



# Catching Waves Championships

March 12-14<sup>th</sup>, 2021

9 & Over Meet

Sanction # PVD-21-177

Hosted by:



<p><b>MEET DIRECTOR</b> Paris Jacobs (571)238-7657 <a href="mailto:paris@machineaquatics.com">paris@machineaquatics.com</a> Meet Entry Email: <a href="mailto:entries@machineaquatics.com">entries@machineaquatics.com</a></p>	<p><b>MEET REFEREE</b> Courtney Johnston <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a></p>	<p><b>CLUB OFFICIALS CHAIR</b> Courtney Johnston <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a> <a href="#">Officials Signup</a></p>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVD-21-177</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Machine Aquatics, and The St. James: Sports, Wellness &amp; Entertainment Complex 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.</li> </ul>																					
<b>FACILITY</b>	<p style="text-align: center;"><b>The St. James: Sports and Wellness &amp; Entertainment Complex</b> 6805 Industrial Road Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"> <li>The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool.</li> <li>Water depth of 7'4" at the starting end and 4' at the turning end of the competition course.</li> <li>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.</li> </ul>																					
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Wednesday, March 3<sup>rd</sup>, 2021</b></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>																					
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Friday, March 12<sup>th</sup>, 2021</b></p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Ages</th> <th>Warm Up</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>9-10 Years Old</td> <td>9:30- 10:25 AM</td> <td>10:30 AM</td> </tr> <tr> <td>11 &amp; Over</td> <td>12:40- 1:40 PM</td> <td>1:45 PM</td> </tr> </tbody> </table> <p style="text-align: center;"><b>Saturday, March 13<sup>th</sup> &amp; Sunday March 14<sup>th</sup>, 2021</b></p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Ages</th> <th>Warm Up</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>15- 18 Years Old</td> <td>6:30- 7:30 AM</td> <td>7:40 AM</td> </tr> <tr> <td>13-14 Years Old</td> <td>9:50- 10:50 AM</td> <td>10:55 AM</td> </tr> <tr> <td>11-12 Years Old</td> <td>1:10- 2:10 PM</td> <td>2:15 PM</td> </tr> </tbody> </table> <p><b>** NOTE: WE ANTICIPATE HAVING TO SEPARATE AT LEAST ONE OF THESE SESSIONS TO MAKE ROOM FOR ALL SWIMMERS ONCE ENTRIES ARE RECEIVED.</b></p> <ul style="list-style-type: none"> <li><b>Meet Director reserves the right to adjust times/sessions after entries are received.</b></li> </ul>	Ages	Warm Up	Events	9-10 Years Old	9:30- 10:25 AM	10:30 AM	11 & Over	12:40- 1:40 PM	1:45 PM	Ages	Warm Up	Events	15- 18 Years Old	6:30- 7:30 AM	7:40 AM	13-14 Years Old	9:50- 10:50 AM	10:55 AM	11-12 Years Old	1:10- 2:10 PM	2:15 PM
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to USA Swimming registered swimmers from MACHINE AQUATICS &amp; NATION'S CAPITAL SWIM CLUB.</li> <li>No swimmer will be permitted to compete in the meet unless the swimmer is registered as an</li> </ul>																					

	<p>athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302.</p> <ul style="list-style-type: none"> <li>• Swimmers must have a slower verifiable time than the SCY qualifying times listed.</li> <li>• Qualifying times must have been achieved on or after March 1, 2019. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets.</li> <li>• Entries with a “No Time” (NT) will not be accepted. Swimmers must have a verifiable time for any event entered that is “No Faster Than” (NFT) the posted time in the event.</li> <li>• Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event, will result in the swimmer being scratched from that event.</li> <li>• <b>Only open to swimmers not competing in the PVS Championship Meet Series regardless of events.</b></li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>• PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>
<b>INCLEMENT WEATHER</b>	<ul style="list-style-type: none"> <li>• In the event of inclement weather, the Meet Director and Meet Referee will work with the facility manager to make any necessary changes. Any necessary changes will be communicated via email.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic Timing (touchpads primary) will be used.</li> </ul>
<b>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• 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 THE ST. JAMES: SPORTS WELLNESS &amp; ENTERTAINMENT COMPLEX 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.</li> <li>• 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.</li> <li>• 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.</li> </ul>

