



2020 NCAP Winter Intrasquad

December 12-13, 2020

Sanction # PVQ-21-141

VSI-



MEET DIRECTOR	MEET REFEREE	ENTRY COORDINATOR
Jeremy Cochran jcochran@nationscapitalswimming.com	Rich McMillen padre1993@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: PVQ-21-141 and Virginia Swimming Inc: VSI- XXXX In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Nation’s Capital Swimming, and the Freedom Aquatic & Fitness Center 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;">Freedom Aquatic & Fitness Center 10900 University Boulevard Manassas, Virginia 20110-2203 (703) 993-8350</p> <ul style="list-style-type: none"> Competition: 10 Lanes, 25 yards. 21 lanes available for warmup Water depth ranges from 13.5’ at the starting end to 6’ 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, December 7, 2020 at 5:00pm</p> <p>IMPORTANT: The above date is the deadline for sites to submit entries to ENTRY COORDINATOR.</p>
SCHEDULE	<p style="text-align: center;">Saturday, December 12, 2020</p> <p style="text-align: center;">Session 1: Warm up 6:00-6:50 am. Events 7:00am Session 2: Warm up 9:00-9:50 am. Events 10:00am</p> <p style="text-align: center;">Sunday, December 13, 2020</p> <p style="text-align: center;">Session 3: Warm up 6:00-6:50 am. Events 7:00am Session 4: Warm up 9:00-9:50 am. Events 10:00am Session 5: Warm up 12:00-12:50 pm. Events 1:00pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to registered NCAP Athletes in specific training groups (as noted on the event schedule). 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, VIRGINIA SWIMMING INC, NATION’S CAPITAL SWIMMING, INC., AND THE FREEDOM AQUATIC & FITNESS CENTER 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 Prince William County.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently. • Athletes must arrive and depart in their suits if possible. Locker room use must be minimized. All athletes will be escorted to the restroom for emergency use only. Facility housekeeping will be on site to clean as necessary. • Coaches, officials, volunteers, and athletes must wear masks at all times, with the exception of athletes warming up, cooling down, or competing. • Swimmers should bring a minimum of 2 masks. • All athletes will complete the NCAP wellness check link (same as practices) prior to arrival. It can be completed no earlier than 8pm the night prior to the assigned session. Coaches will be on hand to assist with athlete check in. 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 in advance 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. • This meet will be limited to 100 athletes per session. • 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.

	<ul style="list-style-type: none"> • For Relays, only the swimmer at the starting blocks may take their mask off. After completing their leg of the relay, the swimmer will exit the pool and immediately put on their mask. Swimmers will maintain 6 feet of separation at all times while lining up and behind the blocks. • Traffic on the pool deck will be in one direction only. • Swimmers must follow all directions as posted and adhere to all marshal directions. • We request that all attendees notify the 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 COVID-19 after attending the meet. <p style="text-align: center;">ANY ATHLETE, COACH OR VOLUNTEER FOUND TO BE WILLFULLY DISREGARDING ANY OF THESE PROCEDURES OR NOT FOLLOWING MARSHAL DIRECTIONS WILL BE REMOVED FROM THE FACILITY WITHOUT RECOURSE.</p>
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 Directors 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, combined age groups. • Athletes may only compete in the session for their practice group. • Entry limits are SESSION SPECIFIC: <ul style="list-style-type: none"> ○ Sessions 1 & 2: <ul style="list-style-type: none"> ◇ Athletes can enter a maximum of 2 events, UNLESS THEY ARE ENTERING THE 500 FR or 400 IM, in which case they may enter 3 events. ◇ Athletes can select ONE event from Events #1-5, and/or ONE event from Events #6-10, ◇ Entries for 500 FR and 400 IM may be limited based on timelines. Coaches will be notified if entries need to be removed. ○ Session 3: <ul style="list-style-type: none"> ◇ Athletes may enter a MAXIMUM 3 EVENTS ◇ Entries for 500 FR and 400 IM may be limited based on timelines. Coaches will be notified if entries need to be removed.

