



March Madness In April Meet

April 9th 10th & 11th, 2021

Sanction # PVI-21-181



MEET DIRECTOR Kristin Bryant Wolff kristin@yorkswim.com	MEET REFEREE Benjamin Holly bholly6275@gmail.com	CLUB OFFICIALS CHAIR Carolyn Kotarski ckotarski@gmail.com Officials Signup
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-181. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, York Swim Club, and Oak Marr 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;">Oak Marr RECenter 3200 Jermantown Road Oakton, VA 22124 (703) 281-6501</p> <ul style="list-style-type: none"> Oak Marr is a 50-meter pool with 21 short course lanes. 8 lanes will be used for competition. Water depth ranging from 13'6" (lane 1) to 7'3" (lane 8) at 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	<p style="text-align: center;">Entries are due by 5:00 pm on Monday, March 29, 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	<p style="text-align: center;">Friday Distance Events (11-18 Year Olds) Warm-Ups: 4:15 - 5:10 pm. Events Begin 5:15 pm</p> <p style="text-align: center;">Saturday & Sunday</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Session</th> <th>Warm-Ups</th> <th>Events Begin</th> </tr> </thead> <tbody> <tr> <td>15-18 Year Old</td> <td>6:00 am – 6:50am</td> <td>7:00 am</td> </tr> <tr> <td>13-14 Year Old</td> <td>9:00 am – 9:50 am</td> <td>10:00 am</td> </tr> <tr> <td>11-12 Year Old</td> <td>12:00 pm – 12:50 pm</td> <td>1:00 pm</td> </tr> <tr> <td>10&Under</td> <td>3:00 pm – 3:50 pm</td> <td>4:00 pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Session	Warm-Ups	Events Begin	15-18 Year Old	6:00 am – 6:50am	7:00 am	13-14 Year Old	9:00 am – 9:50 am	10:00 am	11-12 Year Old	12:00 pm – 12:50 pm	1:00 pm	10&Under	3:00 pm – 3:50 pm	4:00 pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to registered and invited York Swim Club members from any workout groups who completed the meet interest questionnaire and invited PVS teams. 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. We politely request that swimmers do not register for events in which they have qualified and competed in March 2021 Championship Meets. 															

[Sat/Sun 10 & Under Health Attestation](#)

[Official, Timer, Volunteer Health Attestation](#)

- 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. Masks must be affixed to the face without hands and must cover nose and mouth.
- Athletes will bring a plastic zipper bag with their name on it in which to place their masks when they are in the water.
- One-way traffic will be maintained on the pool deck.
- There will be assigned warm up groups of no more than five (5) swimmers per lane.
- During warm-ups, swimmers will wear their masks until they reach the end of the pool. Just before entering the pool, they will place their masks in their own plastic bag and put in at the end of their lane. They will put their mask back on as soon as they exit the pool.
- During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask on the chair behind the starting block just prior to competing. They will put their mask back on before leaving the starting area.
- Staging for swimmers during competition will be:
 - Heat 1 is at the blocks and will swim.
 - Heat 2 is along the wall behind the diving boards spaced by 6 feet and will remain there until Heat 1 is done swimming, exits the pool and exits the area behind the blocks.
 - Heat 3 is staged on the bleacher stairs closest to the competition course until directed to move forward to the clerk area behind the diving boards (after Heat 1 is done swimming and out of the way and Heat 2 proceeds to the starting blocks).
- For the 25 yard events, swimmers will swim a 25 to return to the start end of the pool where they will retrieve their masks and place them on before leaving the starting area.
- The meet will be limited to a maximum of 110 swimmers per session.
- Athletes will be assigned a social distanced spot (marked with a tape X) in the bleachers or on the pool deck for the duration of the meet to ensure proper social distancing. 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.
- Counters for the 500 freestyle will be provided by swimmers or coaches already entered in the meet session.
- Meet equipment including computers, buttons, starter, and stopwatches will be sanitized before and after each session of the meet. Hand sanitizer will be provided in multiple locations around the deck and throughout the facility.
- 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 Thursday, April 8, 2021.
- 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.
- 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

- 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 *USA Swimming Rules and Regulations*, the use of audio or visual recording

