



# 2024 War at the Warf

September 28-29, 2024

Sanction # PVC-25-03  
and VSI # VSI-25-09DS

Sanctioned by USA Swimming  
through Potomac Valley Swimming and Virginia Swimming



<b>MEET DIRECTOR</b> Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>	<b>MEET REFEREE</b> Paul Jampole <a href="mailto:skipolecat@mac.com">skipolecat@mac.com</a>	<b>Club Officials Chair</b> Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>
--	---	---

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-25-03 and Virginia Swimming, Inc.: VSI-25-09DS</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Nation's Capital Swimming, and the Warrenton Aquatic and Recreation 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>Warrenton Aquatic and Recreation Center</b> 800 Waterloo Road Warrenton VA 20186 (540) 349-2520</p> <ul style="list-style-type: none"> <li>The pool at Warrenton Aquatic &amp; Recreation Facility is 25yd x 25m with 11, 25 yard lanes. Competition will be held in 8 lanes, 25yd. 10 lanes will be used for warm-ups.</li> <li>Water depth range of 4.5' (lane 1) – 11.8' (lane 8) at the start and turn ends.</li> <li>Breaks may be scheduled during each session and the competition course will be available for warm-up/cool-down at that time.</li> <li>The meet host shall ensure the required course dimensions.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Wednesday September 18, 2024 at 5:00pm</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 site for this information.</p>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Saturday and Sunday</b>                      Warmups: 8:00-9:20 am                      Events at 9:30 am</p> <ul style="list-style-type: none"> <li><b>Meet Director reserves the right to adjust times/sessions after entries are received.</b></li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming athletes from NCAP training sites.</li> <li>No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of <i>USA Swimming as provided in USA Swimming Rules and Regulations Article 302.</i></li> <li>Swimmers may only participate in their own age group, based upon their age on the first day of the meet.</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>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 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.</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 for all preliminary and timed final events.</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>Contestants may enter a maximum of six (6) individual events with no more than three (3) Individual events per day.</li> <li>Swimmers shall compete at the age attained on the first day of the meet.</li> <li>All events will be swum Mixed Gender.</li> <li>All events are timed finals.</li> <li>Distance Events: Entries for the 400 IM and 500 Free may be limited to keep manageable timelines.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>Positive check in for the 400 IM and 500 Free will be available at the Admin table.</li> <li>Athletes must check in by 8:45am for their events</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 will 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 ensuring that their team areas are clean and free of all debris at the conclusion of each meet session.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>All events will be swum fastest to slowest.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Hard Copy Programs for parents and spectators will NOT be available for sale. Programs for the entire meet will be available on MEET MOBILE. For positive check-in events, seeded heats will be sent to Meet Mobile as soon as possible after the check in deadline.</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 deck. Coaches and Officials should have proof of active USA Swimming memberships with them.</li> </ul>

<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>There is no Spectator entry fee.</li> </ul>								
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>								
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>All certified officials wishing to volunteer for this meet should complete the <a href="#">Officials Availability form HERE</a></li> <li>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.</li> </ul>								
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Clubs and sites will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>Timer assignments will be determined before the meet and will be emailed to all participating clubs.</li> </ul>								
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the ENTRY COORDINATOR Karyn McCannon (<a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>).</li> <li>Include in the subject of the email, "2024 NCAP War at the Warf - *****" 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><b>Deck entries are permitted. Cash is required for all deck entries.</b></li> <li><b>TEAMS SENDING ENTRIES FROM TEAM UNIFY are requested to include a PDF copy of entries to confirm bonus events, as TU removes that designation before importing into Hy-Tek. (Please send report by Athlete Name).</b></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>ENTRY FEES</b>	<table> <tr> <td>Per Swimmer Surcharge:</td> <td>\$10.00</td> <td>VSI Surcharge:</td> <td>\$2.50</td> </tr> <tr> <td>Individual event fee:</td> <td>\$10.00</td> <td></td> <td></td> </tr> </table>	Per Swimmer Surcharge:	\$10.00	VSI Surcharge:	\$2.50	Individual event fee:	\$10.00		
Per Swimmer Surcharge:	\$10.00	VSI Surcharge:	\$2.50						
Individual event fee:	\$10.00								

# 2024 War at the Warf

September 28-29, 2024

## EVENTS FOR SATURDAY

MIXED EVENT #	EVENT
1	Mixed Open 200 FREE
2	Mixed Open 50 FREE
3	Mixed Open 400 IM

## EVENTS FOR SUNDAY

MIXED EVENT #	EVENT
4	Mixed Open 200 IM
5	Mixed Open 100 FREE
6	Mixed Open 500 FREE