



February Middle Distance Meet

February 28, 2021

Sanction # PVQ-21-155



MEET DIRECTOR Kristin Bryant Wolff kristin@yorkswim.com	MEET REFEREE Ben Holly Bholly6275@gmail.com	CLUB OFFICIALS CHAIR Carolyn Kotarski ckotarski@gmail.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-21-155. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, York Swim Club, 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 22042 (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 <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
ENTRY DEADLINE	Entries are due by 11:00 pm on Sunday, January 31, 2021
SCHEDULE	<p style="text-align: center;">Sunday, February 28, 2021 Warm-Up 5:40-6:00 am and 6:05-6:25 am Events Begin 6:30 am</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 and invited York Swim Club members 11 & Over who completed the interest form. 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.
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.

	<ul style="list-style-type: none"> • 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, YORK SWIM CLUB, 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.
<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 must be sanitized after each use. Family bathroom will be reserved for coach, official, and volunteer use. • All attendees (swimmers, coaches, officials and volunteers) must bring their own water bottle and snacks. Hospitality will not be provided. • All attendees will enter and exit the facility through the patio doors. From the parking lot, attendees will walk down the access road located to the right of the main entrance and proceed through the gate where the Health Attestation and touchless temperature screenings will be completed. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted to enter the facility. • All attendees (athletes, coaches, officials, volunteers) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when competing or warming up/cooling down. • Athletes will bring a plastic zipper bag with their name on it in which to place their masks when they are in the water. • All attendees will be required to complete and submit a health attestation no more than four hours prior to entering the facility. <ul style="list-style-type: none"> ○ Oak Marr Athlete Health Attestation ○ Yorktown Athlete Health Attestation ○ Renaissance/Reston Health Attestation ○ Official, Timer, Volunteer Health Attestation • Any attendee failing or refusing to comply with any of these Protocols will be prohibited from entering the facility and/or asked to leave the facility. • The meet will be limited to a maximum of 80 swimmers. • Athletes will be assigned a social distanced spot (marked with a tape X) in the bleachers or in the facility multi-purpose rooms for the duration of the meet to ensure proper 10' social distancing when possible. Swimmers will remain in their assigned spot except while participating in warm ups and competition. Swimmers may not enter another swimmer's designated area. • A Clerk of Course will be used to maintain social distance and organize each heat of swimmers for all events offered. • No spectators will be permitted. Competition will be live-streamed. Details will be sent to participating families and posted on the York Swim Club website by Friday, February 5, 2021.

	<ul style="list-style-type: none"> We request that all attendees notify the meet director as quickly as possible should they test positive for COVID-19, show symptoms, or have been in contact with anyone exposed or tested positive for COVID-19 after attending the meet.
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 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 & 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 11-18 Year Old and mixed gender. 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. Swimmers may enter up to two (2) 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 Ups will have two 20 minute sessions. Each session will consist of no more than 40 swimmers total, no more than four (4) swimmers per lane. Swimmers will be assigned a warm up session.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
PROGRAMS	<ul style="list-style-type: none"> Programs will be emailed out to participating families by Friday, February 5, 2021.
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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> This meet will have no spectators. This meet will be live-streamed. Details will be sent to participating families and posted on the York Swim Club website by Friday, February 5, 2021.

OFFICIALS	<ul style="list-style-type: none"> Officials will be identified in advance and coordinated by the York Officials Chair, Carolyn Kotarski, ckotarski@gmail.com. Officials interested in volunteering should contact the Officials Chair. 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 online on Friday, February 5, 2021. Walk-on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> One timer per lane. Lane assignments will be made in advance. All timers are required to wear a mask while timing.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries will be managed by the Meet Director, Kristin Bryant Wolff, kristin@yorkswim.com. Entries will be submitted through the York Swim Club entry system. 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 Fee: \$25.00</p> <ul style="list-style-type: none"> Entry Fees will be billed to each family's online York Swim Club account to be paid with your designated payment preference. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

November Senior Challenge

Sunday, February 28, 2021

Warm Ups: 5:40 am, Events Begin: 6:30 am

Event Number	EVENT
1	Mixed 11-18 200 Yard Breaststroke
2	Mixed 11-18 500 Yard Freestyle*
3	Mixed 11-18 200 Yard Butterfly
4	Mixed 11-18 400 Yard Individual Medley*
5	Mixed 11-18 200 Yard Backstroke

*Coach's permission is needed before registering for the 500 Yard Freestyle or 400 Yard Individual Medley.