



April Sprints

April 20, 2024

Sanction # PVD-24-212



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Bill Marlin – Bill.Marlin@verizon.net Reid Owen – Reid.Owen@gmail.com	John Kost MarlinsOfficials@gmail.com	Angela Fu MarlinsOfficials@gmail.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVD-24-212. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Potomac Marlins, and Providence Rec 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;">Providence Rec. Center 7525 Marc Drive Falls Church, VA 22042 (703) 698-1350</p> <ul style="list-style-type: none"> The pool at Providence Rec Center is 25 yards x 25 meters. 10 lanes are available for warm-ups; 8 lanes will be used for competition. Water depth ranges from 4'-12.5' at both the starting and turning ends. The meet hosts will ensure the required course dimensions.
ENTRY DEADLINE	<ul style="list-style-type: none"> Entries are due by 5:00 pm on Wednesday, April 10, 2024 <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;">Saturday April 20, 2024</p> <p style="text-align: center;">Warm-up at 3:00 p.m. Events at 3:40 p.m.</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 Marlin Swimmers and one invited team. 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"> Semi-automatic timing 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 <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,

	<p>cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</p> <ul style="list-style-type: none"> • 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 without the use of the backstroke ledge. 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. • A swimmer may enter up to five (5) events. The intent of this meet is for all swimmers to swim all 5 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 will determine the structure of warm-up, including times/lane assignments. • The Meet Director reserves the right to adjust times / sessions after the entries are received.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
AWARDS	<ul style="list-style-type: none"> • There are no awards at this meet.
PROGRAMS	<ul style="list-style-type: none"> • Programs will be posted on the Marlins website and emailed to participating teams.
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.
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"> • 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 Angela Fu . • 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. • Volunteer Sign-Up Link: https://signup.com/go/zhNgRWr
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, "April Sprints" - ***** 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.

	<ul style="list-style-type: none"> • 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	<p style="text-align: center;">Per Swimmer Surcharge: \$2</p> <p style="text-align: center;">Individual event fee: \$5</p> <ul style="list-style-type: none"> • Make checks payable to Potomac Marlins. • Checks may be mailed to: Bill Marlin 31 Century St. Stafford, VA 22554 • 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.

April Sprints

April 20, 2024

Saturday April 20, 2024

GIRLS	EVENT	BOYS
1	15&O 50 yd Freestyle	2
3	13-14 50 yd Freestyle	4
5	11-12 50 yd Freestyle	6
7	10&U 50 yd Freestyle	8
9	15&O 50 yd Breaststroke	10
11	13-14 50 yd Breaststroke	12
13	11-12 50 yd Breaststroke	14
15	10&U 50 yd Breaststroke	16
17	15&O 50 yd Butterfly	18
19	13-14 50 yd Butterfly	20
21	11-12 50 yd Butterfly	22
23	10&U 50 yd Butterfly	24
25	15&O 50 yd Backstroke	26
27	13-14 50 yd Backstroke	28
29	11-12 50 yd Backstroke	30
31	10&U 50 yd Backstroke	32
33	15&O 100 yd IM	34
35	15&O 100 yd IM	36
37	13-14 100 yd IM	38
39	11-12 100 yd IM	40
41	10&U 100 yd IM	42