**COVID-19  
PROTOCOLS**

- 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 St. James.
- 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. Non-members of The St. James must complete the [St. James Self-Health Assessment and Participation Terms & Conditions](#) no earlier than 12 hours before attending (specify STJ Swimming Rental as “Sport”). Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the Complex.
- Each session will be limited to no more than 110 swimmers.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- During warm-ups, swimmers will wear their masks until they arrive at their lane. They will put it in a plastic zipper bag behind their lane. Once warm-ups are completed, swimmers will immediately put their masks back on.
- During competition, swimmers will wear their masks until they arrive at their lane and they will take it off and put it in a plastic zipper bag. The zipper bag will be placed beneath their block. Swimmers will immediately put their masks back on at the completion of their swims before they leave the bulkhead.
- Swimmers must follow all directions as posted and adhere to all marshal directions.
- Swimmers seated in the stands will enter the pool deck through the stairwell on the shallow end of the pool. They will return to their assigned area via the same stairwell. Volunteers will ensure one-way traffic on the stairwell at all times. Swimmers seated in the splash park area will access the competition area while walking against the “scoreboard” wall and merge into the staging area by walking behind the turn end of the competition pool. Upon completion of their race, upon leaving the bulkhead, swimmers will return to the splash park area while walking against the scoreboard wall. The marshal at the end of the bulkhead will ensure that there are no swimmers walking in both directions at the scoreboard wall.
- Swimmers will walk around the pool deck and line back up in the designated area with proper social distancing until they are cleared to go up the stairs back to their seated area.
- All swimmers must remain in their designated area for their group (stands, splash area or hallway) 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.
- Swimmers must wear DRY MASKS so swimmers are required to bring multiple masks for the day.
- 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 COVID-19 after attending the meet.
- No spectators will be permitted. Competition will be live-streamed via the MACHINE AQUATICS Facebook page (<https://www.facebook.com/Machineaquatics>)

<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> (“MAAPP”), shall govern this meet.</li> <li>• No on-deck USA-S registration is permitted.</li> <li>• 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts will not be used.</li> <li>• <b>Effective September 1, 2020, <a href="#">Technical Suits may not be worn by any 12&amp;Under USA Swimming athlete member</a> in competition at any Sanctioned, Approved or Observed meet.</b></li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> <li>• No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are TIMED FINALS.</li> <li>• Breaks will be taken every 3 events to present the event winners.</li> <li>• <b>Swimmers in 11 &amp; Over sessions may enter up to two (2) events per day and no more than five (5) events for the meet.</b></li> <li>• <b>Swimmers in the 9-10 session may enter up to three (3) events on Friday.</b></li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Warm Up will be assigned per group to ensure no more than 5 swimmers per lane for warm-up.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>• Officials will be identified in advance and coordinated by the Meet Referee, Courtney Johnston, <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a>. Officials interested in volunteering should complete the <a href="#">Officials Signup</a> or contact the Meet Referee (<a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a>).</li> <li>• Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups.</li> </ul>

	<ul style="list-style-type: none"> <li>• An officials meeting will be held Thursday, March 11<sup>th</sup>, 2021 via Zoom.</li> <li>• Walk-on officials cannot be accommodated.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• We will have one (1) volunteer parent timer per lane.</li> <li>• There will be (2) head timers.</li> <li>• All timers are required to wear masks while timing. Swimmers who are timing will remove their mask AFTER the current heat has concluded must hang their mask on the block hook or in provided plastic baggie for their event.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries for this meet will be submitted through Machine &amp; NCAP Entry Procedure system.</li> <li>• All hy-tek entry files should be sent to Paris Jacobs @ <a href="mailto:entries@machineaquatics.com">entries@machineaquatics.com</a></li> <li>• 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.</li> </ul>
<b>ENTRY FEES</b>	<p style="text-align: center;">Per Swimmer Surcharge:        \$15.00</p> <p style="text-align: center;">Individual event fee:                \$15.00</p> <ul style="list-style-type: none"> <li>• Make checks payable to Machine Aquatics. Checks may be mailed to: 204-D Mill Street, NE Vienna, VA 22180</li> </ul>

# Chasing Waves Championships

March 12-14<sup>th</sup>, 2021

## FRIDAY SESSION TIMES

Ages	Warm Up	Events
9-10 Timed Finals	9:30- 10:25 AM	10:30 AM
11 & Over Timed Finals	12:40- 1:40 PM	1:45 PM

## 9-10 SESSION - TIMED FINALS

Women	NFT	EVENT	NFT	Men
1	1:30.38	100 FLY	1:30.38	2
3	32.68	50 FREE	32.58	4
5	1:22.48	100 BACK	1:22.48	6
7	43.08	50 BREAST	43.58	8
9	1:22.08	100 IM	1:21.78	10
11	37.08	50 FLY	37.38	12
13	1:12.28	100 FREE	1:11.28	14
15	38.28	50 BACK	38.48	16
17	1:33.98	100 BREAST	1:33.98	18

## 11 & OVER SESSION - TIMED FINALS

Women	NFT-11 YR	NFT-12 YR	NFT	EVENT	NFT	NFT-11 YR	NFT-12 YR	MEN
19 & 19A	2:33.38	2:31.38		11-12 200 BACK		2:34.68	2:32.68	20 & 20A
Women	NFT-13 YR	NFT-14 YR	NFT	EVENT	NFT	NFT-13 YR	NFT-14 YR	MEN
21 & 21A	2:19.98	2:17.98		13-14 200 BACK		2:13.98	2:11.98	22 & 22A
Women			NFT	EVENT	NFT			MEN
23			2:17.98	15-18 200 BACK	2:08.98			24
Women	NFT-11 YR	NFT-12 YR	NFT	EVENT	NFT	NFT-11 YR	NFT-12 YR	MEN
25 & 25A	1:12.18	1:11.18		11-12 100 IM		1:12.28	1:11.28	26 & 26A
Women			NFT	EVENT	NFT			MEN
27			2:26.98	15-18 200 FLY	2:12.08			28
Women	NFT-13 YR	NFT-14 YR	NFT	EVENT	NFT	NFT-13 YR	NFT-14 YR	MEN
29 & 29A	2:29.98	2:27.98		13-14 200 FLY		2:19.98	2:17.98	30 & 30A

