six (6) 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. Each team MUST assign a certified Coach to remain in the assigned Team Area at ALL times to ensure COVID-19 guidelines are being followed and to assist with Clerk of Course. No spectators will be permitted in the facility.
SEEDING	<ul style="list-style-type: none"> Standard seeding will be used.
SCORING	<ul style="list-style-type: none"> None
AWARDS	<ul style="list-style-type: none"> None
PROGRAMS	<ul style="list-style-type: none"> Meet programs will be emailed to teams and 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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> No spectators will be permitted in the facility.
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 signup at https://formsmarts.com/form/27j1 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. One timer is requested for each 25 entries. Two timers per lane. There will be two Head Timers. An online Timer's Signup will be emailed to participating clubs.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director at dpws@aol.com. Include in the subject of the email, "PAC Little Blue Penguin Pentathlon 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. Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any

	<p>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>
<p>ENTRY FEES</p>	<p>Per Swimmer Surcharge: \$10.00 Individual event fee: \$6.00</p> <ul style="list-style-type: none"> • Make checks payable to PAC. Checks may be mailed to: Patuxent Aquatics Club 414 Forest Bridge Ct. Laurel, MD 20724 • 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. • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

2022 Little Blue Penguin Pentathlon

Sunday, February 6, 2022

Girls	Events	Boys
1	9-10 100 Freestyle	2
3	7-8 50 Freestyle	4
5	6 & Under 50 Freestyle	6
7	9-10 50 Butterfly	8
9	7-8 25 Butterfly	10
11	6 & Under 25 Butterfly	12
13	9-10 50 Backstroke	14
15	7-8 25 Backstroke	16
17	6 & Under 25 Backstroke	18
19	9-10 50 Breaststroke	20
21	7-8 25 Breaststroke	22
23	6 & Under 25 Breaststroke	24
25	9-10 50 Freestyle	26
27	7-8 25 Freestyle	28
29	6 & Under 25 Freestyle	30
31	9-10 100 Individual Medley	32
33	8 & Under 100 Individual Medley	34