



# NOVEMBER AGE GROUP MEET

November 7<sup>th</sup>-8<sup>th</sup> , 2020

Sanction # PVI-21-126

Hosted by:



<p><b>MEET DIRECTOR</b>          Paris Jacobs (571)238-7657  <a href="mailto:paris@machineaquatics.com">paris@machineaquatics.com</a>  <b>Meet Entry Email:</b>  <a href="mailto:entries@machineaquatics.com">entries@machineaquatics.com</a></p>	<p><b>MEET REFEREE</b>          Courtney Johnston  <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a></p>	<p><b>CLUB OFFICIALS CHAIR</b>          Courtney Johnston  <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a></p>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-21-126</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Machine Aquatics, and Nation’s Capital Swim Club 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 style="text-align: center;"><b>NCAP - Tysons</b>          8101 Wolf Trap Road          Vienna, VA 22180</p> <ul style="list-style-type: none"> <li>The pool at NCAP-Tysons is a 6 lane, 25 yard pool. Four (4) lanes will be used for competition purposes.</li> <li>Water depth of 10’ at the starting end and 4’ at the turning end of the competition course.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Thursday, November 5th, 2020</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 style="text-align: center;"><b>Saturday, November 7<sup>th</sup> &amp; Sunday, November 8<sup>th</sup>, 2020</b></p> <p style="text-align: center;"><b>9-10 Year Old Session</b>  <b>2:00- 2:40PM- Warm Up</b>  <b>2:45PM- Events</b></p> <p style="text-align: center;"><b>11-12 Year Old Session</b>  <b>4:45- 5:30 PM- Warm Up</b>  <b>5:40 PM- Events</b></p> <ul style="list-style-type: none"> <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 invited USA Swimming registered Potomac Valley Swimmers. 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 &amp; Regulations</i> Article 302.</li> </ul>
<b>DISABILITY SWIMMERS</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 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.</li> </ul>

<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic Timing (touchpads primary) will be used.</li> </ul>
<b>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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, MACHINE AQUATICS, AND NATION'S CAPITAL SWIM CLUB 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.</li> <li>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.</li> <li>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 Commonwealth of Virginia and Fairfax County.</li> </ul>
<b>COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>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 staff.</li> <li>All attendees (athletes, coaches, marshals, and officials) must wear masks, with the exception of athletes when warming up, cooling down, and competing.</li> <li>Swimmers should bring a minimum of 2 masks.</li> <li>Before entering your young swimmer, please consider that they can manage themselves for the duration of the meet with only their swim coach and meet staff overseeing them, including being able to visit the bathroom independently.</li> <li>All attendees (athletes, coaches, volunteers, officials, etc.) will complete the Machine Aquatics wellness check link (same as practices) within four (4) hours of arriving at the facility. Green Check from the health screening must be shown before they are permitted in the facility.</li> <li>Each session will be limited to 75 swimmers.</li> <li>Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.</li> <li>Swimmers will wear their masks until they arrive at their lane and they will take it off and hang it on the hook on the starting block. Swimmers will immediately put their masks back on at the completion of their swims before they leave the start end.</li> <li>Swimmers must follow all directions as posted and adhere to all marshal directions.</li> </ul>

	<ul style="list-style-type: none"> <li>Swimmers will walk around the pool deck, exit the pool deck through the designated exit door, and return to their assigned area.</li> <li>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.</li> <li>Swimmers may not enter another swimmer's "square" of seating.</li> <li>Any swimmer not following the meet protocols will be subject to immediate removal from the meet.</li> <li>All coaches, officials, and volunteers must bring their own water bottle and snacks. Hospitality is not permitted per the facility.</li> <li>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.</li> <li>No spectators will be permitted. Competition will be live-streamed via the Machine Aquatics Facebook page via Facebook Live.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), shall govern this meet.</li> <li>No on-deck USA-S registration is permitted.</li> <li>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.</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. 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 not be used at this meet.</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> <li>No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>All events are timed finals.</li> <li>All events are mixed gender.</li> <li><b>Swimmers may enter up to three (3) events per day.</b></li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</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 may determine the structure of warm-up, including times/lane assignments.</li> </ul>