	<p>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.</p> <ul style="list-style-type: none"> • 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. • Swimmers aged 11-18 may enter up to three (3) events per day and seven (7) events total for the meet. Swimmers aged 10& Under may enter up to three (3) events per day on Saturday and Sunday and no more than six (6) total for the meet. • The meet director reserves the right to limit entries in the 400 IM and 500 Free to best accommodate timelines, space availability and session capacity. Affected swimmers will be given the opportunity to pick another events should they be removed from either event.
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 (2) 25 minute sessions that have no more than five (5) swimmers per lane. • Continuous warm-up and cool down lanes will be available during the 15-18, 13-14, and 11-12 sessions. • Warm-up distancing conducted in accordance with USA Swimming guidelines and York Swim Club meet protocols.
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.
SCORING	<ul style="list-style-type: none"> • This meet will not be scored.
AWARDS	<ul style="list-style-type: none"> • Medals will be awarded from 1st- 8th place for individual events. Ribbons will be awarded 9th- 16th place for individual events and 1st-3rd place for relay events. Special swim caps will be awarded to the winner of each individual event.
PROGRAMS	<ul style="list-style-type: none"> • Programs will be emailed out to participating families by Thursday, April 8, 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.

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 fill out the Officials Signup or contact the Officials Chair directly. • 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 Thursday, April 8, 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 accepted beginning March 22, 2021 on a first come first serve basis. The Meet Manager will inform invited teams promptly when the meet has been fully subscribed. • No Late entries are permitted for this meet. • Entries should be submitted using Hy-Tek Team Manager by email to the Meet Director. • Include in the subject of the email, "2021 March Madness Invitational -****" with the club's initials in place of the asterisks. Also include training site if your club submits multiple entry files. • 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: \$20.00 Individual event fee: \$10.00</p> <p>Make checks payable to YORK SWIM CLUB and mail to: 1600 Lupine Den Court Vienna, VA 22182</p> <ul style="list-style-type: none"> • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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April 9th 10th & 11th, 2021

Friday April 9, 2021	
Distance Session 1: 11-18 Year Olds	
Warm-up: 4:15-5:10 PM Events: 5:15 PM	
Event #	Event
1	15-18 200 Free
2	15-18 400 IM
3	15-18 500 Free
4	11-14 200 Free
5	11-14 400 IM
6	11-14 500 Free

Saturday April 10, 2021	
15-18 Year Olds	
Warm-up: 6:00-6:50 AM Events: 7:00 AM	
Event #	Event
7	15-18 100 Back
8	15-18 50 Fly
9	15-18 100 IM
10	15-18 50 Free
11	15-18 100 Breast

Saturday April 10, 2021	
13-14 Year Olds	
Warm-up: 9:00-9:50 AM Events: 10:00 AM	
Event #	Event
12	13-14 100 Back
13	13-14 50 Fly
14	13-14 100 IM
15	13-14 50 Free
16	13-14 100 Breast

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Saturday April 10, 2021 11-12 Year Olds Warm-up: 12:00-12:50 PM Events: 1:00 PM	
Event #	Event
17	11-12 100 Back
18	11-12 50 Fly
19	11-12 100 IM
20	11-12 50 Free
21	11-12 100 Breast

Saturday April 10, 2021 10 & Under Warm-up: 3:00-3:50 PM Events: 4:00 PM	
Event #	Event
22	8 and under 100 Free
23	9-10 100 Breast
24	8 and under 50 Breast
25	9-10 50 Back
26	8 and 25 Back
27	9-10 100 Fly
28	8 and under 50 Fly
29	9-10 100 IM
30	8 and under 25 Free
31	9-10 50 Free

Sunday April 11, 2021 15-18 Year Olds Warm-up: 6:00-6:50 AM Events: 7:00 AM	
Event #	Event
32	15-18 200 IM
33	15-18 50 Breast
34	15-18 100 Fly
35	15-18 50 Back
36	15-18 100 Free

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Sunday April 11, 2021 13-14 Year Olds Warm-up: 9:00-9:50 AM Events: 10:00 AM	
Event #	Event
37	13-14 200 IM
38	13-14 50 Breast
39	13-14 100 Fly
40	13-14 50 Back
41	13-14 100 Free

Sunday April 11, 2021 11-12 Year Olds Warm-up: 12:00-12:50 PM Events: 1:00 PM	
Event #	Event
42	11-12 200 IM
43	11-12 50 Breast
44	11-12 100 Fly
45	11-12 50 Back
46	11-12 100 Free

Sunday April 11, 2021 10 and Under Warm-up: 3:00-3:50 PM Events: 4:00 PM	
Event #	Event
47	8 and under 100 IM
48	9-10 50 Fly
49	8 and 25 Fly
50	9-10 100 Back
51	8 and under 50 Back
52	9-10 50 Breast
53	8 and under 25 Breast
54	9-10 100 Free
55	8 and under 50 Free