# Chasing Waves Championships

March 12-14<sup>th</sup>, 2021

## SATURDAY SESSION TIMES

Ages	Warm Up	Events
15- 18 Years Old	6:30- 7:30 AM	7:40 AM
13-14 Years Old	9:50- 10:50 AM	10:55 AM
11-12 Years Old	1:10- 2:10 PM	2:15 PM

## 15-18 SESSION - SATURDAY

<u>Women</u>	<u>NFT</u>	<u>EVENT</u>	<u>NFT</u>	<u>Men</u>
53	2:17.98	15-18 200 IM	2:06.28	54
55	56.48	15-18 100 FREE	50.88	56
57	1:03.58	15-18 100 BACK	58.58	58
59	2:38.38	15-18 200 BREAST	2:25.98	60

## 13-14 SESSION - SATURDAY

<u>Women</u>	<u>NFT-13YR</u>	<u>NFT-14 YR</u>	<u>EVENT</u>	<u>NFT-13 YR</u>	<u>NFT-14 YR</u>	<u>MEN</u>
45 & 45A	2:21.98	2:19.98	13-14 200 IM	2:14.48	2:12.48	46 & 46A
47 & 47A	58.58	57.58	13-14 100 FREE	54.98	53.98	48 & 48A
49 & 49A	1:05.98	1:04.98	13-14 100 BACK	1:03.18	1:02.18	50 & 50A
51 & 51A	2:41.98	2:39.98	13-14 200 BREAST	2:33.39	2:31.39	52 & 52A

## 11-12 SESSION - SATURDAY

<u>Women</u>	<u>NFT-11 YR</u>	<u>NFT-12 YR</u>	<u>EVENT</u>	<u>NFT-11 YR</u>	<u>NFT-12 YR</u>	<u>MEN</u>
33 & 33A	2:35.18	2:33.18	11-12 200 IM	2:35.38	2:33.38	34 & 34A
35 & 35A	1:02.38	101.38	11-12 100 FREE	103.38	1:02.38	36 & 36A
37 & 37A	31.68	31.18	11-12 50 FLY	32.48	31.98	38 & 38A
39 & 39A	2:56.08	2:54.08	11-12 200 BREAST	2:55.68	2:53.68	40 & 40A
41 & 41A	38.08	37.58	11-12 50 BREAST	38.08	37.58	42 & 42A
43 & 43A	1:12.19	1:11.18	11-12 100 IM	1:12.28	1:11.29	44 & 44A

# Chasing Waves Championships

March 12-14<sup>th</sup>, 2021

## SUNDAY SESSION TIMES

Ages	Warm Up	Events
15- 18 Years Old	6:30- 7:30 AM	7:40 AM
13-14 Years Old	9:50- 10:50 AM	10:55 AM
11-12 Years Old	1:10- 2:10 PM	2:15 PM

## 15-18 SESSION - SUNDAY

Women	NFT	EVENT	NFT	Mens
79	2:01.98	15-18 200 FREE	1:52.38	80
81	1:14.38	15-18 100 BREAST	1:07.28	82
83	26.18	15-18 50 FREE	23.58	84
85	1:03.48	15-18 100 FLY	57.68	86

## 13-14 SESSION - SUNDAY

Women	NFT-13YR	NFT-14 YR	EVENT	NFT-13 YR	NFT-14 YR	MEN
71 & 71A	2:05.98	2:03.98	13-14 200 FREE	1:58.98	1:56.98	72 & 72A
73 & 73A	1:15.48	1:14.49	13-14 100 BREAST	1:10.78	1:09.78	74 & 74A
75 & 75A	26.78	26.28	13-14 50 FREE	25.48	24.98	76 & 76A
77 & 77A	1:05.58	1:04.58	13-14 100 FLY	1:01.98	1:00.98	78 & 78A

## 11-12 YEAR OLD - SUNDAY

Women	NFT-11 YR	NFT-12 YR	EVENT	NFT-11 YR	NFT-12 YR	MEN
61 & 61A	2:17.98	2:15.98	11-12 200 FREE	2:16.98	2:14.98	62 & 62A
63 & 63A	1:11.98	1:10.98	11-12 100 BACK	1:11.98	1:10.98	64 & 64A
65 & 65A	28.88	28.38	11-12 50 FREE	28.88	28.38	66 & 66A
67 & 67A	1:12.98	1:11.98	11-12 100 FLY	1:13.28	1:12.28	68 & 68A
69 & 69A	33.38	32.88	11-12 50 BACK	33.58	33.08	70 & 70A
71 & 71A	1:22.18	1:21.18	11-12 100 BREAST	1:22.58	1:21.58	72 & 72A