



2023 NCAP 10&Under Candy Cane Mini Meet

December 17, 2023

Sanction # PVC-24-41

VSI Sanction #-VS-24-22DS



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Karyn McCannon kmccannon@nationscapitalswimming.com 716-868-6611	Rich McMillen padre1993@gmail.com	Karyn McCannon kmccannon@nationscapitalswimming.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-24-41 and VS-24-22DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc. Nation's Capital Swimming, and Freedom 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;">Freedom Aquatic & Fitness Center 9100 Freedom Center Blvd Manassas, VA 20110 (703) 993-8444</p> <ul style="list-style-type: none"> The pool at Freedom Aquatic & Fitness Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 10 lanes, 25 yards running from wall to bulkhead at the western end of the pool. Warm up: 10 lanes, 25 yards. 4 lanes may be available for continuous warm up and cool down. Water depth range of 13' at the starting end and 6.5' at the turning end. The meet hosts will ensure the required course dimensions.
ENTRY DEADLINE	<p style="text-align: center;">Wednesday, December 6th, 2023 at 12:00pm</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;">Sunday, December 17, 2023</p> <p style="text-align: center;">BOYS: Warm up 8:10-8:55am, 9:00am start GIRLS: Warm up: 12:10-12:55pm, 1:00pm start</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. SESSIONS MAY BE COMBINED IF ENTRIES ARE SMALL
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers. 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"> Semi-automatic timing (buttons primary) will be used.

RULES	<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 without the use of a backstroke ledge. 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.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • Athletes may enter no more than three (3) events. • Deck entries will be accepted to fill empty lanes only. No new heats will be created. Evidence of current USA registration is required for deck entries.
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 will assign warm-ups, including timer/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
SEEDING	<ul style="list-style-type: none"> • All events are pre-seeded.
SCORING	<ul style="list-style-type: none"> • This meet is not scored.
AWARDS	<ul style="list-style-type: none"> • For individual events, ribbons will be awarded for 1st to 8th place. <ul style="list-style-type: none"> ○ For 100 yd. events, ribbons will be awarded to the following age groups: 9&10-year-olds, 8 & under. ○ For 50 yd. events, ribbons will be awarded to the following age groups: 9&10-year-olds, 8-year-olds, and 7 and under. ○ For 25 yd. events, ribbons will be awarded to 8-year-olds, 7-year-olds and 6 and under. Ribbons will be awarded for each session separately.
PROGRAMS	<ul style="list-style-type: none"> • Programs will be made available for coaches and officials at the meet; and will be available on Meet Mobile for \$3.00.
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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • Limited Spectator Seating will be available in the bleacher area on a first come, first served basis. • ONE SPECTATOR PER ATHLETE will be allowed to enter

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 Karyn McCannon (kmccannon@nationscapitalswimming.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"> • VOLUNTEER ASSIGNMENTS WILL BE MADE BASED ON PROPORTION OF ENTRIES. The Signup Genius will be emailed to teams in advance.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> • Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
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, “NCAP Candy Cane - ****” 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;">Per Swimmer Surcharge: \$5.00 Deck Entries: \$10.00/IE</p> <p style="text-align: center;">Individual event fee: \$7.50</p> <ul style="list-style-type: none"> • Make checks payable to Nation’s Capital Swimming. Checks may be mailed to: Nation’s Capital Swimming Attn: Karyn McCannon 8101 Wolftrap Rd Vienna VA 22182 • Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment must be made by check • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

2023 NCAP 10&Under Candy Cane Mini Meet

Sunday December 17, 2023

Boys Session

Warm up 1: 8:10-8:30am

Warm up 2: 8:35-8:55am

Events: 9:00am

Girls Session

Warm up 1: 12:10-12:30pm

Warm up 2: 12:35-12:55pm

Events: 1:00pm

Event #	Event	Event #
1	10&Under 100 Breaststroke	2
3	10&Under 50 yard Butterfly	4
5	8&Under 25 yard Butterfly	6
7	10&Under 50 yard Backstroke	8
9	8&Under 25 yard Backstroke	10
11	10&Under 50 yard Breaststroke	12
13	8&under 25 yard Breaststroke	14
15	10&Under 50 yard Freestyle	16
17	8&Under 25 yard Freestyle	18
19	10&Under 100 yard Freestyle	20