



NCAP-West October Intrasquad Meet

October 24-25, 2020

Sanction # PVQ-21-111

VSI Sanction # VS-21-44DS



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

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-21-111 and Virginia Swimming, Inc: VS-21-44DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swim Club, Virginia Swimming, Inc., and 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"> The pool has 11, 25 yard lanes. 10 lanes will be used for warm-ups. 8 lanes will be used for competition. 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 104.2.2(C). The copy of such certification is on file with USA Swimming. 												
ENTRY DEADLINE	<p style="text-align: center;">Monday, October 19, 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	<p style="text-align: center;">Saturday, October 24th & Sunday, October 25th, 2020</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Session</th> <th>Warm Ups</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>Silver, Gold 2, Gold 3</td> <td>7:00 AM</td> <td>8:00 AM</td> </tr> <tr> <td>Bronze 1, WARF Bronze 2</td> <td>10:45 AM</td> <td>11:45 AM</td> </tr> <tr> <td>Bronze 3, Freedom Bronze 2</td> <td>2:30 PM</td> <td>3:30 PM</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Session	Warm Ups	Events	Silver, Gold 2, Gold 3	7:00 AM	8:00 AM	Bronze 1, WARF Bronze 2	10:45 AM	11:45 AM	Bronze 3, Freedom Bronze 2	2:30 PM	3:30 PM
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Nation's Capital Swim Club swimmers at the "West" site. 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. Swimmers may only compete in the session corresponding to their practice group. 												
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. 												

<p>TIMING SYSTEM</p>	<ul style="list-style-type: none"> • Automatic Timing (touchpads primary) will be used.
<p>COVID-19 CONSIDERATIONS</p>	<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 a 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. • USA Swimming, Inc., 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 against 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, NATION’S CAPITAL SWIM CLUB, AND WARRENTON AQUATIC & RECREATION FACILITY AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY 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, Virginia Swimming, Inc., the Commonwealth of Virginia and Fauquier County.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • Athletes must arrive and depart in their suits. Locker room use will be for emergency use only and will be cleaned between each use by the WARF staff. • All attendees (athletes, coaches, officials and designated volunteers) must wear a mask to enter the WARF and throughout the facility, with the exception of athletes when they are warming up, cooling down, or competing. • Prior to WARF entry, all attendees (athletes, coaches, officials, and designated volunteers) will receive a touchless temperature screening and respond to health screening questions. Any person experiencing any of the following symptoms will not be permitted entry into the WARF: <ul style="list-style-type: none"> ○ Fever (temperature of 100.4°F or higher) or Chills ○ Shortness of Breath or Difficulty Breathing ○ Muscle or Body Aches ○ New Loss of Taste or Smell ○ Congestion or Runny Nose ○ Nausea or Vomiting ○ Cough or Fatigue ○ Headache ○ Sore Throat <p>Any person who returns a higher-than-normal temperature reading from the thermal camera of 100.4°F or higher will not be permitted further access to the facility.</p> • Lead coaches will be responsible for instructing swimmers on procedures the week of the meet. • A designated staff member, official, or volunteer will be in place to observe/marshall COVID-19 guidelines and report back to the coaches and officials on concerns or improvements.

