



PVS October Open

October 15-17, 2021

Sanction # PVS-22-07

for Claude Moore VSI Sanction #: VS-22

Hosted for PVS by:



ENTRY DEADLINE: Thursday, September 30, 2021 5:00 PM

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.

MEET HOST/ DIRECTOR	Patuxent Aquatic Club (PAC) Cherlynn & John Venit dpws@aol.com	Fairland Aquatic Swim Team (FAST) Manga Dalizu fairlandswim@comcast.net
MEET REFEREE	Cherlynn Venit dpws@aol.com	Lynne Gerlach office@msscswimming.com
CLUB OFFICIALS CHAIR/CONTACT	Cherlynn Venit dpws@aol.com Officials Signup	Lynne Gerlach office@msscswimming.com
SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming PVS-22-07 and Virginia Swimming, Inc: VS-22 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Lee District Rec Center, Claude Moore Recreation Center, Fairland Aquatic Swim Team, and Patuxent Aquatic Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 	
FACILITIES	<p>Claude Moore Recreation Center 46105 Loudoun Park Lane Sterling, VA 20164 (571) 258-3600</p> <ul style="list-style-type: none"> The pool at Claude Moore is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from wall to bulkhead at the eastern end of the pool. Continuous warm-up/cool-down will be available. Water depth of 12'6" at the starting end and 6'8" at the turning end of the competition course. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 	<p>Lee District Rec Center 6601 Telegraph Rd. Alexandria, VA 22313 (703) 922-9840</p> <ul style="list-style-type: none"> The pool at Lee District Rec Center is a 50m x 25 yd pool. Competition will be held in 10 lanes, 25 yards, running wall to wall. Continuous warm-up/cool down will be available Water depth ranges from 4' – 9' 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).
TEAM ASSIGNMENTS	APACC, BWST, CSC, DRAG, DSS, FAA, FISH, FXFX, GMU, HACC, JCCW, MAC, MAKO, MARY, NCAP (Burke, Claude Moore, Tysons, Dulles South, West), OCCS, PAC, RIPS, RY, SNOW, STJS, TANK, TRA, VLAC, WSH	AAC, ANSC, ASA, ASTS, AU, DCPR, ERSC, FAST, HEAL, JFD, LCL, LIFE, MACH, MSSC, NCAP (Alexandria, AU, Georgetown Prep, Holton Arms, Marymount, North, Prince George's), PGPR, PM, RMSC, RWST, TIBU, TOLL, YASD, YORK

NOTE: Assignments of clubs to pool sites will be reviewed by the PVS LSC Services Manager after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned.

ENTRY DEADLINE	<p>Thursday, September 30, 2021, 5:00 PM</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>
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SCHEDULE	<p style="text-align: center;">Friday, October 15, 2021 Warmup 5:00pm – 5:40pm; Events 5:50pm</p> <p style="text-align: center;">Saturday, October 16, 2021 & Sunday, October 17, 2021 13&Over: Warmup 6:30am – 7:20am; Events 7:30am 11-12: Warmup 12:00pm – 12:50pm; Events 1:00pm 9-10: Warmup 3:00pm – 3:50pm; Events 4:00pm</p> <ul style="list-style-type: none"> • PVS LSC Services Manager and the Age Group & Senior Chairs reserve the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes. 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. • Swimmers shall compete at the age attained on the first day of the meet. • It may be necessary to limit entries due to time constraints.
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. • 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, FAIRLAND AQUATIC SWIM TEAM, PATUXENT AQUATIC CLUB, CLAUDE MOORE AQUATIC CENTER, AND LEE DISTRICT REC 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, Virginia Swimming, Inc., the Commonwealth of Virginia, Fairfax County, or Loudoun County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • Athletes should arrive and depart in their suits. Locker room use is minimized to emergency use only. • Before entering the facility, participants are required assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering “no” to the following questions: <ul style="list-style-type: none"> ○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?

