



# VA State LC Champs

May 9-11, 2025

Sanction # PVI-25-99

Hosted by:



## MEET DIRECTOR

Bill Marlin – [Bill.Marlin@verizon.net](mailto:Bill.Marlin@verizon.net)  
Reid Owen – [Reid.Owen@gmail.com](mailto:Reid.Owen@gmail.com)

## MEET REFEREE

John Kost – [JKost69@gmail.com](mailto:JKost69@gmail.com)

## CLUB OFFICIALS CHAIR

Angela Fu – [MarlinsOfficials@gmail.com](mailto:MarlinsOfficials@gmail.com)  
[Officials Signup](#)

<b>SANCTION</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-25-99</b>.</li><li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Potomac Marlins 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><b>The St. James: Sports, Wellness &amp; Entertainment Complex</b></p> <p>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. 10 lanes may be used if timelines are excessive.</li><li>Water depth of 7'4" at the starting end and 4' at the turning end of the competition course.</li><li>The meet hosts will ensure the required course dimensions.</li></ul>
<b>ENTRY DEADLINE</b>	<p><b>Friday, April 26, 2025 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><b>Friday, May 9, 2025</b></p> <p>Warm-Ups: 4:30-5:30 p.m.   Events at 5:40 p.m.</p> <p><b>13&amp;Over Saturday &amp; Sunday, May 10-11, 2025 (2 warm-up periods of 30 min. each)</b></p> <p>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><b>9-12 Saturday &amp; Sunday, May 10-11, 2025 (2 warm-up periods of 30 min. each)</b></p> <p>9-12 Warm-Ups 11:30-12:00 p.m. 12:00-12:30 p.m.   Events at 12:40 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, and Select sites of NCAP-PV. Other PVS teams may request an invitation and will be allowed to participate, if numbers permit, on a first come first serve basis, until the meet fills.</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>SWIMMERS WITH A DISABILITY</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 accommodation/modifications 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.</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, 2023.</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><b>Athletes must provide their own timer for events on Friday and for the 400 IM</b></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. Athletes that check in and do not swim will be scratched from their next 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 will determine if additional positive check in is needed 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 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>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.</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 Angela Fu, <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, "2025 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.</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 working Volunteers 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> <li>There will be limited seating for spectators.</li> </ul>
<b>ENTRY FEES</b>	<p>Per Swimmer Surcharge: \$10.00      Deck Entries: \$20.00 Individual event fee: \$12.00</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 9, 2025

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. <b>Athletes must provide their own timer for all events on Friday</b>		

## Saturday Events – 13&O

May 10, 2025

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

## Saturday Events – 9-12 yr. olds

May 10, 2025

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

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## Sunday Events 13&O

May 11, 2025

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	13&O 400 IM	38

Athletes must provide their own timer for the 400 IM

## Sunday Events 9-12 yr. olds

May 11, 2025

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	9-12 100 Free	46
47	9-12 50 Fly	48
49	9-12 200 IM	50