



NCAP WINTER QUALIFIER

February 14-16, 2020

Sanction # PVI-20-67 and VS-20-81DS



MEET DIRECTOR Mark Faherty fahertyswim@gmail.com (703) 861-9089	MEET REFEREE Chris Chmielenski cchmielenski@comcast.net	CLUB OFFICIALS CHAIR Karyn McCannon kmccannon@nationscapitalswimming.com
--	--	---

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-20-67 and Virginia Swimming: VS-20-81DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Nation's Capital Swim Club, and the Warrenton Aquatic & Recreation Facility 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;">Warrenton Aquatic & Recreation Facility 800 Waterloo Road Warrenton, Virginia 20186 (703) 993-8350</p> <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth range of 4.5' (lane 1) – 11.8' (lane 8). Non-turbulent lane markers. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming. 																																	
ENTRY DEADLINE	<p style="text-align: center;">Thursday, February 6, 2020, 11:59 PM</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>																																	
SCHEDULE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;"></th> <th style="width: 30%; text-align: center; border-bottom: 1px solid black;">Warm-Up</th> <th style="width: 30%; text-align: center; border-bottom: 1px solid black;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3"><u>Friday, February 14</u></td> </tr> <tr> <td>Session 1: 500 Free & 400 IM</td> <td style="text-align: center;">4:30-5:20 PM</td> <td style="text-align: center;">5:30 PM</td> </tr> <tr> <td colspan="3"><u>Saturday, February 15</u></td> </tr> <tr> <td>Session 2: 13&Over</td> <td style="text-align: center;">6:40-7:50 AM</td> <td style="text-align: center;">8:00 AM</td> </tr> <tr> <td>Session 3: 1000 Free</td> <td style="text-align: center;">*Continuous during Session 2</td> <td style="text-align: center;">15 minutes after end of Session 2</td> </tr> <tr> <td>Session 4: 12&Under</td> <td style="text-align: center;">2:00-2:50 PM</td> <td style="text-align: center;">3:00 PM</td> </tr> <tr> <td colspan="3"><u>Sunday, February 16</u></td> </tr> <tr> <td>Session 5: 13&Over</td> <td style="text-align: center;">6:40-7:50 AM</td> <td style="text-align: center;">8:00 AM</td> </tr> <tr> <td>Session 6: 1650 Free</td> <td style="text-align: center;">*Continuous during Session 5</td> <td style="text-align: center;">15 minutes after end of Session 5</td> </tr> <tr> <td>Session 7: 12&Under</td> <td style="text-align: center;">2:00-2:50 PM</td> <td style="text-align: center;">3:00 PM</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. Any changes will be posted on www.nationscapitalswimming.com. 		Warm-Up	Events	<u>Friday, February 14</u>			Session 1: 500 Free & 400 IM	4:30-5:20 PM	5:30 PM	<u>Saturday, February 15</u>			Session 2: 13&Over	6:40-7:50 AM	8:00 AM	Session 3: 1000 Free	*Continuous during Session 2	15 minutes after end of Session 2	Session 4: 12&Under	2:00-2:50 PM	3:00 PM	<u>Sunday, February 16</u>			Session 5: 13&Over	6:40-7:50 AM	8:00 AM	Session 6: 1650 Free	*Continuous during Session 5	15 minutes after end of Session 5	Session 7: 12&Under	2:00-2:50 PM	3:00 PM
	Warm-Up	Events																																
<u>Friday, February 14</u>																																		
Session 1: 500 Free & 400 IM	4:30-5:20 PM	5:30 PM																																
<u>Saturday, February 15</u>																																		
Session 2: 13&Over	6:40-7:50 AM	8:00 AM																																
Session 3: 1000 Free	*Continuous during Session 2	15 minutes after end of Session 2																																
Session 4: 12&Under	2:00-2:50 PM	3:00 PM																																
<u>Sunday, February 16</u>																																		
Session 5: 13&Over	6:40-7:50 AM	8:00 AM																																
Session 6: 1650 Free	*Continuous during Session 5	15 minutes after end of Session 5																																
Session 7: 12&Under	2:00-2:50 PM	3:00 PM																																
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered USA Swimming swimmers 9 years of age and older. 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"> • Automatic Timing (touch pads primary) will be used.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), shall govern this meet. • No on-deck USA-S registration is permitted. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • 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. • 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 will be used at this meet. • 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"> • Swimmers shall compete at the age attained on the first day of the meet. • A 13&Over contestant may enter a maximum of seven (7) individual events and no more than three (3) individual events per session. • A 12&Under contestant may enter a maximum of seven (7) individual events and no more than three (3) individual events per session. A 12&Under contestant may enter only one (1) session per day of the meet. • All events are timed finals. • Distance Events: Entries for the 400 IM, 500 Free, 1000 Free and 1650 Free may be limited to keep manageable timelines. Clubs will be notified if their athletes do not make the cut and will be offered a chance select an alternate event or receive a refund on the entry for that event. • Deck entries must be submitted with cash payment no later than 15 minutes prior to the first event of each session. No new heats will be created.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • 11&Over, 13-14, 15&Over & Open: All events will be Positive Check In. • 12&Under: 200 yards and longer will be Positive Check In. All other 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 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.
SEEDING	<ul style="list-style-type: none"> Fastest to Slowest in all events. Mixed Gender in all events.
SCORING	<ul style="list-style-type: none"> This meet is not scored.
AWARDS	<ul style="list-style-type: none"> There will not be awards at this meet.
PROGRAMS	<ul style="list-style-type: none"> Programs will be available to coaches, officials, and volunteers.
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 at all times.
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: Chris Chmielenski cchmielesnki@comcast.net" cchmielesnki@comcast.net. Officials volunteering for this meet should sign in at the recording table prior to the start of warmups. 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.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director at: fahertyswim@gmail.com. Include in the subject of the email, "2020 NCAP Winter Qualifier - ****" 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. 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>Athlete Surcharge: \$4.00 Individual event fee: \$6.00 Deck entries: \$10.00 Make checks payable to Nation's Capital Swim Club. Checks may be mailed to: Nation's Capital Swim Club Attn: Karyn McCannon 8120 Woodmont Ave #101 Bethesda, MD 20814</p> <ul style="list-style-type: none"> Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. Each participating Club is requested to remit one check to cover the entry fee for the entire team.

