

2024 NCAP Winter Qualifier

February 16 -18, 2024

Sanction # PVC-24-66

VSI Sanction # VS-24-26DS



MEET DIRECTOR	MEET REFEREE	ENTRY CHAIR
Bryce Bohman bbohman@nationscapitalswimming.com	Pat Walsh pwalsh446@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-24-66 and Virginia Swimming: VS-24-26DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Nation's Capital Swimming, and Warrenton Aquatic & Recreation Facility 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;">Warrenton Aquatic & Recreation Facility Waterloo Road Warrenton, Virginia 20186 (703) 993-8350</p> <ul style="list-style-type: none"> The pool at Warrenton Aquatic & Recreation Facility is 25yd x 25m with 11, 25 yard lanes. Competition will be held in 8 lanes, 25yd. 10 lanes will be used for warm-ups. Water depth range of 4.5' (lane 1) – 11.8' (lane 8) at the start and turn ends. Breaks will be scheduled during each session and the competition course will be available for warm-up/cool-down at that time. The meet hosts will ensure the required course dimensions. 																																	
ENTRY DEADLINE	<p style="text-align: center;">Thursday February 8, 2024 at 5:00pm</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	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;"></th> <th style="text-align: center; border-bottom: 1px solid black;">Warm-Up</th> <th style="text-align: center; border-bottom: 1px solid black;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3"><u>Friday, February 16</u></td> </tr> <tr> <td>Session 1: 500 Free & 400 IM</td> <td style="text-align: center;">4:00-4:50 PM</td> <td style="text-align: center;">5:00 PM</td> </tr> <tr> <td colspan="3"><u>Saturday, February 17</u></td> </tr> <tr> <td>Session 2: 13&Over</td> <td style="text-align: center;">7:00- 8:10 AM</td> <td style="text-align: center;">8:15 AM</td> </tr> <tr> <td>Session 3: 1000 Free</td> <td style="text-align: center;">*Continuous during Session 2</td> <td style="text-align: center;">15 minutes after end of Session 2</td> </tr> <tr> <td>Session 4: 12&Under</td> <td style="text-align: center;">11:30-12:30 PM</td> <td style="text-align: center;">12:40 PM</td> </tr> <tr> <td colspan="3"><u>Sunday, February 18</u></td> </tr> <tr> <td>Session 5: 13&Over</td> <td style="text-align: center;">7:00- 8:10 AM</td> <td style="text-align: center;">8:15 AM</td> </tr> <tr> <td>Session 6: 1650 Free</td> <td style="text-align: center;">*Continuous during Session 5</td> <td style="text-align: center;">15 minutes after end of Session 5</td> </tr> <tr> <td>Session 7: 12&Under</td> <td style="text-align: center;">11:30-12:30 PM</td> <td style="text-align: center;">12:40 PM</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. Any changes will be posted on pvswwim.org 		Warm-Up	Events	<u>Friday, February 16</u>			Session 1: 500 Free & 400 IM	4:00-4:50 PM	5:00 PM	<u>Saturday, February 17</u>			Session 2: 13&Over	7:00- 8:10 AM	8:15 AM	Session 3: 1000 Free	*Continuous during Session 2	15 minutes after end of Session 2	Session 4: 12&Under	11:30-12:30 PM	12:40 PM	<u>Sunday, February 18</u>			Session 5: 13&Over	7:00- 8:10 AM	8:15 AM	Session 6: 1650 Free	*Continuous during Session 5	15 minutes after end of Session 5	Session 7: 12&Under	11:30-12:30 PM	12:40 PM
	Warm-Up	Events																																
<u>Friday, February 16</u>																																		
Session 1: 500 Free & 400 IM	4:00-4:50 PM	5:00 PM																																
<u>Saturday, February 17</u>																																		
Session 2: 13&Over	7:00- 8:10 AM	8:15 AM																																
Session 3: 1000 Free	*Continuous during Session 2	15 minutes after end of Session 2																																
Session 4: 12&Under	11:30-12:30 PM	12:40 PM																																
<u>Sunday, February 18</u>																																		
Session 5: 13&Over	7:00- 8:10 AM	8:15 AM																																
Session 6: 1650 Free	*Continuous during Session 5	15 minutes after end of Session 5																																
Session 7: 12&Under	11:30-12:30 PM	12:40 PM																																
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered USA Swimming swimmers 9 years of age and older. 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.
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 USA Swimming Rules and Regulations, 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 may be used for events 13&over. • 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"> • Swimmers shall compete at the age attained on the first day of the meet. • All events will be swum Mixed Gender. • A 13&Over athlete may enter a maximum of seven (7) individual events and no more than three (3) individual events per session. • A 12&Under athlete may enter a maximum of seven (7) individual events and no more than three (3) individual events per session. A 12&Under athlete may enter only one session per day of the meet. • All events are timed finals. • Distance Events: Entries for the 400 IM, 500 Free, 1000 Free and 1650 Free may be limited to keep manageable timelines. Clubs will be notified if their athletes do not make the cut and will be offered a chance select an alternate event or receive a refund on the entry for that event. • The 1000 Free may be limited to a 1 hour session (approximately 4 heats – 32 swimmers). • The 1650 Free may be limited to a 1 hour session (approximately 3 heats – 24 swimmers). • The 500, 1000, 1650 Free and 400 IM are Positive check in events. <ul style="list-style-type: none"> ○ Friday events (500 Free and 400 IM) positive check in closes at 4:30 PM ○ The deadline for the 1000 and 1650 Free will be posted before the first day of the meet. • Swimmers must provide their own timers and counters (if desired) for the 500, 1000, 1650 Free and 400 IM. • Deck entries must be submitted with cash payment no later than 15 minutes prior to the first event of each session. No new heats will be created.

