



2020 ASA October Kick-Off

October 23rd - October 25th, 2020

Sanction # PVD-21-108



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Christopher Schlegel, christopher.schlegel@hotmail.com , (301) 801-0766	Barbara Ship, barb@ships3.com	Kelly Opipari, kellyopipari@gmail.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVD-21-108. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, All Star Aquatics, and Stone Ridge School of the Sacred Heart 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;">Stone Ridge School of the Sacred Heart 9101 Rockville Pike Bethesda, MD 20814 (301) 828-6994</p> <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth range of 12'6 at the starting end and 5' at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 																																	
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, October 20th, 8:00pm</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: 60%;"></th> <th style="width: 20%; text-align: center;">Warm Ups</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;">Friday, October 23rd (NTG, NDG, ASG, and SR)</td> </tr> <tr> <td style="text-align: center;">10&Over 500yd Freestyle</td> <td style="text-align: center;">4:00 – 4:20pm</td> <td style="text-align: center;">4:30pm</td> </tr> <tr> <td colspan="3" style="text-align: center;">Saturday, October 24th & Sunday, October 25th</td> </tr> <tr> <td style="text-align: center;">NTG Group</td> <td style="text-align: center;">6:00 – 6:30am</td> <td style="text-align: center;">6:40am</td> </tr> <tr> <td style="text-align: center;">ASG Group</td> <td style="text-align: center;">7:30 – 8:00am</td> <td style="text-align: center;">8:10am</td> </tr> <tr> <td style="text-align: center;">SRs Group</td> <td style="text-align: center;">9:00 – 9:30am</td> <td style="text-align: center;">9:40am</td> </tr> <tr> <td style="text-align: center;">NDG Group</td> <td style="text-align: center;">10:30 – 10:50am</td> <td style="text-align: center;">11:00am</td> </tr> <tr> <td style="text-align: center;">JRs Group</td> <td style="text-align: center;">12:00 – 12:20pm</td> <td style="text-align: center;">12:30pm</td> </tr> <tr> <td style="text-align: center;">AG2 Group</td> <td style="text-align: center;">1:30 – 1:50pm</td> <td style="text-align: center;">2:00pm</td> </tr> <tr> <td style="text-align: center;">AG1 Group</td> <td style="text-align: center;">3:00 – 3:20pm</td> <td style="text-align: center;">3:30pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> There may not be continuous warm up/warm down space. If time allows, the Meet Director may open the competition pool for a brief warm down. 		Warm Ups	Events	Friday, October 23rd (NTG, NDG, ASG, and SR)			10&Over 500yd Freestyle	4:00 – 4:20pm	4:30pm	Saturday, October 24th & Sunday, October 25th			NTG Group	6:00 – 6:30am	6:40am	ASG Group	7:30 – 8:00am	8:10am	SRs Group	9:00 – 9:30am	9:40am	NDG Group	10:30 – 10:50am	11:00am	JRs Group	12:00 – 12:20pm	12:30pm	AG2 Group	1:30 – 1:50pm	2:00pm	AG1 Group	3:00 – 3:20pm	3:30pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to ASA and select DC Wave swimmers registered as USA Swimming Athletes. 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 & Regulations</i> Article 302. All athletes shall compete at the age attained on the first day of the meet. 																																	

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 (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> • An inherent risk of exposure to COVID-19 exists in any public place where people are present. Covid-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions. • USA Swimming, Potomac Valley Swimming, Stone Ridge School and All Star Aquatics cannot prevent you or your child(ren) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, STONE RIDGE SCHOOL, ALL STAR AQUATICS AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, AND EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITIES OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE, OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. • We have taken enhanced health and safety measures for all attending this meet; however, we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. • By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the State of Maryland, Montgomery County, and Stone Ridge School.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • The following health questionnaire must be filled out by October 22nd or entry into the facility will be denied. https://forms.gle/vuPAFN2xmUx8RfXz8 • Parents must adhere to following ASA Swim Meet (SR Campus) Protocols: https://docs.google.com/document/d/1xUuXqxot9iU633Ki8jj2ZBMRw4oW00yRz5uRd9V_HOw/e/dit?usp=sharing • Athletes should arrive and depart in their suits. Locker room use will not be available. Restrooms will be available for emergency use only. • Athletes should arrive 10 minutes prior to their scheduled warm-up times. If athletes arrive early, they must wait in their car until time to enter the facility. Coaches will wave swimmers in. Athletes must depart the facility immediately upon the completion of their race(s). • Athletes should bring 1 full water bottle to each meet.

