



January Souper Bowl

January 24, 2021

Sanction # PVI-21-146

VSI Sanction # VS-21-105DS



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Matt Salerno fairfaxfoxes@gmail.com	Tim Husson tim.husson@gmail.com	Nancy Bailey nsbailey85@yahoo.com Officials Signup

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-146 and Virginia Swimming: VS-21-105DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Fairfax Foxes Swimming, and the Warrenton Aquatic and 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;">Warrenton Aquatic and Fitness Center 800 Waterloo Road Warrenton, VA 20186</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). 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;">January 15, 2021</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	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2"></th> <th style="text-align: center;">Warm Ups</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="4">Sunday, January 24, 2021</td> </tr> <tr> <td>Session 1</td> <td>Mixed 11-12s</td> <td style="text-align: center;">7:00am – 7:45am</td> <td style="text-align: center;">7:50am</td> </tr> <tr> <td>Session 2</td> <td>Mixed 10 and Under</td> <td style="text-align: center;">9:50am – 10:35am</td> <td style="text-align: center;">10:40am</td> </tr> <tr> <td>Session 3</td> <td>Mixed 13 & Over</td> <td style="text-align: center;">12:40pm – 1:35pm</td> <td style="text-align: center;">1:40pm</td> </tr> <tr> <td>Session 4</td> <td>Open 1000-yard free</td> <td style="text-align: center;">4:10pm – 4:40pm</td> <td style="text-align: center;">4:45pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 			Warm Ups	Events	Sunday, January 24, 2021				Session 1	Mixed 11-12s	7:00am – 7:45am	7:50am	Session 2	Mixed 10 and Under	9:50am – 10:35am	10:40am	Session 3	Mixed 13 & Over	12:40pm – 1:35pm	1:40pm	Session 4	Open 1000-yard free	4:10pm – 4:40pm	4:45pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Fairfax Foxes members and other invited teams from PVS. Teams wishing to receive an invitation should contact the meet director. 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 and 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>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 <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 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 & Under events per Rule 205.3.1F. • Deck entries will not be accepted.
<p>EVENT RULES</p>	<ul style="list-style-type: none"> • Athletes shall compete at the age attained on the first day of the meet. Athletes may only compete in events of his/her own age group. • All events are timed finals. • Events will be pre-seeded. Athletes will be notified of their individual warm-up sessions along with a heat and lane for warm-up. • Athletes may enter a maximum of four (4) individual events per session. • Session 4 limited to the first 32 participants. • Swimmers age 11-12 may participate in either Session 1 or Session 4. • Swimmers age 10&U may participate in either Session 2 or Session 4. • Swimmers in Session 4 may designate one (1) counter for the 1000 Freestyle, but the counter must be either (i) a swimmer already entered in the meet; or (ii) a coach or volunteer already present at the session.
<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 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., FAIRFAX FOXES SWIMMING, AND WARRENTON AQUATICS AND FITNESS CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS

	<p>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.</p> <ul style="list-style-type: none"> • 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 Fauquier County.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • All attendees (athletes, coaches, officials, volunteers, spectators) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. • Athletes must arrive and depart in their suits. Locker room use is minimized to emergency use only. • Spectators will not be permitted into the facility. • The meet will be live streamed on the Foxes Facebook page. Check the “events” tab for live streaming, which will be shared with participating families. • Before registering 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. • Each session will be limited to 75 swimmers. Swimmers will be assigned to a seating area. Seating areas are marked to allow for social distancing. • All participating athletes will complete an electronic waiver that outlines the risks associated with the competition and acknowledges their full cooperation with WARF. • Athletes will enter the facility using the lower-level rear entrance near the playground. After being cleared to enter the facility by a temperature check administered by a coach or volunteer, athletes will be directed to their seating area by their coach. These areas include the stands, dance room, upstairs hallway, or downstairs recreational pool area. Areas have been marked for athletes to distance 6 – 10 feet while in the building. Areas have been marked for up to 75 athletes. • Coaches, officials, and designated volunteers will enter the facility using the main entrance where they will receive a health screening and touchless temperature check. Once cleared, they will receive a wristband for the day so they will not need to be rescreened upon reentry should they exit the building at any point. • 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 who returns a higher-than-normal temperature reading (100.4°F or higher) from the thermal camera of will not be permitted further access to the facility. 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