	<ul style="list-style-type: none"> ○ Has anyone in your family been sick or diagnosed with COVID-19 in the last 14 days? ○ Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has within the past 14 days? ● All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout 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 the nose and mouth. ● All attendees should bring a filled, reusable (non-glass) water bottle to the meet. ● Athletes should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming. ● Spectators will not be permitted into the facility. Competition will be live streamed. ● Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. ● Each session will be limited to 400 swimmers. Total attendees (athletes, coaches, officials, and volunteers) for each session is limited to 500. ● During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. 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 in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area. ● All swimmers must remain in their designated area until they are called for their events, and they must return to their area immediately following their event. ● Limited hospitality may be offered for coaches and officials. ● Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet. ● We request that all attendees notify the appropriate meet director as soon as possible if they have tested positive for COVID-19 or shown symptoms after attending the meet.
<p>CLAUDE MOORE SPECIFIC PROTOCOLS</p>	<ul style="list-style-type: none"> ● Athletes must shower prior to arrival at the pool. ● Coaches, officials, and volunteers will use the family bathrooms for restroom purposes. Athletes will use the locker rooms for restroom purposes. ● Swimmers will be assigned to a seating area in the bleachers. ● All attendees will enter the facility from the doors in the back of the building, behind the child care center. ● 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-way traffic flow will be implemented. Swimmers will enter the bleachers from the stairs at the shallow end of the pool and exit the bleachers from the stairs at the deep end (start end) of the pool. Stairwells will be one-way traffic only. At the completion of their races, swimmers will walk around the pool, along the wall with the windows, around the shallow end of the pool to reach the stairwell (at the shallow end) to return to their assigned area. ● Athletes will enter and exit from continuous warm-up on the bleacher side of the pool. <ul style="list-style-type: none"> ○ Staging for swimmers during competition will be: ○ Heat 1 is at the blocks and will swim ○ Heat 2 is staged behind the blocks, near the wall ○ Heat 3 is staged in the stairwell at the start end of the course until directed to move to where Heat 2 is standing (after Heat 1 has started and Heat 2 steps forward to the starting blocks). ● Competition will be live-streamed on the Patuxent Facebook page.

<p>LEE DISTRICT SPECIFIC PROTOCOLS</p>	<ul style="list-style-type: none"> • Coaches, volunteers, and officials will use the family locker rooms for restroom purposes. Athletes will use the locker rooms for restroom purposes. • Swimmers will be assigned to a seating area in the bleachers, pool deck or spa area. • All attendees will enter the facility using the main/front door and proceed downstairs. Athletes will proceed through the locker room to gain access to the pool deck. Coaches, officials, and volunteers will enter the deck through the hallway. All attendees will exit through the side door on the pool deck by the deep end or through the sun deck gate. • One-way traffic flow will be implemented. Swimmers will enter the deck area and proceed to their assigned seating area. Swimmers will remain in their assigned team area until they are ready to swim. Swimmers will walk around the deep end of the pool to the starting blocks. At the completion of their races, swimmers will exit the pool and walk around the shallow end of the pool to return to their assigned area. • Entry and exit from continuous warm-up will be from the bleacher side of the pool. • Staging for swimmers during competition will be: <ul style="list-style-type: none"> ○ Heat 1 is at the blocks and will swim ○ Heat 2 is staged behind the blocks, near the wall ○ Heat 3 is staged against wall on the deep end of the pool between the outside doors and the starting blocks until directed to move to where Heat 2 is standing (after Heat 1 has started and Heat 2 steps forward to the starting blocks). • Live-stream information will be posted on the PVS website.
<p>RULES</p>	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • No on-deck USA Swimming 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 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.

