



# PAC 10 & Under Spring Penguin Meet

Saturday, April 12, 2025

Sanction # PVC-25-89



<b>MEET DIRECTOR</b> John Venit, 301-254-7946, <a href="mailto:patuxentswim@gmail.com">patuxentswim@gmail.com</a>	<b>MEET REFEREE</b> Cherlynn Venit <a href="mailto:patuxentswim@gmail.com">patuxentswim@gmail.com</a>	<b>CLUB OFFICIALS CHAIR</b> Cherlynn Venit <a href="mailto:patuxentswim@gmail.com">patuxentswim@gmail.com</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>PVC-25-89</b>.</li> <li>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.</li> </ul>												
<b>FACILITY</b>	<p style="text-align: center;"><b>Fairland Aquatics Center</b>          13820 Old Gunpowder Rd.          Laurel, MD 20707          301-362-6060</p> <ul style="list-style-type: none"> <li>The pool at Fairland Aquatics Center is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 10 lanes, 25 yards, running from wall to wall.</li> <li>Eighteen (18) lanes will be used for warm-ups.</li> <li>Water depth range of 5' – 13' at the starting end and 5' – 13' at the turning end.</li> <li>The meet host will ensure the required course dimensions.</li> </ul>												
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>April 2, 2025 at 11:59 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>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;"></th> <th style="width: 30%; text-align: center;">Warm-Up</th> <th style="width: 30%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td><b>Saturday, April 12</b></td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">10 &amp; Under</td> <td style="text-align: center;">8:15 – 8:55 AM</td> <td style="text-align: center;">9:00 AM</td> </tr> <tr> <td colspan="3"> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul> </td> </tr> </tbody> </table>		Warm-Up	Events	<b>Saturday, April 12</b>			10 & Under	8:15 – 8:55 AM	9:00 AM	<ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>		
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered Potomac Valley Swimmers.</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> </ul>												
<b>SWIMMERS WITH DISABILITIES</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 written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the session Referee in writing of any desired accommodations/modifications prior to competition.</li> <li>Athletes requiring special accommodation are asked to complete the form below.             <ul style="list-style-type: none"> <li><a href="#">NECESSARY ACCOMMODATIONS FORM</a></li> </ul> </li> </ul>												
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Semi-automatic (buttons primary) and manual timing (stopwatches) will be used for this meet.</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> </ul>												

	<ul style="list-style-type: none"> <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 may be used for ages 9 &amp; over ONLY.</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>The meet will be limited to no more than 350 swimmers.</li> <li>All events are timed finals.</li> <li>Swimmer shall compete at age attained on the first day of the meet.</li> <li>A swimmer may enter no more than four (4) individual events and one (1) relay event.</li> <li>Deck entries will be accepted and must be submitted with exact change cash payment no later than 30 minutes prior to the first event. No new heats will be created. The athlete's member card must be shown when submitting the deck entry.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</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 the conduct of their swimmers and for cleaning up their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>Standard seeding will be used.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Ribbons will be awarded for Individual Events 1<sup>st</sup> – 8<sup>th</sup> place. For 10 &amp; Under events, awards will be split out for 1<sup>st</sup>- 8<sup>th</sup> place for 8 &amp; Under and 9-10 age groups.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Meet programs will be emailed to teams and available on Meet Mobile.</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>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>None.</li> <li>No personal chairs will be allowed in the facility lobby or viewing area.</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>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 sign up at <a href="#">Officials Sign Up</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.</li> </ul>

	<ul style="list-style-type: none"> <li>• 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> <li>• Two timers per lane. There will be two Head Timers.</li> <li>• An online Timer’s Signup will be emailed to participating clubs.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director at <a href="mailto:patuxentswim@gmail.com">patuxentswim@gmail.com</a>.</li> <li>• Include in the subject of the email, “2025 Spring Penguin - ****” 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 postal service, 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>ENTRY FEES</b>	<p style="text-align: center;">Per Swimmer Surcharge: \$5.00                      Relay event fee: \$12.00  Individual event fee: \$6.00                              Deck entries: \$12.00 IE/\$20.00 RE</p> <ul style="list-style-type: none"> <li>• Make checks payable to PAC. Checks may be mailed to:  Patuxent Aquatics Club  414 Forest Bridge Ct.  Laurel, MD 20724</li> <li>• Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. A certified USA-S coach must also be designated as the responsible coach on deck. Payment may be made by cash or check.</li> <li>• Entry fees are due with meet entry. Unpaid fees at the start of the meet will incur a late fee equal to 20% of the entry fee. Unpaid fees will also be reported to the PVS Administrative Office.</li> </ul>

# PAC 10 & Under Spring Penguin Meet

April 12, 2025

Warm-up: 8:00-8:50 AM, Events: 8:55 AM

Girls	Events	Boys
1	10 & Under 100 Butterfly	2
3	10 & Under 50 Butterfly	4
5	8 & Under 25 Butterfly	6
7	10 & Under 100 Backstroke	8
9	10 & Under 50 Backstroke	10
11	8 & Under 25 Backstroke	12
13	10 & Under 100 Breaststroke	14
15	10 & Under 50 Breaststroke	16
17	8 & Under 25 Breaststroke	18
19	10 & Under 100 Freestyle	20
21	10 & Under 50 Freestyle	22
23	8 & Under 25 Freestyle	24
25	10 & Under 200 Medley Relay	26
27	8 & Under 200 Freestyle Relay	28