	<ul style="list-style-type: none"> • For warm-ups, swimmers for each session will be assigned to one of two warmup groups, no more than 40 swimmers in each group (4 swimmers per lane). Each group will be assigned an arrival time with a corresponding number of lanes. • Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines. • One timer will be assigned to each lane as a backup timer. Markings on the ground will separate the swimmers from the timers while staging and entering/exiting the pool. • A designated staff member, official, or volunteer will be in place to observe/marshal COVID-19 guidelines and report back to the coaches and officials on concerns or improvements. • 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 them off and place them 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. • For events 50 yd and longer, swimmers will swim 25 yards for warm down upon completion of a race. Swimmers will arrive at the opposite end of the pool upon completion of their race to exit the pool and retrieve their masks. Swimmers will immediately put their masks back on before they exit the deck. • 25 yd events will start at the turn end of the course. 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. • 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. • Contact information for all volunteers will be collected. • 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.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded. Swimmers unavailable to participate in the meet should contact the meet director as soon as they are aware of their absence.
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 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 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. • No spectators will be permitted in the facility. Swimmers and coaches may not bring personal chairs on the pool deck.
SEEDING	<ul style="list-style-type: none"> • With the exception of the 1000 yd Freestyle, all events will be seeded slowest to fastest. • The 1000 yd Freestyle will be seeded fastest to slowest.
SCORING	<ul style="list-style-type: none"> • This meet will not be scored.

AWARDS	<ul style="list-style-type: none"> • There are no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> • Meet programs 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 interested in volunteering should complete the Officials Signup or contact the Fairfax Foxes Officials' Chair, Nancy Bailey (nsbailey85@yahoo.com), or the Meet Referee Tim Husson (tim.husson@gmail.com). • Walk-on officials cannot be accommodated. • Officials volunteering for this meet should report to the meet referee upon arrival. A comprehensive officials briefing will take place on the evening of Friday, January 22, 2021.
TIMERS	<ul style="list-style-type: none"> • One Timer per lane. • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • All sessions, including Session 4, will have assigned timers. Clubs are strongly encouraged to have family members volunteer based on their child's meet participation.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to fairfaxfoxes@gmail.com • Include in the subject of the email, "January Souper Bowl, ****" with the club's initials in place of the asterisks. • 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 Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director (fairfaxfoxes@gmail.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	<p>Per Swimmer Surcharge: \$10.00 Individual event fee: \$6.00</p> <ul style="list-style-type: none"> • Make checks payable to Fairfax Foxes Swimming. Checks may be mailed to: Fairfax Foxes Swimming 7932 Ellet Road Springfield, VA 22151 • Each club is requested to remit one check to cover the entry fees for the entire team. • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

January Souper Bowl, hosted by FFXF

January 24, 2021

Session 1 – 11 and 12s

Warm-up at 7am / Events begin at 7:50am

Event #	AGE	EVENT
1	Mixed 11 and 12	100 Freestyle
2	Mixed 11 and 12	100 Breaststroke
3	Mixed 11 and 12	50 Butterfly
4	Mixed 11 and 12	100 Backstroke
5	Mixed 11 and 12	50 Freestyle
6	Mixed 11 and 12	200 Freestyle
7	Mixed 11 and 12	100 IM
8	Mixed 11 and 12	100 Butterfly

Session 3 - 13 and Overs

Warm-up at 12:40pm / Events begin at 1:40pm

Event #	AGE	EVENT
17	Mixed 13 and Over	200 Freestyle
18	Mixed 13 and Over	200 Butterfly
19	Mixed 13 and Over	100 Breaststroke
20	Mixed 13 and Over	50 Freestyle
21	Mixed 13 and Over	400 IM
22	Mixed 13 and Over	200 Backstroke
23	Mixed 13 and Over	100 Freestyle
24	Mixed 13 and Over	200 IM

Session 2 – 10 and Unders

Warmup at 9:50am / Events begin at 10:40am

Event #	AGE	EVENT
9	Mixed 8 and Under	25 Freestyle
10	Mixed 10 and Under	50 Breaststroke
11	Mixed 8 and Under	25 Backstroke
12	Mixed 10 and Under	50 Butterfly
13	Mixed 10 and Under	100 Freestyle
14	Mixed 10 and Under	100 IM
15	Mixed 10 and Under	50 Backstroke
16	Mixed 10 and Under	50 Freestyle

Session 4 - 1000-yard Freestyle Session

Warm-ups at 4:10pm / Events begin at 4:45pm

Event #	AGE	EVENT
25	Mixed Open	1000 Freestyle*

* The 1000 Freestyle will be swum fastest to slowest. Swimmers may designate 1 counter, if desired; counter must be a swimmer entered in the meet, or a coach or volunteer already present for Session 4.