



# VA State LC Champs

May 13-15, 2022

Sanction # PVI-22-94

Hosted by:



<b>MEET DIRECTOR</b> Bill Marlin – <a href="mailto:Bill.Marlin@verizon.net">Bill.Marlin@verizon.net</a> Reid Owen – <a href="mailto:Reid.Owen@gmail.com">Reid.Owen@gmail.com</a>	<b>MEET REFEREE</b> John Kost – <a href="mailto:MarlinsOfficials@gmail.com">MarlinsOfficials@gmail.com</a>	<b>CLUB OFFICIALS CHAIR</b> John Kost – <a href="mailto:MarlinsOfficials@gmail.com">MarlinsOfficials@gmail.com</a> <a href="#">Officials Signup</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-22-94.</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Potomac Marlin and the St. James Sports, Wellness and Entertainment Complex 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>The St. James: Sports, Wellness &amp; Entertainment Complex</b> 6805 Industrial Rd Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"> <li>The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 lanes, 50 meters, running from bulkhead to wall.</li> <li>Water depth of 7'4" at the starting end and 4' at the turning end of the competition course.</li> <li>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.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Friday, May 6, 2022 at 9:00 p.m.</b></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>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Friday, May 13, 2022</b> Warm-Ups: 4:30-5:30 p.m.   Events at 5:40 p.m.</p> <p style="text-align: center;"><b>13&amp;Over Saturday &amp; Sunday, May 14-15, 2022 (2 warm-up periods of 30 min. each)</b> 13&amp;O Warm-up at 6:30-7:00 a.m. 7:00-7:30 a.m.   Events at 7:40 a.m.</p> <p style="text-align: center;"><b>9-12 Saturday &amp; Sunday, May 14-15, 2022 (2 warm-up periods of 30 min. each)</b> 9-12 Warm-Ups 12:30-1:00 p.m. 1:00-1:30 p.m.   Events at 1:40 p.m.</p> <ul style="list-style-type: none"> <li>Two warm-up periods will be used for the 12&amp;U sessions only if needed.</li> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all invited registered USA Swimming athletes on the following invited USA Swimming teams: PM-PV, CAA-MD, YORK-PV, FAST-PV, ASC-MD, AAC-PV, ASA-PV, Merc-MA &amp; Select sites of NCAP-PV.</li> <li>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.</li> <li>Swimmers shall compete at the age attained on the first day of the meet.</li> <li>It may be necessary to limit entries due to time constraints</li> </ul>

<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>• PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic timing (touchpads primary) will be used.</li> </ul>
<b>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• 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 POTOMAC MARLINS, AND THE ST. JAMES: SPORTS, WELLNESS &amp; ENTERTAINMENT 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.</li> <li>• 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.</li> <li>• 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 Fairfax County.</li> </ul>
<b>LOCAL AND FACILITY COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>• All participants (coaches, officials, volunteers, swimmers, etc.) will arrive at The St. James through the main entrance.</li> <li>• Athletes should arrive and depart in their suits. Locker room use will be for emergency use only, no showers may be used. Family bathroom will be reserved for coach, official, and volunteer use.</li> <li>• To access the pool deck from the bleachers, swimmers, volunteers, and coaches will use the back stairwell.</li> <li>• Each session will be limited to 425 swimmers.</li> <li>• Limited single event spectators will be allowed in the standing room only across the top of the stands. Marshals will clear the area in between events. Spectators will be allowed if the volunteer assignments are full.</li> <li>• No one with symptoms of COVID-19 is permitted in the facility.</li> <li>• All attendees (athletes, coaches, officials, and volunteers) are encouraged to wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.</li> </ul>

