



2023 ASA NOVEMBER DISTANCE MEET

Saturday November 18th, 2023

Sanction # PVQ-24-208



MEET DIRECTOR

Christopher Schlegel

christopher.schlegel@hotmail.com

(301) 801-0766

MEET REFEREE

Bill Pritchard

wfpecj@earthlink.net

CLUB OFFICIALS CHAIR

Erin Berger

emberger.crna@gmail.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-24-208 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, All Star Aquatics, and Stone Ridge 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;">Stone Ridge School of the Sacred Heart 9101 Rockville Pike Bethesda, MD 20814</p> <ul style="list-style-type: none"> The pool at Stone Ridge School of the Sacred Heart has 8 25-yard lanes. Water depth range of 12' at the starting end and 4' at the turning end. The meet host will ensure the required course dimensions.
ENTRY DEADLINE	<p style="text-align: center;">Thursday, November 9, 2023 at 9:00am</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;">Saturday November 18th, 2023</p> <p style="text-align: center;">1650 Session: Warm-Up 12:00pm - 12:40pm; Events at 12:50pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered ASA 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"> 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 <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

	<p>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 without the use of the 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 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. • A swimmer may enter one (1) event. • Swimmers in the 1650 will get initial splits off pads in the 500 and 1000. • Swimmers must provide their own timer and counter (if desired).
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.
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"> • Events will be seeded fastest to slowest.
SCORING	<ul style="list-style-type: none"> • No scoring for this meet.
AWARDS	<ul style="list-style-type: none"> • No awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> • Programs will be available on Meet Mobile under the meet name "2023 ASA November Distance Meet."
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.
SPECTATORS	<ul style="list-style-type: none"> • No spectators will be allowed. • The meet will be livestreamed on the ASA Facebook page. Link: https://www.facebook.com/p/All-Star-Aquatics-100057838621618/
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 sign up here: https://docs.google.com/forms/d/e/1FAIpQLSdcaOqUULozirO72JqNG_GnLQNDTsc4ECCNY6ys5bY5nQNjISg/viewform • 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"> • Swimmer's must provide their own timers
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries will be handled using Team Unify.
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 FEES

Individual event fee: \$15.00 per event

- Entries fees are to be made payable to the "All Star Aquatics". Fees are non-refundable. Entries will not be considered received until all fees are paid.
- Each team/club is requested to remit only one check or money order to cover entry fees. **NO CASH PAYMENTS WILL BE ACCEPTED.**
- Entry fees should be sent to:
ASA
PO Box 61406
Potomac, MD 20859

2023 ASA November Distance Meet

Saturday November 18th

1650 Session: Warm-Up 12:00pm - 12:40pm; Events at 12:50pm

Event	
1	Mixed 1650 Freestyle