



Winter Gator Meet

February 14-16, 2025

Sanction # PVC-25-74



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
John Aldonas, jaldonas@arlingtonva.us	Charles Lundy calundy@verizon.net	Mike McCarthy mccartmt@gmail.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-25-74 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Arlington Aquatic Club, and Long Bridge Aquatic & 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;">Long Bridge Aquatic & Fitness Center 333 Long Bridge Dr. Arlington, VA 22202 (703) 228-3338</p> <ul style="list-style-type: none"> The competition pool at Long Bridge Aquatic & Fitness Center is 25yd x 50m with two moveable bulkheads. Competition will be held in 8 lanes, 25yd, running bulkhead to bulkhead in deep end. Water depth of 14'7" at the starting and 7'0" at turn end (start end for 25's). Ten (10) lanes of continuous warm-up/cool down will be available. The meet hosts shall ensure the required course dimensions. 															
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, February 4, 2025, 9:00 p.m.</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;">Friday, February 14</p> <table style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th style="border-top: 1px solid black; border-bottom: 1px solid black;"></th> <th style="border-top: 1px solid black; border-bottom: 1px solid black; text-align: center;">Warm Ups</th> <th style="border-top: 1px solid black; border-bottom: 1px solid black; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">11-14 Boys and Girls</td> <td style="text-align: center;">4:30 – 5:00 pm</td> <td style="text-align: center;">5:10 pm</td> </tr> </tbody> </table> <p style="text-align: center; margin-top: 20px;">Saturday and Sunday, February 15 and 16, 2025</p> <table style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th style="border-top: 1px solid black; border-bottom: 1px solid black;"></th> <th style="border-top: 1px solid black; border-bottom: 1px solid black; text-align: center;">Warm Ups</th> <th style="border-top: 1px solid black; border-bottom: 1px solid black; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">10 & under Boys and Girls</td> <td style="text-align: center;">7:30 – 8:10 am</td> <td style="text-align: center;">8:15 am</td> </tr> <tr> <td style="text-align: center;">11-14 Boys and Girls</td> <td style="text-align: center;">11:30 – 12:20 pm</td> <td style="text-align: center;">12:30 pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 		Warm Ups	Events	11-14 Boys and Girls	4:30 – 5:00 pm	5:10 pm		Warm Ups	Events	10 & under Boys and Girls	7:30 – 8:10 am	8:15 am	11-14 Boys and Girls	11:30 – 12:20 pm	12:30 pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all Potomac Valley Swimmers Registered as USA Swimming Athletes. 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. All athletes shall compete at the age attained on the first day of the meet. 															

SWIMMERS WITH A DISABILITY	<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 written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete’s coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications 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 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 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. • Swimmers may enter no more than three (3) individual and one (1) relay events per day. No more than six (6) individual and one (1) relay event for the meet. • Friday session- entry limit- 1 event • For 11-14 sessions- there will be NST times for 200 events. For 500 Free and 400 IM, coach times are permissible and encouraged. These events will be swum fastest to slowest. Please be honest. • All 11-14 events are mixed events • Deck entries will be accepted into empty lanes only. No new heats will be created. • Evidence of current USA Swimming registration required for deck entries.
POSITIVE CHECK-IN	<ul style="list-style-type: none"> • For the 10 & under sessions, only Relays will be positive check in. • For the 11-14 sessions, the 500 Free, 400 IM, and 200 events will be positive check in. The positive check in deadlines are listed below in the session boxes.
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 times and lane assignments for the warm- up. • Continuous warm-up/cool down will be available. Coaches must monitor their athletes while in these lanes.
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"> • For 10 & under sessions- All events will be swum slow to fast • For 11-14 sessions- All events will be pre-seeded, except the 200, 400 and 500y events, which

	will be positive check in. The 500 Free and 400 IM will be swum fastest to slowest. All other events will be slow to fast.
SCORING	<ul style="list-style-type: none"> This meet will not be scored.
AWARDS	<ul style="list-style-type: none"> For 10 & under sessions only: Individual events will be awarded first through tenth place. Relay events will be awarded for first place through fourth place. A heat award will be given to the winner of each individual heat.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will not be available. The meet will be 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"> There will be no spectator entry fee.
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 Mike McCarthy (mccartmt@gmail.com), AAC Officials Chair. 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"> Two (2) timers per lane. Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. Friday session- swimmers will need to provide their own timers and counters.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director- John Aldonas, jaldonas@arlingtonva.us Include in the subject of the email, "2025 Winter Gator Meet - *****" 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: \$3.00 Relay event fee: \$10.00 Individual event fee: \$5.50 Deck entries: \$10.00</p> <ul style="list-style-type: none"> Make checks payable to AAC Boosters. Checks may be mailed to: AAC Boosters PO Box 7512 Arlington, VA 22207 Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.