Friday, February 14

Session 1 – 500 Free & 400 IM

Warm-up 4:30-5:20 PM

First Event 5:30 PM

Event #	Age	Event
1	Open	500 Freestyle
2	11 & Over	400 IM

ALL events are positive check-in. Positive check-in for all events will close 5:00 PM

Saturday, February 15

Session 2 – 13&Over

Warm-up 6:40-7:50 AM

First Event 8:00 AM

Event #	Age	Event
3	13-14	200 Backstroke
4	15&Over	200 Backstroke
5	13-14	100 Breaststroke
6	15&Over	100 Breaststroke
7	13-14	200 Butterfly
8	15&Over	200 Butterfly
9	13-14	100 Freestyle
10	15&Over	100 Freestyle
11	13-14	200 IM
12	15&Over	200 IM

ALL events are positive check-in. Positive check-in for all events will close at 7:30 AM

Session 3 – 1000 Free

Warm-up Continuous during Session 2

First Heat Begins 15 minutes after conclusion of Session 2

Event #	Age	Event
13	Open	1000 Freestyle

Positive check-in deadline will be posted before the first day of the meet.

**The 1000 Free will be limited to a 1 hour session (approximately 4 heats – 32 swimmers).*

Saturday, February 15

Session 4 – 12&Under

Warm-up 2:00-2:50 PM

First Event 3:00 PM

Event #	Age	Event
14	12&Under	200 Backstroke
15	9-10	100 Breaststroke
16	11-12	100 Breaststroke
17	9-10	50 Butterfly
18	11-12	50 Butterfly
19	9-10	200 Individual Medley
20	11-12	200 Individual Medley
21	9-10	50 Backstroke
22	11-12	50 Backstroke
23	9-10	100 Freestyle
24	11-12	100 Freestyle
25	12&Under	200 Butterfly

ALL 200 yd events are positive check-in. Positive check-in for all events will close at 1:30 PM.

Sunday, February 16

Session 5 – 13&Over

Warm-up 6:40-7:50 AM

First Event 8:00 AM

Event #	Age	Event
26	13-14	100 Butterfly
27	15&Over	100 Butterfly
28	13-14	200 Freestyle
29	15&Over	200 Freestyle
30	13-14	100 Backstroke
31	15&Over	100 Backstroke
32	13-14	200 Breaststroke
33	15&Over	200 Breaststroke
34	13-14	50 Freestyle
35	15&Over	50 Freestyle

ALL events are positive check-in. Positive check-in for all events will close at 7:30 AM

Sunday, February 16

Session 6 – 1650 Free

Warm-up Continuous during Session 5

First Heat Begins 15 minutes after conclusion of Session 5

Event #	Age	Event
36	Open	1650 Freestyle
<i>Positive check-in deadline will be posted before the first day of the meet.</i>		

**The 1650 Free will be limited to a 1 hour session (approximately 3 heats – 24 swimmers).*

Session 7 – 12&Under

Warm-up 2:00-2:50 PM

First Event 3:00 PM

Event #	Age	Event
37	12&Under	200 Breaststroke
38	9-10	100 Individual Medley
39	11-12	100 Individual Medley
40	9-10	50 Freestyle
41	11-12	50 Freestyle
42	9-10	100 Butterfly
43	11-12	100 Butterfly
44	9-10	100 Backstroke
45	11-12	100 Backstroke
46	9-10	50 Breaststroke
47	11-12	50 Breaststroke
48	9-10	200 Freestyle
49	11-12	200 Freestyle
<i>ALL 200 yd events are positive check-in. Positive check-in for all events will close at 1:30 PM.</i>		