



2023 FXXF LC Summer Solstice

June 23-25, 2023

Sanction # PVI-23-99



MEET DIRECTOR Matt Salerno fairfaxfoxes@gmail.com 412-952-0545	MEET REFEREE Tim Husson tim.husson@gmail.com Officials Signup	CLUB OFFICIALS CHAIR Tricia Feinberg tafeinberg@gmail.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-23-99. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairfax Foxes Swimming, and The St. James: Sports, Wellness & 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. 																																												
FACILITY	<p style="text-align: center;">The St. James: Sports, Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"> 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 at the southern end of the pool. One lane will be available for continuous warm-up/cool down. Water depth of 7'4" at the starting end and 4' at the turning end of the competition course. The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). The copy of such certification is on file with USA Swimming 																																												
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, June 13, 2023, 11:00pm</p> <ul style="list-style-type: none"> 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	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2"></th> <th style="text-align: center;">Warm-Ups</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="4">Friday, June 23, 2023</td> </tr> <tr> <td style="width: 10%;">Session 1</td> <td style="width: 40%;">13 and Over Prelims</td> <td style="width: 25%;">7:00am – 7:50am</td> <td style="width: 25%;">8am</td> </tr> <tr> <td>Session 2</td> <td>12 and Under Timed Finals</td> <td>12pm – 12:40pm</td> <td>12:50pm</td> </tr> <tr> <td>Session 3</td> <td>13 & Over Finals</td> <td>4:00pm – 4:40pm</td> <td>4:50pm</td> </tr> <tr> <td colspan="4">Saturday, June 24, 2023</td> </tr> <tr> <td>Session 4</td> <td>Distance Timed Finals</td> <td>2pm - 2:50pm</td> <td>3pm</td> </tr> <tr> <td colspan="4">Sunday, June 25, 2023</td> </tr> <tr> <td>Session 5</td> <td>Mixed 13 and Over Prelims</td> <td>7:00am – 7:50am</td> <td>8am</td> </tr> <tr> <td>Session 6</td> <td>Mixed 12 and Under Timed Finals</td> <td>12pm – 12:40pm</td> <td>12:50pm</td> </tr> <tr> <td>Session 7</td> <td>13 & Over Finals</td> <td>4:00pm – 4:40pm</td> <td>4:50pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 			Warm-Ups	Events	Friday, June 23, 2023				Session 1	13 and Over Prelims	7:00am – 7:50am	8am	Session 2	12 and Under Timed Finals	12pm – 12:40pm	12:50pm	Session 3	13 & Over Finals	4:00pm – 4:40pm	4:50pm	Saturday, June 24, 2023				Session 4	Distance Timed Finals	2pm - 2:50pm	3pm	Sunday, June 25, 2023				Session 5	Mixed 13 and Over Prelims	7:00am – 7:50am	8am	Session 6	Mixed 12 and Under Timed Finals	12pm – 12:40pm	12:50pm	Session 7	13 & Over Finals	4:00pm – 4:40pm	4:50pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to USA Swimming registered swimmers from invited USA Swimming clubs. Clubs wishing to receive an invitation to attend should contact the Meet Director, Matt Salerno (fairfaxfoxes@gmail.com). • 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. • All athletes shall compete at the age attained on the first day of the meet.
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.
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 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 may 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 in Sessions 1 and 4 will follow a prelims/finals format except for the 200 Breaststroke, 400 IM, 200 Butterfly, and 400 Freestyle. There will be three heats swum at finals for each Preliminary event. Heats will be swum in the following order: C, B, A. • Events will be seeded using LCM times. Athletes who do not have LCM entry times will be seeded with NT. • All swimmers must provide their own timer for the 400m IM and 400m Free and all events taking place on Saturday, June 24, 2023. • Athletes participating in Session 4 may swim a maximum of two events/session. • Swimmers 13 & over may enter and compete in up to three (3) events each day, with a maximum of seven (7) events for the meet. • Swimmers 12 & under may enter and compete in up to four (4) events each day, with a maximum of nine (9) events for the meet. • Swimmers aged 12 & under may only enter one (1) session per day. • Deck entries will be accepted on a limited basis. No new heats will be created to accommodate a deck-entered swimmer.

