



NCAP Autumn Kingfish Splash

October 19-20, 2024

Sanction # PVQ-25-12



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| MEET DIRECTOR Trish Buswell, Kim Spina trishbuswell@gmail.com | MEET REFEREE Rich McMillen padre1993@gmail.com | ENTRY COORDINATOR Karyn McCannon kmccannon@nationscapitalswimming.com |
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| SANCTION | <ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-25-12 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swimming, J&M Swimming, and The St. James: Sports, Wellness & Entertainment Complex 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;">The St. James: Sports and Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"> The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool. Water depth of 7'4" at the starting end and 4' at the turning end of the competition course. The meet hosts shall ensure the required course dimensions. | | | | | | | | | | | | | | | | |
| ENTRY DEADLINE | <p style="text-align: center;">Tuesday, October 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 | <p style="text-align: center; color: red;">See updated warm up and event times in RED</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Sat- Session 1</td> <td>13&Over, 8&under</td> <td>Warm up: 9:00am</td> <td>Events: 10:00am</td> </tr> <tr> <td>Sat- Session 2</td> <td>9-10, 11-12</td> <td>Warm up: 12:30pm</td> <td>Events: 1:30pm</td> </tr> <tr> <td>Sun- Session 3</td> <td>13&Over</td> <td>Warm up: 9:00am</td> <td>Events: 10:00am</td> </tr> <tr> <td>Sun- Session 4</td> <td>10&U, 11-12</td> <td>Warm up: 12:30pm</td> <td>Events: 1:30pm</td> </tr> </table> <ul style="list-style-type: none"> Meet Director and Staff reserve the right to adjust times/sessions after entries are received. There may be continuous warm up/ warm down space. If time allows, the competition pool may open for a brief warm down. | Sat- Session 1 | 13&Over, 8&under | Warm up: 9:00am | Events: 10:00am | Sat- Session 2 | 9-10, 11-12 | Warm up: 12:30pm | Events: 1:30pm | Sun- Session 3 | 13&Over | Warm up: 9:00am | Events: 10:00am | Sun- Session 4 | 10&U, 11-12 | Warm up: 12:30pm | Events: 1:30pm |
| Sat- Session 1 | 13&Over, 8&under | Warm up: 9:00am | Events: 10:00am | | | | | | | | | | | | | | |
| Sat- Session 2 | 9-10, 11-12 | Warm up: 12:30pm | Events: 1:30pm | | | | | | | | | | | | | | |
| Sun- Session 3 | 13&Over | Warm up: 9:00am | Events: 10:00am | | | | | | | | | | | | | | |
| Sun- Session 4 | 10&U, 11-12 | Warm up: 12:30pm | Events: 1:30pm | | | | | | | | | | | | | | |
| ELIGIBILITY | <ul style="list-style-type: none"> Open to all Potomac Valley Swimming Registered athletes from Nation's Capital Swimming sites. 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 & 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 for all events except 8&Under 25's, which will use manual timing. | | | | | | | | | | | | | | | | |

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| 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 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 may be used for all events EXCEPT 8&U events. • 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 • All events are mixed gender. • Athletes ages 9 & Over may enter no more than three (3) events per day, six (6) events for the meet. • Athletes ages 8 & Under may enter four (4) events on Saturday. • 12 & Under athletes may only enter one (1) session per day. • Deck entries will be accepted (\$10 per event) for swimmers already entered in the meet as long as the maximum entry limit is not exceeded. Entries will be accepted in empty lanes only. No new heats will be created. |
| POSITIVE CHECK IN | <ul style="list-style-type: none"> • 200 yd events may utilize positive check in, dependent on the number of entries. Meet Director will provide information prior to the meet. All other events will be pre-seeded. |
| 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. |
| WARM-UP | <ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • Warm up lanes will be assigned for each Team/Site. |
| SUPERVISION | <ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up their team areas. |
| SEEDING | <ul style="list-style-type: none"> • All events will swim slow to fast. |
| SCORING | <ul style="list-style-type: none"> • This meet will not be scored. |
| AWARDS | <ul style="list-style-type: none"> • No awards will be given. |
| PROGRAMS | <ul style="list-style-type: none"> • Meet programs will be posted on Meet Mobile. |

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| 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. |
| OFFICIALS | <ul style="list-style-type: none"> Officials will be identified in advance and coordinated by the Meet Referee, Rich McMillen (padre1993@gmail.com). Officials interested in volunteering should complete the OFFICIALS SIGN UP FORM Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. A comprehensive officials' briefing will precede each session during warm-ups. Certified, walk on officials will be accommodated. |
| TIMERS | <ul style="list-style-type: none"> Two timers per lane. There will be two Head Timers. Each participating Team/Site will be responsible for providing its share of timers. Lane assignments may be made in advance. |
| ENTRY PROCEDURES | <ul style="list-style-type: none"> Entries should be submitted by email to KARYN MCCANNON (kmccannon@nationscapitalswimming.com). Include in entry email: entry file, report of entries by name, report of entries by event. Entries directly from individual team members 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 style="text-align: center;">Per Swimmer Surcharge: \$5.50 Individual event fee: \$7.50 Deck entry fee: \$10.00</p> <ul style="list-style-type: none"> Make checks payable to J&M Swimming. Entry fees are due with meet entry. Please contact the Meet Director for payment instructions. Entry fees are due with meet entry. |

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October 19-20, 2024

Saturday, October 19

| Session 1: 13&Over and 8&Under | |
|-----------------------------------|--------------------------|
| Warm-ups: 8:00AM. Events: 9:00 AM | |
| Event # | Event |
| 1 | 13& over 100 Backstroke |
| 2 | 8&Under 25 Butterfly |
| 3 | 13&Over 200 IM |
| 4 | 8&Under 25 Backstroke |
| 5 | 13&Over 200 Butterfly |
| 6 | 8&Under 25 Breaststroke |
| 7 | 13&Over 100 Breaststroke |
| 8 | 8&Under 25 Freestyle |
| 9 | 13&Over 50 Freestyle |

| Session 2: 12&Under | |
|---|------------------------|
| Warm-up: 1:00 PM. Events: 2:00 PM | |
| Event # | Event |
| 10 | 11-12 100 Backstroke |
| 11 | 9-10 100IM |
| 12 | 11-12 100 Breaststroke |
| 13 | 9-10 50 Butterfly |
| 14 | 11-12 50 Butterfly |
| 15 | 9-10 100 Freestyle |
| 16 | 11-12 100 Freestyle |
| 17 | 9-10 200 Freestyle |
| Event 17 is limited to a maximum of 4 heats | |

NCAP Autumn Kingfish

Sunday, October 20

| Session 3: 13&Over | |
|-----------------------------------|--------------------------|
| Warm-ups: 8:00AM. Events: 9:00 AM | |
| Event # | Event |
| 18 | 13&Over 200 Freestyle |
| 19 | 13&Over 100 Butterfly |
| 20 | 13&Over 200 Breaststroke |
| 21 | 13&Over 100 Freestyle |
| 22 | 13&Over 200 Backstroke |

| Session 4: 12&Under | |
|---|--------------------------|
| Warm-up: 1:00 PM. Events: 2:00 PM | |
| Event # | Event |
| 23 | 11-12 100 Butterfly |
| 24 | 12&Under 50 Breaststroke |
| 25 | 12&Under 50 Backstroke |
| 26 | 12&Under 50 Freestyle |
| 27 | 11-12 100 IM |
| 28 | 11-12 200 Freestyle |
| Events 28- 11-12 200 Free may have limited number of heats dependent on timelines | |