EVENT RULES	<ul style="list-style-type: none"> All events are timed finals. Seed times are short course yards. If short course yard times are not available, coaches' times are preferred over "no times" for all events. 12 & Under athletes may enter up to 2 events per session (Friday, Saturday, and Sunday) for a maximum of 6 total events. 13 & Over athletes may enter up to 1 event on Friday, 3 events on Saturday, and 2 events on Sunday. 400 IM on Friday night will be swum fastest to slowest, alternating girls and boys. Deck entries will not be accepted.
POSITIVE CHECK IN	<ul style="list-style-type: none"> There will be positive check in for events 200 yd and longer utilizing a check in sheet organized by team. The check in will be due 30 minutes before the start of events. Athletes who check into a positive check-in event, have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments based upon the number of swimmers per session to accommodate the appropriate number of swimmers per 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 chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.
AWARDS	<ul style="list-style-type: none"> There will be no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> Programs will be made 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 deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
SPECTATORS	<ul style="list-style-type: none"> No spectators are permitted.
OFFICIALS	<ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (Referee, Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. Officials interested in volunteering should contact the appropriate Meet Referee prior to October 8th. <ul style="list-style-type: none"> CLAUDE MOORE Cherlynn Venit dpws@aol.com Officials Signup LEE DISTRICT Lynne Gerlach office@msscswimming.com Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. There will be two timers per lane. The Meet Director may send out a request for timers based upon entries.

ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director. • Include in the subject of the email, "2021 PVS OCTOBER OPEN - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. • 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. • 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;">Individual event fee: \$5.00 Per Swimmer Surcharge: \$5.00</p> <ul style="list-style-type: none"> • Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payment and where to send a check. • Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check (payable to PVS).

PVS OCTOBER OPEN

Friday, October 15, 2021

Warmup 5:00pm – 5:40pm

Events 5:50pm

GIRLS	EVENT	BOYS
1	9-10 200 yd Individual Medley	2
3	11-12 200 yd Individual Medley	4
5	Open 400 yd Individual Medley*	6
7	9-12 200 yd Butterfly	8

*400 Individual Medley will be swum fastest to slowest, alternating girls and boys.

Saturday, October 16, 2021

13 & Over Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
9	13 & Over 100 yd Butterfly	10
11	13 & Over 200 yd Freestyle	12
13	13 & Over 100 yd Backstroke	14
15	13 & Over 200 yd Breaststroke	16
17	13 & Over 50 yd Freestyle	18

11-12 Session		
Warmup 12:00pm – 12:50pm		
Events 1:00pm		
GIRLS	EVENT	BOYS
19	11-12 200 yd Breaststroke	20
21	11-12 100 yd Backstroke	22
23	11-12 50 yd Butterfly	24
25	11-12 100 yd Individual Medley	26
27	11-12 50 yd Breaststroke	28
29	11-12 100 yd Freestyle	30

9-10 Session		
Warmup 3:00pm – 3:50pm		
Events 4:00pm		
GIRLS	EVENT	BOYS
31	9-10 200 yd Breaststroke	32
33	9-10 100 yd Backstroke	34
35	9-10 50 yd Butterfly	36
37	9-10 100 yd Individual Medley	38
39	9-10 50 yd Breaststroke	40
41	9-10 100 yd Freestyle	42

Sunday, October 17, 2021

13 & Over Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
43	13 & Over 200 yd Individual Medley	44
45	13 & Over 100 yd Breaststroke	46
47	13 & Over 200 yd Butterfly	48
49	13 & Over 100 yd Freestyle	50
51	13 & Over 200 yd Backstroke	52

11-12 Session		
Warmup 12:00pm – 12:50pm		
Events 1:00pm		
GIRLS	EVENT	BOYS
53	11-12 200 yd Backstroke	54
55	11-12 100 yd Breaststroke	56
57	11-12 200 yd Freestyle	58
59	11-12 50 yd Backstroke	60
61	11-12 100 yd Butterfly	62
63	11-12 50 yd Freestyle	64

9-10 Session		
Warmup 3:00pm – 3:50pm		
Events 4:00pm		
GIRLS	EVENT	BOYS
65	9-10 200 yd Backstroke	66
67	9-10 100 yd Breaststroke	68
69	9-10 200 yd Freestyle	70
71	9-10 50 yd Backstroke	72
73	9-10 100 yd Butterfly	74
75	9-10 50 yd Freestyle	76

- The Meet Referee and Meet Director at each site may determine positive check-in events in order to manage timelines.