	<ul style="list-style-type: none"> • Each swimmer and/or his or her parents is responsible for cleaning and sanitizing his/her belongings before arriving at the facility. • All attendees (athletes, coaches, officials, volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. All coaches, officials, and volunteers will additionally wear a face shield inside the facility. Face shields will be provided by the host club. • All attendees must have their ASA COVID-19 form filled out and on file. • Prior to facility entry, all attendees will receive a touch-less temperature screening. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the facility. • We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID19 after attending the meet. • No spectators will be permitted. The meet will be live streamed on the ASA Facebook Page.
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 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 not 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. • No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • All events are open age group, mixed gender. • 2 or 3 events max per day. Dependent on practice groups. • Swimmers may only attend sessions corresponding to their practice groups.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All 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. • Warm up lanes and times will be assigned by the Meet Director. No more than 4 swimmers will

	be permitted in each warm up lane.
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"> All events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> This meet will not be scored.
AWARDS	<ul style="list-style-type: none"> There will be no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will not be available. The meet will be available on Meet Mobile under "ASA 2020 October Kick-Off"
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"> Officials will be identified in advance and coordinated by the Officials Chair, Kelly Opipari, kellyopipari@gmail.com. Officials interested in volunteering should contact Kelly Opipari, kellyopipari@gmail.com. Please note, the number of officials will be limited in order to maximize the number of swimmers permitted to compete. "Walk on" officials are not welcome. A comprehensive stroke briefing will occur via Zoom on 10/22/20 at 8:00pm.
TIMERS	<ul style="list-style-type: none"> One timer per lane. Each participating club will be responsible for providing its share of timers. Lane assignments will be made in advance.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries will be managed by the Meet Director, Christopher Schlegel, christopher.schlegel@hotmail.com ASA athletes will enter via the ASA Entry system on the ASA website. Meet fees will be billed directly to swimmers' accounts. DCPR will provide an electronic entry file to the Meet Director. DCPR will provide a single check, payable to All Star Aquatics, for all athletes' entry fees. 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 style="text-align: center;">Per Swimmer Surcharge: \$15.00 Individual Event Fee: \$5.00</p> <ul style="list-style-type: none"> Checks payable to All Star Aquatics. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

2020 ASA October Kick-Off

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ALL GROUPS

Warm Up: 4:00 - 4:20pm

Events: 4:30pm

FRIDAY	
Event #	Event
1	Mixed 10&Over 500 FR (NTG, NDG, ASG, and SR)

NTG GROUP

Warm-Up: 6:00 – 6:30am

Events: 6:40am

SATURDAY	
Event #	Event
2	Mixed, Open 200 FL
3	Mixed, Open 200 BK

SUNDAY	
Event #	Event
4	Mixed, Open 200 FR
5	Mixed, Open 200 BR

ASG GROUP

Warm-Up: 7:30 – 8:00am

Events: 8:10am

SATURDAY	
Event #	Event
6	Mixed Open 200 FR
7	Mixed Open 100 FL
8	Mixed Open 100 BK
9	Mixed Open 100 BR
10	Mixed Open 100 FR

SUNDAY	
Event #	Event
11	Mixed Open 200 IM
12	Mixed Open 100 FL
13	Mixed Open 100 BK
14	Mixed Open 100 BR
15	Mixed Open 100 FR

SRs GROUP

Warm-Up: 9:00 – 9:30am

Events: 9:40am

SATURDAY	
Event #	Event
16	Mixed Open 100 FR
17	Mixed Open 100 BR
18	Mixed Open 200 IM

SUNDAY	
Event #	Event
19	Mixed Open 50 FR
20	Mixed Open 100 FL
21	Mixed Open 100 BK
22	Mixed Open 200 FR

NDG GROUP

Warm-Up: 10:30 – 10:50am Events: 11:00am

SATURDAY	
Event #	Event
23	Mixed Open 200 IM
24	Mixed Open 100 BR
25	Mixed Open 50 FR

SUNDAY	
Event #	Event
26	Mixed Open 100 FL
27	Mixed Open 100 BK
28	Mixed Open 100 FR

JRs GROUP

Warm-Up: 12:00 – 12:20pm Events: 12:30pm

SATURDAY	
Event #	Event
29	Mixed Open 200 IM
30	Mixed Open 100 FL

SUNDAY	
Event #	Event
31	Mixed Open 100 BK
32	Mixed Open 100 BR

AG2 GROUP

Warm-Up: 1:30 – 1:50pm Events: 2:00pm

SATURDAY	
Event #	Event
33	Mixed Open 100 FR
34	Mixed Open 50 FL
35	Mixed Open 50 BK

SUNDAY	
Event #	Event
36	Mixed Open 100 IM
37	Mixed Open 50 FR
38	Mixed Open 50 BR

AG1 GROUP

Warm-Up: 3:00 – 3:20pm Events: 3:30pm

SATURDAY	
Event #	Event
39	Mixed Open 100 FR
40	Mixed Open 50 FR
41	Mixed Open 50 FL
42	Mixed Open 25 FL
43	Mixed Open 50 BK

SUNDAY	
Event #	Event
44	Mixed Open 100 IM
45	Mixed Open 25 FR
46	Mixed Open 50 FR
47	Mixed Open 25 BR
48	Mixed Open 50 BR
49	Mixed Open 25 BK