Fall Gator Meet

Friday, February 14, 2025

Session 1 (11-14 Boys and Girls) Warm-up 4:30 - 5:00 pm, 1st Event 5:10 pm

Event #	Events
101	11-14 Mixed 500 yard Freestyle
102	11-14 Mixed 400 yard IM
	<p>Coach times are permitted and encouraged for 500 free and 400 IM</p> <p>These events will be seeded fast to slow</p> <p>These events will be positive check in</p> <p>*Check in for 500 Free- 4:45 pm</p> <p>**Check in for 400 IM- 5:30 pm</p>

Saturday, February 15, 2025

Session 2 (10 & under Boys and Girls) Warm-up 7:30 - 8:10 am, 1st Event 8:15 am

Girls Event #	Events	Boys Event #
1	8 & Under 100 yard Freestyle	2
3	9-10 100 Freestyle	4
5	6 & Under 25 yard Backstroke	6
7	8 & Under 25 yard Backstroke	8
9	9-10 50 yard Backstroke	10
11	8 & Under 50 yard Breaststroke	12
13	9-10 100 yard Breaststroke	14
15	8 & Under 50 yard Butterfly	16
17	9-10 50 yard Butterfly	18
19	6 & Under 25 yard Freestyle	20
21	8 & Under 25 yard Freestyle	22
23	9-10 200 yard Individual Medley	24
25	8 & Under 100 yard Freestyle Relay	26
27	9-10 200 yard Freestyle Relay	28

Saturday, February 15, 2025

Session 3 (11-14 Boys and Girls) Warm-up 11:30 - 12:20 pm, 1st Event 12:30 pm

Event #	Events
103	11-14 200 yard Butterfly
104	11-12 100 yard Freestyle
105	13-14 100 yard Freestyle
106	11-12 50 yard Backstroke
107	11-14 200 yard Freestyle
108	11-12 100 yard Breaststroke
109	13-14 100 yard Breaststroke
110	11-12 50 yard Butterfly
111	11-14 200 yard Backstroke
	Check in Deadlines: 200 Butterfly- 12:00 pm 200 Freestyle- 12:30 pm 200 Backstroke- 1:00 pm
	Minimum time standards for 200 events: 200 Butterfly- 2:35.99 200 Freestyle- 2:12.99 200 Backstroke- 2:24.99



Fall Gator Meet

Sunday, February 16, 2025

Session 4 (10 & under Boys and Girls) Warm-up 7:30 - 8:10 am, 1st Event 8:15 am

Girls Event #	Events	Boys Event #
29	9-10 200 yard Freestyle	30
31	8 & Under 50 yard Backstroke	32
33	9-10 50 yard Breaststroke	34
35	6 & Under 25 yard Breaststroke	36
37	8 & Under 25 yard Breaststroke	38
39	9-10 100 yard Butterfly	40
41	8 & Under 25 yard Butterfly	42
43	9-10 100 yard Backstroke	44
45	6 & Under 50 yard Freestyle	46
47	8 & Under 50 yard Freestyle	48
49	9-10 50 yard Freestyle	50
51	8 & Under 100 yard Individual Medley	52
53	9-10 100 yard Individual Medley	54

Sunday, February 16, 2025

Session 5 (11-14 Boys and Girls) Warm-up 11:30 - 12:20 pm, 1st Event 12:30 pm

Event #	Events
112	11-12 100 yard Butterfly
113	13-14 100 yard Butterfly
114	11-14 200 yard Breaststroke
115	11-12 50 yard Freestyle
116	13-14 50 yard Freestyle
117	11-12 100 yard IM

118	11-14 200 yard IM
119	11-12 100 yard Backstroke
120	13-14 100 yard Backstroke
121	11-12 50 yard Breaststroke
	<p>Check in Deadlines:</p> <p>200 Breaststroke- 12:00 pm</p> <p>200 IM- 12:30 pm</p>
	<p>Minimum time standards for 200 events:</p> <p>200 Breaststroke- 2:47.99</p> <p>200 IM- 2:28.99</p>

