



NCAP Tyson's Turkey Bowl

November 21, 2020

Sanction # PVI-21-130



MEET DIRECTOR	MEET REFEREE	ENTRY COORDINATOR
Jeremy Cochran jcochran@nationscapitalswimming.com	Tim Husson tim.husson@gmail.com	Karyn McCannon kmccannon@nationscapitalswimming.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-130. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swimming Inc, TMJ Inc., and the Tyson's 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;">NCAP - Tyson's 8101 Wolftrap Rd. Vienna, VA 22182</p> <ul style="list-style-type: none"> The pool has 6, 25 yard lanes. 4 lanes will be used for competition. Water depth range of 10' at the starting end and 4' 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;">Monday, November 16, 2020 5:00pm</p> <p>IMPORTANT: The above date is the deadline for sites to submit their entries to the Meet Director. Therefore, sites 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, November 21, 2020</p> <p style="text-align: center;">Warm up 1: Tyson's Silver 1: 7:30am – 7:50am Warm up 2: Marymount Gold: 7:55am – 8:15am Warm up 3: Marymount Senior Prep: 8:20am - 8:50am Competition: 9:00am – 11:30am</p> <ul style="list-style-type: none"> Meet Staff reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to registered members of NCAP Tysons Silver 1 and NCAP Marymount Gold and Senior Prep groups ONLY. 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.

<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 SWIMMING, INC, TMJ, INC., AND NCAP TYSON’S 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, the Commonwealth of Virginia, and Fairfax 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 staff. ● All attendees (athletes, coaches, marshals, and officials) must wear masks, with the exception of athletes when warming up, cooling down, and competing. ● Swimmers should bring a minimum of 2 masks. ● All athletes will complete the NCAP 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. ● All coaches, officials, and volunteers must complete this health screening form within four (4) hours of arriving at the facility and will have their temperature checked upon entering the facility. ● 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 place it in a plastic bag or container on the chair behind their lane. Swimmers will immediately put their masks back on at the completion of their swims before they leave the start end. ● Swimmers must follow all directions as posted and adhere to all marshal directions. ● Swimmers will walk around the pool deck, exit the pool deck through the designated exit door, and return to their assigned area

	<ul style="list-style-type: none"> • 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 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 will not be provided. • We request that all attendees notify NCAP Director of Operations, Karyn McCannon, (kmccannon@nationscapitalswimming.com), 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 NCAP Tyson’s 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 mixed gender. • Athletes may enter up to three (3) events.
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 maintain (up to) 5 athletes 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, Tim Husson. Officials interested in volunteering should contact Tim at tim.husson@gmail.com Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. Certified officials working this meet will need to wear a mask for the duration of the meet. A comprehensive official's briefing will be conducted the night prior to the meet via Zoom. Walk-on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> One timer per lane. Each NCAP Site 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 should be submitted by email to the ENTRY COORDINATOR, Karyn McCannon. Include in entry email: entry file, report of entries by name, report of entries by event. In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. The Entry Coordinator will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. 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: \$7.00 Individual Entry Fee: \$5.00</p> <ul style="list-style-type: none"> Payment for entries will be collected through the NCAP Team Unify platform. Entry fees are due with meet entry.

NCAP Tyson's Turkey Bowl

Saturday November 21, 2020

Warm up 1: Tyson's Silver 1: 7:30am – 7:50am

Warm up 2: Marymount Gold: 7:55am – 8:15am

Warm up 3: Marymount Senior Prep: 8:20am - 8:50am

Event #	Event
1	11&Over Mixed 100 Freestyle
2	11&Over Mixed 100 Backstroke
3	11&Over Mixed 100 IM
4	11&Over Mixed 50 Freestyle
5	11&Over Mixed 100 Breaststroke
6	11&Over Mixed 100 Butterfly
7	11&Over Mixed 200 freestyle