



2024 Mid- Atlantic Age Group Championship Showdown

November 1-3, 2024

Sanction # PVI-25-19

VSI Sanction #VS-25-14DS.

Hosted by:



Meet Director: Karyn McCannon kmccannon@nationscapitalswimming.com 716-868-6611	Meet Referee: Pat Walsh Pwalsh446@gmail.com	ONLINE OFFICIALS SIGN UP
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-25-19 and Virginia Swimming, Inc.: VS-25-14DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc, Nation's Capital Swimming Inc, and Freedom Aquatics & 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 will 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 competition dimensions. 														
ENTRY DEADLINE	<p style="text-align: center;">Wednesday October 23, 2024 at 9:00 am</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 border="0" style="width: 100%;"> <tr> <td style="width: 33%;">Friday</td> <td style="width: 33%;">Warm up: 2:00pm</td> <td style="width: 33%;">Events: 3:00pm</td> </tr> <tr> <td>Saturday #1</td> <td>Warm up: 8:30am</td> <td>Events: 9:30am</td> </tr> <tr> <td>Saturday #2</td> <td>Warm up: 2:30pm</td> <td>Events: 3:30pm</td> </tr> <tr> <td rowspan="2">Sunday</td> <td>Warm up: 7:30am</td> <td>Events: 8:00am- Distance Athletes</td> </tr> <tr> <td>Warm up: 8:30am</td> <td>Events: 10:00am- Remaining events</td> </tr> </table> <ul style="list-style-type: none"> <i>Additional warm up provided after 1000 distance on Sunday</i> Meet Director reserves the right to adjust times/sessions after entries are received. 	Friday	Warm up: 2:00pm	Events: 3:00pm	Saturday #1	Warm up: 8:30am	Events: 9:30am	Saturday #2	Warm up: 2:30pm	Events: 3:30pm	Sunday	Warm up: 7:30am	Events: 8:00am- Distance Athletes	Warm up: 8:30am	Events: 10:00am- Remaining events
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming registered athletes ages 14 and under from NCAP, NOVA, LIAC, and Jersey Wahos. 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. No on deck USA Swimming registration will be permitted. Age on November 1, 2024 will determine age for the entire meet. 														
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 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 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. Waiver letter from USA-S for 2024 meet format submitted to PVS.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • Crescendo Freestyle Relay will be swum in the following order: 9 year old 50 Freestyle, 11 year old 50 Freestyle, 13 year old 50 Freestyle, 14 year old 50 Freestyle, 12 year old 50 Freestyle, 10 year old 50 Freestyle. Please create an aggregate time for seeding purposes. • Entries must be submitted in Short Course Yards times, from USA Swimming sanctioned, approved or observed competition. • Teams may enter a maximum of 4 athletes per event, except where noted in the event schedule. • Swimmers may enter a maximum of 6 events total, but may not enter or compete in more than 2 per session. • Teams may enter a maximum of 2 relay teams per event. • If a team cannot fill an event with 4 single age swimmers, athletes within the USA Swimming Motivational Time Standard defined age groups may be permitted to fill open single age entry slots. These swimmers will not count towards scoring. Contact the Meet Director to request this option.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • The 500 Free, 1000 Free and 400 IM will require positive check-in on deck. Check-in deadlines will be shared with teams no later than Wednesday October 30. • Swimmers failing to positively check-in will not be seeded into the event. • Athletes that positive check-in, are seeded in the event and fail to swim the event will be barred from all competition for the remainder of the session (both individual and relay events).
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • Lane assignments and assigned times will be sent to coaches and teams prior to Wednesday October 30, 2024.

SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. Only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.
SEEDING	<ul style="list-style-type: none"> All events will be preseeded, except for the 500 Free, 1000 free, and 400 IM.
SCORING	<ul style="list-style-type: none"> Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relay Events: 40, 34, 32, 30, 28, 26, 24, 22
AWARDS	<ul style="list-style-type: none"> Individual Events- Medals will be awarded for 1st to 3rd place. Ribbons will be awarded for 4th to 8th place for all events. Relays- Medals will be awarded for 1st to 3rd place.
PROGRAMS	<ul style="list-style-type: none"> Heat sheets will not be provided to spectators, but will be posted to Meet Mobile, and pdf versions will be sent to teams to send out to participating families.
TIMERS	<ul style="list-style-type: none"> Clubs will be required to provide timers, and will be notified no later than MONDAY October 28, 2024 Swimmers must provide their own timer and counter for the 500 Free (Friday) and 1000 Free (Sunday).
PENALTIES	<ul style="list-style-type: none"> A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> Entries using fraudulent or non-verifiable times. Athlete competed in the incorrect age group. Athlete is not registered with USA Swimming prior to the first day of the meet. If the swimmer is representing a Club participating in the meet, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. Any event in which an athlete participated illegally will be rescored and re-awarded
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.
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. There is an AED on site within the pool facility.
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 OFFICIALS SIGN UP and note their availability. If availability changes, only the most recently submitted form will be used. 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.
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, "2024 MAAGS - *****" 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,

	<p>phone, officials contact).</p> <ul style="list-style-type: none"> • Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. • Entries will be processed in order and accepted to the greatest extent possible, without exceeding the 4 hour/session rule. • 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 Relay event fee: \$16.00 Individual event fee: \$8.00</p> <ul style="list-style-type: none"> • Swimmer surcharge applies to any athlete entered in the meet in any capacity. • Make checks payable to NCAP. Checks may be mailed to: <p style="text-align: center;">Nation's Capital Swimming Attn: Karyn McCannon 8101 Wolftrap Rd Vienna VA 22182</p>