POSITIVE CHECK-IN	<ul style="list-style-type: none"> All events 400m and longer will be positive check-in.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> If swimmers do not want to swim in the Final race(s), they may “scratch” from the event by following this procedure: <ul style="list-style-type: none"> Email scratchfxfx@gmail.com within 30 minutes of the announcement of qualifiers for the event. Email must include swimmer’s first and last name, club, coach’s name, and event being scratched. It is recommended that you include your coach in the email. Coaches should make sure their contact information is up-to-date. The meet director will contact the coach or team representative should a swimmer scratch into finals.
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.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. Spectators are not allowed on the pool deck; 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 200m and shorter will be pre-seeded at 6:00pm the evening prior to the session. Swimmers unable to participate should contact the meet director. Open 800m Freestyle, 1500m Freestyle, and 12&U 400m Freestyle on Saturday will be swum fastest to slowest.
SCORING	<ul style="list-style-type: none"> The meet will not be scored.
AWARDS	<ul style="list-style-type: none"> All swimmers will receive a commemorative Summer Solstice bag tag (that they will need for entry on deck at St. James).
PROGRAMS	<ul style="list-style-type: none"> Meet programs and results 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 or in the facility before, during, or after the meet. Only athletes, USA Swimming certified coaches, deck officials and volunteers will be permitted on deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times. Athletes will need to present their Summer Solstice bag tag for entry to the pool deck.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
OFFICIALS	<ul style="list-style-type: none"> Officials will be identified in advance and coordinated by the Meet Referee, Tim Husson (tim.husson@gmail.com). Officials interested in volunteering should complete the Online Signup or email the Meet Referee. A comprehensive official’s briefing will be conducted prior to each session.
TIMERS	<ul style="list-style-type: none"> Two (2) timers per lane. Each club will be required to provide timers in proportion to the number of entries. The Meet Director will assign timer requirements to each club after entries have been received. The Meet Director will notify clubs of their timer requirements by email. each. Lane assignments will be made in advance. Timers should report to the timers meeting 20 minutes before the start of the session.

ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director, fairfaxfoxes@gmail.com. • Include in the subject of the email, “2023 FXX LC Summer Solstice - XXXX” with the club’s initials in place of the asterisks. If your club submits multiple entry files, include the 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 per occurrence by PVS and no further entries will be accepted from that club until the fine is paid.
ENTRY FEES	<p style="text-align: center;">Per swimmer surcharge: \$5.00 Individual event fee: \$15.00 Deck Entry: \$20.00</p> <ul style="list-style-type: none"> • Make checks payable to Fairfax Foxes Swimming. • Checks may be mailed to: Fairfax Foxes Swimming 4144 Orchard Drive Fairfax, VA 22032 • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

2023 FFX Long Course Summer Solstice

Friday, June 23: SESSION 1: 13 & Over Prelims

Girls Event #	EVENT ** = Timed Finals	Boys Event #
1	13 & Over 100 Butterfly	2
3	13 & Over 200 Freestyle	4
5	13 & Over 100 Backstroke	6
7	13 & Over 50 Freestyle	8
9	13 & Over 200 Breaststroke**	10
11	13 & Over 400 IM**	12

Friday, June 23: SESSION 2: 12 & Under Timed Finals

Girls Event #	EVENT	Boys Event #
13	12 & Under 100 Butterfly	14
15	12 & Under 200 Freestyle	16
17	12 & Under 50 Butterfly	18
19	12 & Under 200 Breaststroke	20
21	12 & Under 50 Freestyle	22
23	12 & Under 100 Backstroke	24
25	12 & Under 200 IM	26

Friday, June 23: SESSION 3: 13 & Over Finals

Girls Event #	EVENT	Boys Event #
1	13 & Over 100 Butterfly	2
3	13 & Over 200 Freestyle	4
5	13 & Over 100 Backstroke	6
7	13 & Over 50 Freestyle	8

Saturday, June 24: SESSION 4: Distance Timed Finals

Mixed Event #	EVENT events will be swum fastest to slowest athletes must provide their own timer
27	Open 800 Freestyle
28	12 & Under 400 Freestyle
29	Open 1500 Freestyle

Sunday, June 23: SESSION 5: 13 & Over Prelims

Girls Event #	EVENT ** = Timed Finals	Boys Event #
31	13 & Over 200 IM	32
33	13 & Over 100 Breaststroke	34
35	13 & Over 200 Backstroke	36
37	13 & Over 100 Freestyle	38
39	13 & Over 200 Butterfly**	40
41	13 & Over 400 Freestyle**	42

Sunday, June 25: SESSION 6: 12 & Under Timed Finals

Girls Event #	EVENT	Boys Event #
43	12 & Under 200 Butterfly	44
45	12 & Under 50 Breaststroke	46
47	12 & Under 200 Backstroke	48
49	12 & Under 50 Backstroke	50
51	12 & Under 100 Freestyle	52
53	12 & Under 100 Breaststroke	54

Sunday, June 25: SESSION 7: 13 & Over Finals

Girls Event #	EVENT	Boys Event #
31	13 & Over 200 IM	32
33	13 & Over 100 Breaststroke	34
35	13 & Over 200 Backstroke	36
37	13 & Over 100 Freestyle	38