<b>SAFE SPORT CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. Spectators will be permitted. Competition will be livestreamed on the <a href="#">Potomac Marlins Swim Team   Facebook</a>.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>Current USA Swimming rules shall govern this meet.</li> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>No on-deck USA Swimming registration is permitted.</li> <li>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.</li> <li>Deck changes are prohibited.</li> <li>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.</li> <li>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.</li> <li>Dive over starts will be used.</li> <li>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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>All events are timed finals.</li> <li>Entry times must be achieved no earlier than April 1, 2020.</li> <li>Swimmers may enter a maximum of eight (8) events for the meet with no more than three (3) events in a single session.</li> <li>The 400 free on Friday night will be swum fastest to slowest alternating Girls / Boys</li> <li>LC Times are conforming times for this meet. Converted times are accepted. NT entries are accepted. Entries will be seeded LYS.</li> <li>Deck entries (\$15 per event) will be accepted in empty lanes. No new heats will be created. Proof of USA Swimming registration must be presented with entry.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>All Friday events will be positive check-in due 30 minutes after the start of warm-ups. Athletes who do not check in will not be seeded into the event.</li> <li>Coaches will receive positive check-in sheets (by team) for their Friday swims.</li> <li>All events will be pre-seeded on Saturday and Sunday. The Meet Director may determine if additional positive check in is needed in order to avoid excessive timelines.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>There are no awards at this meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will be posted on the Marlins website and emailed to participating teams.</li> </ul>

<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>Officials interested in volunteering should complete the <a href="#">Officials Signup</a> or contact John Kost, <a href="mailto:MarlinsOfficials@gmail.com">MarlinsOfficials@gmail.com</a></li> <li>Officials volunteering for this meet should sign in at the computer 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.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the Meet Director.</li> <li>Include in the subject of the email, "VA State LC Champs" - ****" 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.</li> <li>Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>Entries directly from individual team members will not be accepted.</li> <li>Entries by phone or fax will not be accepted.</li> <li>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.</li> <li>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.</li> </ul>
<b>SEATING</b>	<ul style="list-style-type: none"> <li>Due to the limited pool deck space, only USA Swimming Registered Officials, Coaches, Athletes, and Volunteers only will be permitted on the pool deck.</li> <li>Swimmers may sit in the bleachers or on the pool deck depending on their team area.</li> <li>Coaches may stand or sit on the pool deck or sit in the bleachers.</li> <li>No deck chairs are permitted in the bleachers.</li> </ul>
<b>ENTRY FEES</b>	<p style="text-align: center;">Per Swimmer Surcharge: \$10.00      Deck Entries: \$15.00 Individual event fee: \$8.00</p> <ul style="list-style-type: none"> <li>Make checks payable to Potomac Marlins. Checks may be mailed to: Bill Marlin 31 Century Street Stafford, VA 22554</li> <li>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.</li> <li>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>

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## Friday Events – ALL AGES

May 13, 2022

Warm up: 4:30-5:30 pm, Events: 5:40 pm

Girls Event #	Event	Boys Event #
1	13&O 400 Free	2
3	9-12 400 Free	4
5	11&O 200 Fly	6
Positive Check in Closes at 5:00 p.m.		

## Saturday Events – 13&O

May 14, 2022

Warm up: 6:30-7:30 am, Events: 7:40 am

Girls Event #	Event	Boys Event #
7	13&O 200 IM	8
9	13&O 50 Free	10
11	13&O 100 Back	12
13	13&O 200 Breast	14
15	13&O 200 Free	16

## Sunday Events – 13&O

May 15, 2022

Warm up: 6:30-7:30 am, Events: 7:40 am

Girls Event #	Event	Boys Event #
29	13&O 100 Breast	30
31	13&O 200 Back	32
33	13&O 100 Free	34
35	13&O 100 Fly	36
37	11&O 400 IM	38

# VA State LC Champs

May 13-15, 2022

## Saturday Events – 9 – 12 Year Old

May 14, 2022

Warm up: 11:00-12:00 pm, Events: 12:10 pm

Girls Event #	Event	Boys Event #
17	9-12 100 Fly	18
19	9-12 50 Free	20
21	9-12 100 Back	22
23	11-12 200 Breast	24
25	9-12 50 Breast	26
27	9-12 200 Free	28

## Sunday Events

May 15, 2022

Warm up: 11:00-12:00 pm, Events: 12:10 pm

Girls Event #	Event	Boys Event #
39	9-12 100 Breast	40
41	11-12 200 Back	42
43	9-12 50 Back	44
45	11-12 100 Free	46
47	9-12 50 Fly	48
49	9-12 200 IM	50