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Friday November 1, 2024
Warm up: 2:00pm, Events 3:00pm

Girls Event #		Boys Event #
1	13-14 400 Freestyle Relay	2
3	11-12 400 Freestyle Relay	4
5	10 & Under 400 Freestyle Relay	6
5 minute break		
7	11 year old 200 Individual Medley	8
9	12 year old 200 Individual Medley	10
11	13 - 14 year old 400 Individual Medley	12
13	9 - 10 200 Individual Medley	14
15	13 year old 200 Backstroke	16
17	14 year old 200 Backstroke	18
19	11- 12 year old 200 Backstroke	20
21	9 & under 100 Backstroke	22
23	10 year old 100 Backstroke	24
25	13 year old 100 Breaststroke	26
27	14 year old 100 Breaststroke	28
29	11 year old 100 Breaststroke	30
31	12 year old 100 Breaststroke	32
33	9 & under 100 Breaststroke	34
35	10 year old 100 Breaststroke	36
10 minute break		
37	10&Under 500 Freestyle	38
39	11-12 500 Freestyle	40
41	13-14 500 Freestyle	42

Teams may enter FOUR (4) entries for events 37 & 38- 10&Under 500 Free
Relay cards are due by 2:15pm to the Admin Table
The 400 IM (events 11 & 12) and all 500 Freestyles (events 37-42) will require positive check in
Athletes must provide their own timer and counter for the 500 Free

Saturday November 2, 2024
Saturday #1
Warm up: 8:30am, Events 9:30am

Girls Event #		Boys Event #
43	9-14 Crescendo Relay	44
5 minute break		
45	9 & under 50 Butterfly	46
47	10 year old 50 Butterfly	48
49	11 year old 50 Butterfly	50
51	12 year old 50 Butterfly	52
53	13 year old 200 Butterfly	54
55	14 year old 200 Butterfly	56
57	11 - 12 year old 200 Butterfly	58
59	9 & under 50 Breaststroke	60
61	10 year old 50 Breaststroke	62
63	13 year old 100 Backstroke	64
65	14 year old 100 Backstroke	66
67	11 year old 100 Backstroke	68
69	12 year old 100 Backstroke	70
71	9 & under 50 Backstroke	72
73	10 year old 50 Backstroke	74
75	13 year old 100 Freestyle	76
77	14 year old 100 Freestyle	78
79	11 year old 100 Freestyle	80
81	12 year old 100 Freestyle	82
83	9 & under 100 Freestyle	84
85	10 year old 100 Freestyle	86
5 minute break		
87	10&Under 200 Medley Relay	88
89	11-12 200 Medley Relay	90
91	13-14 200 Medley Relay	92

Relay cards are due by 8:45am to the Admin Table

Crescendo Freestyle Relay will be swum in the following order:
9 year old 50 Freestyle, 11 year old 50 Freestyle, 13 year old 50 Freestyle,
14 year old 50 Freestyle, 12 year old 50 Freestyle, 10 year old 50 Freestyle

Saturday November 2, 2024
Saturday #2
Warm up: 2:30pm, Events 3:30pm

Girls Event #		Boys Event #
93	10&Under 400 Medley Relay	94
95	11-12 400 Medley Relay	96
97	13-14 400 Medley Relay	98
5 minute break		
99	11 year old 50 Breaststroke	100
101	12 year old 50 Breaststroke	102
103	13 year old 200 Breaststroke	104
105	14 year old 200 Breaststroke	106
107	11 - 12 year old 200 Breaststroke	108
109	9 & under 100 Butterfly	110
111	10 year old 100 Butterfly	112
113	13 year old 100 Butterfly	114
115	14 year old 100 Butterfly	116
117	11 year old 100 Butterfly	118
119	12 year old 100 Butterfly	120
121	9 year old 200 Freestyle	122
123	10 year old 200 Freestyle	124
125	13 year old 200 Freestyle	126
127	14 year old 200 Freestyle	128
129	11 year old 200 Freestyle	130
131	12 year old 200 Freestyle	132

Relay cards are due by 2:45pm to the Admin Table

Sunday November 3, 2024

Warm up: 7:30am for Distance Athletes only, Events 8:00am

General Warm up: 8:30am, Events 10:00am

Girls Event #		Boys Event #
133	13 - 14 1000 Free	134
General Warm up: 8:30am, Events resume 10:00am		
135	10&Under 200 Freestyle Relay	136
137	11-12 200 Freestyle Relay	138
139	13-14 200 Freestyle Relay	140
5 minute break		
141	11 year old 100 Individual Medley	142
143	12 year old 100 Individual Medley	144
145	9 & under 100 Individual Medley	146
147	10 year old 100 Individual Medley	148
149	13 year old 200 Individual Medley	150
151	14 year old 200 Individual Medley	152
153	11 year old 50 Backstroke	154
155	12 year old 50 Backstroke	156
157	13 year old 50 Freestyle	158
159	14 year old 50 Freestyle	160
161	11 year old 50 Freestyle	162
163	12 year old 50 Freestyle	164
165	9 & under 50 Freestyle	166
167	10 year old 50 Freestyle	168

Teams may only enter TWO (2) entries for events 133 & 134, 13-14 1000 Free
Athlete must provide their own timer and counter for the 1000 Free
Relay cards are due by 8:45am to the Admin Table