	<ul style="list-style-type: none"> <li>• Warm Up will be assigned per group to ensure no more than 5 swimmers per lane for warm-up.</li> </ul>				
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>				
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>				
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• The meet will be available on Meet Mobile.</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 at all times.</li> </ul>				
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Officials will be identified in advance and coordinated by the Meet Referee, Courtney Johnston, <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a>.</li> <li>• Officials interested in volunteering should contact Courtney Johnston at <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a></li> <li>• Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups.</li> <li>• An officials meeting will be held Friday, November 6<sup>th</sup>, 2020, via Zoom.</li> </ul>				
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• We will have one (1) volunteer parent timer per lane. Lane assignments will be made in advance.</li> <li>• All timers are required to wear masks while timing.</li> </ul>				
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries will be managed by the Meet Director, Paris Jacobs, <a href="mailto:paris@machineaquatics.com">paris@machineaquatics.com</a>. Entries for swimmers registered with Machine Aquatics will be submitted through the Machine Aquatics entry system.</li> <li>• Entry files from other invited clubs should be emailed to <a href="mailto:entries@machineaquatics.com">entries@machineaquatics.com</a>.</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>ENTRY FEES</b>	<table style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding-right: 20px;">Per Swimmer Surcharge:</td> <td>\$7.00</td> </tr> <tr> <td>Individual event fee:</td> <td>\$5.00</td> </tr> </table> <ul style="list-style-type: none"> <li>• Make checks payable to Machine Aquatics. Checks may be mailed to: 204-D Mill Street, NE Vienna, VA 22180</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>	Per Swimmer Surcharge:	\$7.00	Individual event fee:	\$5.00
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Individual event fee:	\$5.00				

# November Age Group Meet

November 7<sup>th</sup> & 8<sup>th</sup>, 2020

## Saturday, November 7<sup>th</sup>, 2020

**9 - 10 Year Old Session**  
**2:00- 2:40PM- Warm Up**  
**2:45PM- Events**

MIXED	EVENT
1	9 YEAR OLD 50 BACKSTROKE
4	10 YEAR OLD 50 BACKSTROKE
2	9 YEAR OLD 100 FREESTYLE
5	10 YEAR OLD 100 FREESTYLE
3	9 YEAR OLD 50 BREASTSTROKE
6	10 YEAR OLD 50 BREASTSTROKE

**11 - 12 Year Old Session**  
**4:45- 5:30 PM- Warm Up**  
**5:40 PM- Events**

MIXED	EVENT
7	11 YEAR OLD 200 FREESTYLE
12	12 YEAR OLD 200 FREESTYLE
8	11 YEAR OLD 100 BUTTERFLY
13	12 YEAR OLD 100 BUTTERFLY
9	11 YEAR OLD 50 BREASTSTROKE
14	12 YEAR OLD 50 BREASTSTROKE
10	11 YEAR OLD 100 BACKSTROKE
15	12 YEAR OLD 100 BACKSTROKE
11	11 YEAR OLD 50 FREESTYLE
16	12 YEAR OLD 50 FREESTYLE

## Sunday, November 8<sup>th</sup>, 2020

**9 - 10 Year Old Session**  
**2:00- 2:40PM- Warm Up**  
**2:45PM- Events**

MIXED	EVENT
17	9 YEAR OLD 50 BUTTERFLY
20	10 YEAR OLD 50 BUTTERFLY
18	9 YEAR OLD 100 INDIVIDUAL MEDLEY
21	10 YEAR OLD 100 INDIVIDUAL MEDLEY
19	9 YEAR OLD 50 FREESTYLE
22	10 YEAR OLD 50 FREESTYLE

**11 - 12 Year Old Session**  
**4:45- 5:30 PM- Warm Up**  
**5:40 PM- Events**

MIXED	EVENT
23	11 YEAR OLD 200 INDIVIDUAL MEDLEY
28	12 YEAR OLD 200 INDIVIDUAL MEDLEY
24	11 YEAR OLD 100 FREESTYLE
29	12 YEAR OLD 100 FREESTYLE
25	11 YEAR OLD 50 BACKSTROKE
30	12 YEAR OLD 50 BACKSTROKE
26	11 YEAR OLD 100 BREASTSTROKE
31	12 YEAR OLD 100 BREASTSTROKE
27	11 YEAR OLD 50 BUTTERFLY
32	12 YEAR OLD 50 BUTTERFLY