



POTOMAC VALLEY SWIMMING
2021 SC Championship Series



WAVE 2
March 18-21, 2021
Manassas, VA

Meet Webpage

<http://pvswim.org/2021meet/21-03-meetpage.html>

Please share this page for announcements, meet programs, finals seeding and scratch updates, timelines & more.

Coaches Briefing

Wednesday, March 17, 12:00 pm

Topic: PVS WAVE 2 & 4 Coach Meeting

Time: Mar 17, 2021 12:00 PM Eastern Time (US and Canada)

<https://zoom.us/j/99673207911?pwd=TFdiMWJ1VCtqbVNtSUNFSU5ua0lzZz09>

Meeting ID: 996 7320 7911

Passcode: 946112

One tap mobile

+13017158592,,99673207911#,,,,*946112# US (Washington DC)

Seating Chart

Attached are the seating areas that are designated for each team. They are mostly the same for similar sessions, however they do jump around a bit to accommodate the best for the limited space; so please look ahead at them. For benches that are shared, if your kids are sitting on a marked spot, they are good. We will have numbers available when you arrive to show how many in split benches you need to plan for. Coaches are asked to help coordinate seating for the athletes.

Warm Up

Each team will be provided the flexibility to use the lanes how they wish during a 40+ min period of warm up time and designated space. Teams will need to ensure they always have no more than five swimmers in any lane. Additionally, the pool will be open as soon as the check in starts for the session, so the sooner your athletes are ready, the sooner they may start their warmup time in your assigned lanes.

For all A-Flight Prelims

First 40+ minutes assigned lanes for warm up

Last 15 minutes specific warm up:

Lanes 1-10 for sprints & return (odd lanes dive/even lanes return)

Lanes 11-13 (middle of pool) will be allocated for pace work

Lanes 14-21 will be open to additional circle swimming warm up.

B-FLIGHT Warm up

First 20+ minutes Open warm up

Last 15 minutes specific warm up:

Lanes 1-10 will be available for sprints (dive in odd lanes, return in even lanes)

Pace lanes will be available in lanes 11 & 12

All other lanes will be open for general use

FINALS Warm up

30 min general warm up

25 min specific warm up: one way sprints & pace

Lanes 1-10 will be available for sprints (dive in odd lanes, return in even lanes)

Pace lanes will be available in lanes 11 & 12



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SPRINT LANE PROTOCOL

- 1) Odd lanes will be for one way dive starts
- 2) Even Lanes will be for one way return (swimmers need to stay 6 feet separated while exiting the pool)
- 3) Swimmers need to wear masks at all times while on deck until just prior to getting in the pool until immediately getting out of the pool.
- 4) While waiting for sprints, standing behind the blocks swimmers need to be wearing masks.
- 5) Swimmers are not to walk back to the start end – must return swimming in even lanes

Session Start times (updated 3/16)

Thursday

	Check in	Warm up	Session Start	Session Break
Girls A Flight	6:45am	6:45-7:55am	8:00am	9:45-10:00am
Boys A Flight	10:00am	10:00-11:10am	11:15am	12:26-12:40pm
B-Flight & Distance	12:40pm	12:40-1:25pm	1:30pm	2:35-2:45pm
10U Girls	2:45pm	3:00-3:20pm	3:30pm	4:55-5:10pm
FINALS	5:10pm	5:10pm-6:05pm	6:10pm	7:30pm finish

Friday

	Check in	Warm up	Session Start	Session Break
Boys A Flight	7:15am	7:15-8:25am	8:30am	9:50-10:00am
Girls A Flight	10:00am	10:00-11:10am	11:15am	12:35-12:45pm
B-Flight	12:45pm	12:45-1:35pm (1)	1:40pm	2:15-2:45pm
10U Boys	2:45pm	3:00-3:20pm	3:30pm	4:45-5:00pm
FINALS	5:00pm	5:00-5:55pm	6:00pm	7:40pm finish