	<ul style="list-style-type: none"> ○ Sessions 4 & 5: <ul style="list-style-type: none"> ◇ Athletes may enter a MAXIMUM of 3 events. ◇ Athletes may CHOSE ONLY ONE (1) EVENT of each stroke choice ◇ Entries may be limited based on timelines as needed. ● Entries for 500 FR and 400 IM may be limited based on timelines. Coaches will be notified if entries need to be removed. ● All swimmers must provide their own counter (if desired) for the 500 yd Freestyle. Counters must be swimmers, coaches, or volunteers already present for the session.
WARM-UP	<ul style="list-style-type: none"> ● The prescribed PVS warm-up procedures and safety policies will be followed. ● All lanes will be available for warm up during the pre-session warm up time. We will evaluate if cool down lanes are needed on a session by session basis. ALL LANES WILL MAINTAIN THE 5 ATHLETE PER LANE LIMIT AT ALL TIMES.
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, Rich McMillen. Officials interested in volunteering should contact him directly at padre1993@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 participating 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 (kmccannon@nationscapitalswimming.com). ● 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: \$10.00 Individual event fee: \$6.00</p> <ul style="list-style-type: none"> ● Make checks payable to NCAP. Checks may be mailed to 8101 Wolftrap Rd, Vienna VA 22182. ● Entry fees are due with meet entry.

NCAP Winter Intrasquad

December 12, 2020

Session 1 Warm up 6:00-6:50am, Events 7:00am
Burke Gold 1, Burke Gold 2, GP Silver 1, GP Silver 2, DS Silver 1

Session 2 Warm up 9:00-9:50am, Events 10:00am
Burke Gold 3, Burke Silver, Marymount Silver 1, Marymount Silver 2

SESSION 1		SESSION 2
EVENT #	EVENT	EVENT #
1	500 FREESTYLE	22
2	100 BACKSTROKE	23
3	100 BREASTSTROKE	24
4	100 BUTTERFLY	25
5	100 FREESTYLE	26
6	200 BACKSTROKE	27
7	200 BREASTSTROKE	28
8	200 BUTTERFLY	29
9	200 IM	30
10	200 FREESTYLE	31
11	50 FREESTYLE	32
12	100 BACKSTROKE	33
13	100 BREASTSTROKE	34
14	100 BUTTERFLY	35
15	100 FREESTYLE	36
16	200 BACKSTROKE	37
17	200 BREASTSTROKE	38
18	200 BUTTERFLY	39
19	400 IM	40
20	200 FREESTYLE	41
21	50 FREESTYLE	42

Session Specific Rules:

- Athletes can select ONE event from Events #1-5, **OR** ONE event from Events #6-10
- Athletes can enter a maximum of 2 events- UNLESS THEY ARE ALSO SELECTING THE 500 FR or 400 IM, in which case they may swim 3 events.
- Entries for 500 FR and 400 IM may be limited based on timelines. Coaches will be notified if entries need to be removed.

NCAP Winter Intrasquad

December 13, 2020

Session 3 Warm up 6:00-6:50am, Events 7:00am
GP Gold 2, GP Gold 3, TY Gold 1, TY Gold 2, TY Silver 1

SESSION 3

EVENT #	EVENT
43	200 FREESTYLE
44	100 BACKSTROKE
75	13&Under 50 FREESTYLE
45	200 BREASTSTROKE
46	100 BUTTERFLY
76	50 BREASTSTROKE
47	200 IM
48	100 FREESTYLE
77	50 BACKSTROKE
49	200 BACKSTROKE
50	100 BREASTSTROKE
78	50 BUTTERFLY
51	200 BUTTERFLY
52	50 FREESTYLE
53	400 IM
54	500 FREESTYLE

Session Specific Rules:

- Athletes can enter a MAXIMUM 3 EVENTS
- Entries for 500 FR and 400 IM may be limited based on timelines. Coaches will be notified if entries need to be removed.

NCAP Winter Intrasquad

December 13, 2020

Session 4 Warm up 9:00-9:50am, Events 10:00am
GP Bronze, TY Bronze 1, TY Bronze 2, West 8&Under Invited Athletes

Session 5 Warm up 12:00-12:50pm, Events 1:00pm
CM Bronze 1, CM Bronze 2, MM Bronze 1, MM Bronze 2, DS Bronze 1, DS Bronze 2

SESSION 4		SESSION 5
EVENT #	EVENT	EVENT #
100	800 FREESTYLE RELAY	N/A
55	100 BUTTERFLY	65
56	50 BUTTERFLY	66
57	100 BACKSTROKE	67
58	50 BACKSTROKE	68
59	100 BREASTSTROKE	69
60	50 BREASTSTROKE	70
61	100 FREESTYLE	71
62	50 FREESTYLE	72
63	200 IM	73
64	100 IM	74

Session Specific Rules:

- Athletes can enter a **MAXIMUM** of 3 events.
- Athletes can **CHOOSE ONLY ONE (1) EVENT** of each stroke choice
- Entries may be limited based on timelines as needed.