POSITIVE CHECK IN	<ul style="list-style-type: none"> All events are expected to be pre-seeded, with the exception of the 500 FR, 400 IM, 1000 FR and 1650 FR. Positive check in may be by Team/Site. Coaches will be given check-in sheets. If timelines require, events 200 yards and longer will be positive check-in.
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 times/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.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> This facility provides Lifeguard and Pool Operator Supervision, along with an AED.
SEEDING	<ul style="list-style-type: none"> Fastest to Slowest in all events.
SCORING	<ul style="list-style-type: none"> This meet is not scored.
AWARDS	<ul style="list-style-type: none"> There are no awards.
PROGRAMS	<ul style="list-style-type: none"> Will be emailed to attending teams/sites. No programs will be sold at the meet. Programs will be made available for coaches and officials at the meet, and 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 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 is available.
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 complete the online form HERE: OFFICIALS SIGN UP LINK 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.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the ENTRY COORDINATOR. Include in the subject of the email, "2024 NCAP Winter Qualifier - ****" 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 Entry Coordinator 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>Per Swimmer Surcharge: \$12.00 Deck Entries: \$10/ IE</p> <p>Individual event fee: \$8.00</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.
-------------------	---

2024 NCAP Winter Qualifier

February 16 -18, 2024

Friday, February 16

Session 1 – 500 Free & 400 IM

Warm-up 4:00-4:50 PM

First Event 5:00 PM

Event #	Age	Event
1	Open	500 Freestyle
2	11 & Over	400 IM
<i>ALL events are positive check-in. Positive check-in for all events will close 4:30 PM</i>		

Saturday, February 17

Session 2 – 13&Over

Warm-up 7:00-8:10 AM

First Event 8:15 AM

Event #	Age	Event
3	13-14	200 Backstroke
4	15&Over	200 Backstroke
5	13-14	100 Breaststroke
6	15&Over	100 Breaststroke
7	13-14	200 Butterfly
8	15&Over	200 Butterfly
9	13-14	100 Freestyle
10	15&Over	100 Freestyle
11	13-14	200 IM
12	15&Over	200 IM

Session 3 – 1000 Free

Warm-up Continuous during Session 2

First Heat Begins 15 minutes after conclusion of Session 2

Event #	Age	Event
13	Open	1000 Freestyle
<i>Positive check-in deadline will be posted before the first day of the meet.</i>		

*The 1000 Free may be limited to a 1 hour session (approximately 4 heats – 32 swimmers).

2024 NCAP Winter Qualifier

February 16 -18, 2024

Saturday, February 17

Session 4 – 12&Under

Warm-up 11:30-12:30 PM

First Event 12:40 PM

Event #	Age	Event
14	12&Under	200 Backstroke
15	9-10	100 Breaststroke
16	11-12	100 Breaststroke
17	9-10	50 Butterfly
18	11-12	50 Butterfly
19	9-10	200 Individual Medley
20	11-12	200 Individual Medley
21	9-10	50 Backstroke
22	11-12	50 Backstroke
23	9-10	100 Freestyle
24	11-12	100 Freestyle
25	12&Under	200 Butterfly

Sunday, February 18

Session 5 – 13&Over

Warm-up 7:00-8:10 AM

First Event 8:15 AM

Event #	Age	Event
26	13-14	100 Butterfly
27	15&Over	100 Butterfly
28	13-14	200 Freestyle
29	15&Over	200 Freestyle
30	13-14	100 Backstroke
31	15&Over	100 Backstroke
32	13-14	200 Breaststroke
33	15&Over	200 Breaststroke
34	13-14	50 Freestyle
35	15&Over	50 Freestyle

2024 NCAP Winter Qualifier

February 16 -18, 2024

Sunday, February 18

Session 6 – 1650 Free

Warm-up Continuous during Session 5

First Heat Begins 15 minutes after conclusion of Session 5

Event #	Age	Event
36	Open	1650 Freestyle
<i>Positive check-in deadline will be posted before the first day of the meet.</i>		

**The 1650 Free will be limited to a 1 hour session (approximately 3 heats – 24 swimmers).*

Session 7 – 12&Under

Warm-up 11:30-12:30 PM

First Event 12:40 PM

Event #	Age	Event
37	12&Under	200 Breaststroke
38	9-10	100 Individual Medley
39	11-12	100 Individual Medley
40	9-10	50 Freestyle
41	11-12	50 Freestyle
42	9-10	100 Butterfly
43	11-12	100 Butterfly
44	9-10	100 Backstroke
45	11-12	100 Backstroke
46	9-10	50 Breaststroke
47	11-12	50 Breaststroke
48	9-10	200 Freestyle
49	11-12	200 Freestyle