Saturday

	Check in	Warm up	Session Start	Session Break
Girls A Flight	7:15am	7:15-8:25am	8:30am	9:50-10:00am
Boys A Flight	10:00am	10:00-11:10	11:15am	12:35-12:50pm
B-Flight	12:50pm	12:50-1:40pm (1)	1:45pm	2:30-2:45pm
10U Girls	2:45pm	3:00-3:20pm	3:30pm	4:45-5:00pm
FINALS	5:00pm	5:00-5:55pm	6:00pm	7:40pm finish

Sunday

	Check in	Warm up	Session Start	Session Break
Boys A Flight	7:15am	7:15-8:20am	8:30am	10:10-10:20am
Girls A Flight	10:20am	10:20-11:30am	11:35am	1:30-1:40pm
B-Flight	1:40pm	1:40-2:20pm (1)	2:25pm	3:15-3:30pm
10U Boys	3:30pm	3:45-4:05pm	4:15pm	5:20-5:35pm
FINALS	5:35pm	5:35-6:30pm	6:35pm	8:00pm finish



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Coaches Check in

Coaches will be permitted into the building at all times the facility is open and there is someone to check you in. Coaches will enter through the first set of doors (Entrance A) on the patio and may proceed to the coaches seating areas.

Please be sure to submit your daily health screening each day (or session if 4+ hours after the initial check in).

[Daily Health Check \(Coaches\)](#)

<https://docs.google.com/forms/d/e/1FAIpQLSeJJVNSuKktLwgUaWjGHh5rc-At1jM0kjFaGERA7GMkvwzSWA/viewform>

Also, please have your USA Swimming credentials to show for each session if asked.

Athlete Check In

Athletes will be allowed into the building as soon as the volunteers and the facility are ready to allow them to enter. We are going to work diligently and quickly to ensure the athletes are checked in efficiently so they have time to set up and can get in the water as soon as they are ready. Athletes will check into the second door (Entrance B) leading into the facility from the patio. Note to swimmers to bring a plastic bag to store your masks & multiple masks to use if one becomes too wet.

[Daily Health Check \(Athletes\)](#)

<https://docs.google.com/forms/d/e/1FAIpQLSdOt3FlxSDDPVeDwnEMeaLRHluIulgopq6oDiYrOV2cIBPkgATA/viewform>

Volunteers

We are looking pretty good on volunteers except the B-Flights need a lot more help and could use a few more marshals for some sessions. If you have swimmers particularly in the B-flight if you could please pass on the following message to them:

To pull a meet off like this it is going to require a lot of people to come together to help. Running meets amid the COVID mitigation efforts is not easy or simple. There are requirements of the facilities as well as the local jurisdictions that we need to follow and enforce. So, every volunteer is a vital part of running a meet. The plain and simple fact is that we will not be able to run this meet without having the required volunteers to manage the meet. There are many officials that will be committing their entire weekend volunteering to support your kids. All that we ask from each parent of the swimmers attending is that you be willing to help during their session.

<https://www.signupgenius.com/go/10c094da9a62ea3fa7-pvswave>

Volunteering is open to anyone willing to abide by the expectations of the position, rules of the facility and meet and Minor Athlete Abuse Prevention Policies from USA Swimming Safe Sport.

daily health screening each day (or session if 4+ hours after the initial check in).

[Daily Health Check \(Volunteers & Officials\)](#)

<https://docs.google.com/forms/d/e/1FAIpQLSeJJVNSuKktLwgUaWjGHh5rc-At1jM0kjFaGERA7GMkvwzSWA/viewform>

Swimmer Staging

We will be staging two heats prior to sending them behind the blocks. Heat 1 will be swimming, heat 2 will be along the competition pool on the scoreboard side and heat 3 will be along the warm up pool on the scoreboard side. Please do not send swimmers over any earlier as there is no staging area for the next heats. Even the 50 free will have plenty of time to get things lined up without the swimmers needing to congregate before the heat. Heat 2 will advance to behind the blocks after heat 1 is completely done swimming. Swimmers may take off their masks once they are behind the blocks.



Finals

Our plan for finals is to make it as fun and as exciting as possible. We will be playing music and providing walk out introductions throughout the final sessions. Staging will be the same as the prelim sessions with heats along the side of the pool.

