



November Senior Meet - **UPDATED!**

November 14th -15th, 2020

Sanction # PVI-21-127

Hosted by:



MEET DIRECTOR Paris Jacobs (571)238-7657 paris@machineaquatics.com	MEET REFEREE Courtney Johnston officials@machineaquatics.com	CLUB OFFICIALS CHAIR Courtney Johnston officials@machineaquatics.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-127. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Machine Aquatics, and Providence RECenter 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;">Providence RECenter 7525 Marc Drive Falls Church, VA 2204 (703) 698-1350</p> <ul style="list-style-type: none"> The pool has 10, 25 yard lanes. 10 lanes will be used for warm-ups. 8 lanes will be used for competition. Water depth ranges from 4.5' (lane 1) - 12.5' (lane 8) at both the starting and turning ends. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). 				
ENTRY DEADLINE	<p style="text-align: center;">Wednesday, November 11th, 2020</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 & SUNDAY EVENT TIMES PER GROUP LEVEL</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; padding: 5px; width: 50%;"> NATIONAL TEAM- WARM UP: 6:30- 7:15AM EVENTS: 7:20 AM </td> <td style="border: 1px solid black; padding: 5px; width: 50%;"> NATIONAL PREP TEAM- WARM UP: 9:30- 10:15 AM EVENTS: 10:20 AM </td> </tr> <tr> <td style="border: 1px solid black; padding: 5px;"> SENIOR LEVEL GROUPS- WARM UP: 12:40- 1:25 PM EVENTS: 1:30 PM </td> <td style="border: 1px solid black; padding: 5px;"> HIGH PERFORMANCE GROUPS- WARM UP: 3:45- 4:30 PM EVENTS: 4:35 PM </td> </tr> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	NATIONAL TEAM- WARM UP: 6:30- 7:15AM EVENTS: 7:20 AM	NATIONAL PREP TEAM- WARM UP: 9:30- 10:15 AM EVENTS: 10:20 AM	SENIOR LEVEL GROUPS- WARM UP: 12:40- 1:25 PM EVENTS: 1:30 PM	HIGH PERFORMANCE GROUPS- WARM UP: 3:45- 4:30 PM EVENTS: 4:35 PM
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ELIGIBILITY	<ul style="list-style-type: none"> Open to invited 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 & 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 (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 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, MACHINE AQUATICS, AND PROVIDENCE RECENTER 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, the Commonwealth of Virginia, and Fairfax County.
COVID-19 PROTOCOLS	<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 staff. • All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks, with the exception of athletes when warming up, cooling down, and competing. • All attendees (athletes, coaches, volunteers, officials, etc.) will submit to a health screening and temperature check before they are permitted in the facility. • Each session will be limited to 85 swimmers using the pool deck/auxiliary class room for seating. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • 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 or put it in a plastic bag and place it behind the blocks. Swimmers will immediately put their masks back on at the completion of their swims. • Swimmers must follow all directions as posted and adhere to all marshal directions. • Swimmers will walk around the pool deck and line back up in the designated area with proper social distancing until they are cleared to return to their designated areas. • 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.

	<ul style="list-style-type: none"> Any swimmer not following the meet protocols will be subject to immediate removal from the meet. All coaches, officials, and volunteers must bring their own water bottle and snacks. Hospitality is not permitted per 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. Competition will be live-streamed via the Machine Aquatics Facebook page via Facebook Live
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. 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 and mixed gender per group level. Swimmers may only compete in the session for their practice group. Swimmers may enter up to three (3) events per day.
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. Warm-up lanes will be assigned to ensure that there will be no more than 5 swimmers per 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.
PROGRAMS	<ul style="list-style-type: none"> The meet will be available on Meet Mobile.