	<ul style="list-style-type: none"> ● Each session will be limited to 80 swimmers. ● Only swimmers, coaches, officials, and designated volunteers will be permitted in the facility. ● Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag behind the starting block in their lane. A meet marshal, wearing protective gloves, will gather the bags containing the swimmers’ masks and place them at the opposite end of the lane that the swimmer is competing in. Upon completion of a heat, an official will direct the swimmers to swim to the opposite end and exit the pool. Swimmers will immediately put their masks back on before they exit the pool deck. ● Swimmers must follow all directions as posted and adhere to all marshals’ directions. ● All swimmers must remain in their designated area for their group until they are called for their event and they must return to their area immediately following their event. ● Swimmers may not enter another swimmer’s “square” of seating. ● Any swimmer, coach, official and/or designated volunteer not following meet protocols will be subject to immediate removal from the meet. ● 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 COVID-19 after attending the meet. ● Spectators will not be permitted. Competition will be live-streamed on the NCAP Facebook page. NCAP-West will provide this information to their families prior to the first day of the meet. ● Contact information for all volunteers will be collected.
<p>RULES</p>	<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 USA Swimming Rules and Regulations, 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. • Gold 1, Gold 2, Gold 3, Silver and Bronze 1 swimmers may enter a maximum of seven (7) individual events and no more than four (4) individual events per session. • Bronze 2 and Bronze 3 swimmers may enter a maximum of six (6) individual events and no more than three (3) individual events per session.
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. The Meet Director may determine the structure of warm-up, including times/lane assignments. • No more than four (4) swimmers will be allowed per lane. • Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag behind the starting block in their lane.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • Meet Marshalls will be placed throughout the designated team areas and on the pool deck to ensure that proper social distancing is adhered to and all facility rules are being followed.
SEEDING	<ul style="list-style-type: none"> • Fastest to Slowest in all events.
SCORING	<ul style="list-style-type: none"> • This meet will not be 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 the coaches, officials and volunteers at the meet. • Programs will be emailed to the families before the first day of the meet.
CREDENTIALS	<ul style="list-style-type: none"> • Parents not working the meet as a deck official, volunteer timer or other position are not permitted in the facility. Only athletes, USA Swimming certified coaches, and deck officials will be permitted in the facility and on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • No spectators will be permitted at this meet.
OFFICIALS	<ul style="list-style-type: none"> • Officials will be identified in advance and coordinated by the Meet Referee, Chris Chmielenski, cchmielenski@comcast.net. • Officials interested in volunteering should contact Chris Chmielenski cchmielenski@comcast.net. Walk-on officials can not be accommodated. • A comprehensive officials briefing will occur via Zoom prior to the meet. • Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups.
TIMERS	<ul style="list-style-type: none"> • The Meet Director will assign the 9 timers for each session before the first day of the meet.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries will be submitted by email to the Meet Director at: fahertyswim@gmail.com
ENTRY FEES	<p style="text-align: center;">Per Swimmer Surcharge: \$5.00 Individual Event Fee: \$7.00</p> <ul style="list-style-type: none"> • Meet Entry fees will be charged to families through the NCAP meet entry system, regardless of participation. If an athlete enters the meet, but does not swim, the family's account will still be charged.

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Session #1 (Silver, Gold 2, Gold 3): Warm-up 7:00-7:50 AM, Events 8:00 AM

Session #2 (Bronze 1, WARF Bronze 2): Warm-up 10:45-11:35 AM, Events 11:45 AM

Session #3 (Bronze 3, FREE Bronze 2): Warm-up 2:30-3:20 PM, Events 3:30 PM

Saturday, October 24

Session # 1		
Event #	AGE	EVENT
1	Open	200 Freestyle
2	Open	100 Backstroke
3	Open	100 Butterfly
4	Open	50 Freestyle
Session # 2		
Event #	AGE	EVENT
5	14 & Under	200 Freestyle
6	14 & Under	50 Backstroke
7	14 & Under	100 Backstroke
8	14 & Under	50 Butterfly
9	14 & Under	100 Butterfly
10	14 & Under	100 Freestyle
11	14 & Under	50 Freestyle
Session # 3		
Event #	AGE	EVENT
12	9-12 Year Olds	50 Backstroke
13	8 & Under	50 Backstroke
14	9-12 Year Olds	50 Butterfly
15	8 & Under	50 Butterfly
16	9-12 Year Olds	100 Freestyle
17	8 & Under	100 Freestyle

Sunday, October 25

Session # 1		
Event #	AGE	EVENT
18	Open	200 Individual Medley
19	Open	100 Freestyle
20	Open	100 Breaststroke
Session # 2		
Event #	AGE	EVENT
21	14 & Under	200 Individual Medley
22	14 & Under	100 Individual Medley
23	14 & Under	100 Freestyle
24	14 & Under	50 Freestyle
25	14 & Under	100 Breaststroke
26	14 & Under	50 Breaststroke
Session # 3		
Event #	AGE	EVENT
27	9-12 Year Olds	100 Individual Medley
28	8 & Under	100 Individual Medley
29	9-12 Year Olds	50 Freestyle
30	8 & Under	50 Freestyle
31	9-12 Year Olds	50 Breaststroke
32	8 & Under	50 Breaststroke