Walk out music may be requested by sending by the top seed in each event providing an email to music@swimoccs.org no later than the start of warmups for finals: Include Swimmer Name, Event # & description, Artist & song (note if there is not a clean version of the song available then it will substituted without notice).

A-Heat – following the conclusion of the A heat of finals, swimmers may swim an easy 50 and then recognition of the top three finishers will be done on the podium with a picture taken.

Finals Scratch Deadlines:

A-Flight – 30 min after the conclusion of the A-Flight session (this may be an intent that can be acted on if there is a B-Flight event. In this case all final intentions are due 30 min after the B-Flight session is complete).

B-Flight – 30 min after the conclusion of the B-Flight session.

If an event does not have B-Flight entries, the A-Flight deadline is the final deadline for finals for that event.
Visit the

Coach Seating and Viewing

Coaches seating area will surround the warmup and cool down areas of the pool. Coaches may bring their own chair to sit in. Spacing with other coaches is on your own, but everyone should stay 6 feet apart as much as possible. There is also some seating area in the hospitality area and hallway or you may use the patio outside if you prefer more space/ outdoors.

Both sides of the competition course may be used for watching your swimmers compete. However, do not allow your swimmers to stop and talk to you along the competition pool area. If you would like to talk with your swimmer following their race, you must move to the warmup/ cool down portion of the pool area. Please prevent your athletes from congregating around you.

Bathroom Locker room use.

The hallway bathrooms are available for coaches and volunteers. The family changing rooms (2) are all that is available for the athletes. The locker rooms are not available to anyone.

Suit changing is strictly prohibited as is deck changing (including the use of bikini tops for wearing in place of the straps of a competitive suit and then changing back to the competitive suit straps). Swimmers are to arrive in the same suit they plan to compete in. If they are caught using the bathrooms to change or deck changing they will be removed from the meet.

Live Stream

We will have a video stream of the competition available throughout the weekend.

https://www.youtube.com/OccoquanSwimming?sub_confirmation=1

By following the YouTube channel you will be updated when the archives are available to view (normally 24-48 hours after the conclusion of the session).

Hospitality

We will provide a full hospitality offering throughout the swim meet. Limited seating is available in the hospitality area and you are welcome to go outside to eat on the patio (at the entrance of the pool). Among snacks and refreshments throughout, here is what will be prepared in single serving containers throughout the meet:



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Thursday 3/18	Friday 3/19	Saturday 3/20	Sunday 3/21
7:00am- 9:00 breakfast breakfast burritos Fruit Coffee	7:00am-9:00am breakfast Yogurt Breakfast bars Fruit Coffee	7:00am- 9:00 breakfast Chick-fil-A chicken biscuits Fruit Coffee	7:00am- 9:00 breakfast Donuts Fruit Coffee
12:00-1:00pm lunch Italian Hero	12:00 - 2:00pm lunch Charlie Bob's chicken tenders Greek pasta salad	12:00pm -1:00pm lunch Bahn Min sandwiches chips	12:00pm -1:00pm lunch Chicken Caesar salad
Chips	4:30pm – 7:00 dinner Pork lion Salad	4:30pm - 6:00pm dinner Turkey legs salad	4:30pm - 6:00pm dinner Tri-tip salad
5:00pm - 7:00pm dinner Chicken thighs salad			

Meet Marshals

There will be up to nine marshals that will be throughout the facility to keep everyone safe and complying with the rules of the meet and mitigation needs of COVID prevention.

Marshals will be asked to enforce the following:

- 1) Athletes sitting in their designated spaces.
- 2) Athletes wearing masks while out of the pool.
 - a. Straps over the ears and being held without hands.
 - b. Covering mouth and nose.
- 3) Athletes lining up properly prior to the start of their events.
- 4) Athletes not changing in the bathrooms.
- 5) Athletes, officials & coaches completing health attestation prior to entering & temperature readings under 100.4 degrees.
- 6) Coaches wearing masks.
- 7) Coaches not allowing swimmers to congregate.
- 8) Coaches viewing area kept clear of congestion from athletes.
- 9) Officials & other volunteers wearing masks.

Other Notes

- Distance positive check in (Wednesday 6pm/ Saturday 6pm)
- Scratches from prelims – due by 6pm night prior