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 Meet Referee, Courtney Johnston, officials@machineaquatics.com. Officials interested in volunteering should contact Courtney Johnston at officials@machineaquatics.com Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. An officials meeting will be held Friday, November 13th, 2020, via Zoom. Walk-on officials cannot be accommodated. 				
TIMERS	<ul style="list-style-type: none"> We will have one (1) volunteer parent timer per lane. Lane assignments will be made in advance. All timers are required to wear masks while timing. 				
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries will be managed by the Meet Director, Paris Jacobs, paris@machineaquatics.com. Entries for swimmers registered with Machine Aquatics will be submitted through the Machine Aquatics entry system. Entry files from other invited clubs should be emailed to entries@machineaquatics.com. 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	<table style="margin-left: auto; margin-right: auto;"> <tr> <td>Per Swimmer Surcharge:</td> <td style="text-align: right;">\$8.00</td> </tr> <tr> <td>Individual event fee:</td> <td style="text-align: right;">\$5.00</td> </tr> </table> <ul style="list-style-type: none"> Make checks payable to Machine Aquatics. Checks may be mailed to: 204-D Mill Street, NE Vienna, VA 22180 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. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. 	Per Swimmer Surcharge:	\$8.00	Individual event fee:	\$5.00
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Individual event fee:	\$5.00				

PARENTS:

PLEASE CLOSELY READ THE EVENT BREAKOUTS BELOW AND BE SURE TO ENTER YOUR SWIMMER INTO THE PROPER EVENT NUMBER BASED ON THEIR GROUP.

NATIONAL TEAM- EVENTS 100-112

SENIOR LEVEL TEAM- 300-312

NATIONAL PREP- EVENTS 200-212

HIGH PERFORMANCE TEAM- 400-412

NATIONAL TEAM EVENTS

WARM UP: 6:30 - 7:15 AM

EVENTS: 7:20 AM

Saturday, November 14th, 2020

MIXED	EVENT
101	200 INDIVIDUAL MEDLEY
102	100 BACKSTROKE
103	200 BREASTSTROKE
104	100 BUTTERFLY
105	50 FREESTYLE
106	500 FREESTYLE* <i>LIMITED HEATS</i>

Sunday, November 15th, 2020

MIXED	EVENT
107	200 BUTTERFLY
108	100 FREESTYLE
109	200 BACKSTROKE
110	100 BREASTSTROKE
111	200 FREESTYLE
112	400 INDIVIDUAL MEDLEY* <i>LIMITED HEATS</i>

NATIONAL PREP GROUP EVENTS

!!!!UPDATED!!!!

WARM UP: 9:30 - 10:15 AM

EVENTS: 10:20 AM

Saturday, November 14th, 2020

MIXED	EVENT
201	200 INDIVIDUAL MEDLEY
202	100 BACKSTROKE
203	200 BREASTSTROKE
204	100 BUTTERFLY
205	50 FREESTYLE
206	500 FREESTYLE* <i>LIMITED HEATS</i>

Sunday, November 15th, 2020

MIXED	EVENT
207	200 BUTTERFLY
208	100 FREESTYLE
209	200 BACKSTROKE
210	100 BREASTSTROKE
211	200 FREESTYLE
212	400 INDIVIDUAL MEDLEY* <i>LIMITED HEATS</i>

SENIOR GROUPS EVENTS

!!!!UPDATED!!!!

WARM UP: 12:40 - 1:25 PM

EVENTS: 1:30 PM

Saturday, November 14th, 2020

MIXED	EVENT
301	200 INDIVIDUAL MEDLEY
302	100 BACKSTROKE
303	200 BREASTSTROKE
304	100 BUTTERFLY
305	50 FREESTYLE
306	500 FREESTYLE* <i>LIMITED HEATS</i>

Sunday, November 15th, 2020

MIXED	EVENT
307	200 BUTTERFLY
308	100 FREESTYLE
309	200 BACKSTROKE
310	100 BREASTSTROKE
311	200 FREESTYLE
312	400 INDIVIDUAL MEDLEY* <i>LIMITED HEATS</i>

HIGH PERFORMANCE GROUPS EVENTS

!!!!UPDATED!!!!

WARM UP: 3:45- 4:30 PM

EVENTS: 4:35 PM

Saturday, November 14th, 2020

MIXED	EVENT
401	200 INDIVIDUAL MEDLEY
402	100 BACKSTROKE
403	200 BREASTSTROKE
404	100 BUTTERFLY
405	50 FREESTYLE
406	500 FREESTYLE* <i>LIMITED HEATS</i>

Sunday, November 15th, 2020

MIXED	EVENT
407	200 BUTTERFLY
408	100 FREESTYLE
409	200 BACKSTROKE
410	100 BREASTSTROKE
411	200 FREESTYLE
412	400 INDIVIDUAL MEDLEY* <i>LIMITED HEATS</i>