



# NCAP Autumn Kingfish Splash

October 18-19, 2025

Sanction # PVI-26-14



<b>MEET DIRECTOR</b> Trish Buswell, Kim Spina <a href="mailto:trishbuswell@gmail.com">trishbuswell@gmail.com</a>	<b>MEET REFEREE</b> Rich McMillen <a href="mailto:padre1993@gmail.com">padre1993@gmail.com</a>	<b>ENTRY COORDINATOR</b> Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>
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SANCTION	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-26-14</b></li><li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation’s Capital Swimming, J&amp;M Swimming, and The St. James: Sports, Wellness &amp; 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.</li></ul>																								
FACILITY	<p><b>The St. James: Sports and Wellness &amp; Entertainment Complex</b> 6805 Industrial Road Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"><li>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.</li><li>Water depth of 7’4” at the starting end and 4’ at the turning end of the competition course.</li><li>The meet hosts shall ensure the required course dimensions.</li></ul>																								
ENTRY DEADLINE	<p><b>Tuesday, October 7, 2025 at 5:00pm</b></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><tr><td>Sat- Session 1</td><td>13&amp;Over, 8&amp;under</td><td>Warm up: 7:30am</td><td>Events: 8:45am</td></tr><tr><td>Sat- Session 2</td><td>9-10</td><td>Warm up: 1:00pm</td><td>Events: 2:00pm</td></tr><tr><td>Sat- Session 3</td><td>11-12</td><td>Warm up: 4:00pm</td><td>Events: 5:00pm</td></tr><tr><td>Sun- Session 3</td><td>13&amp;Over</td><td>Warm up: 7:30am</td><td>Events: 8:45am</td></tr><tr><td>Sun- Session 4</td><td>10&amp;U</td><td>Warm up: 1:00pm</td><td>Events: 2:00pm</td></tr><tr><td>Sun- Session 6</td><td>11-12</td><td>Warm up: 4:00pm</td><td>Events: 5:00pm</td></tr></table> <ul style="list-style-type: none"><li>Meet Director and Staff reserve the right to adjust times/sessions after entries are received.</li><li>There may be continuous warm up/ warm down space. If time allows, the competition pool may open for a brief warm down.</li></ul>	Sat- Session 1	13&Over, 8&under	Warm up: 7:30am	Events: 8:45am	Sat- Session 2	9-10	Warm up: 1:00pm	Events: 2:00pm	Sat- Session 3	11-12	Warm up: 4:00pm	Events: 5:00pm	Sun- Session 3	13&Over	Warm up: 7:30am	Events: 8:45am	Sun- Session 4	10&U	Warm up: 1:00pm	Events: 2:00pm	Sun- Session 6	11-12	Warm up: 4:00pm	Events: 5:00pm
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ELIGIBILITY	<ul style="list-style-type: none"><li>Open to all Potomac Valley Swimming registered athletes from Nation’s Capital Swimming sites, and Invited Teams. Please contact the meet director for an Invitation and the event file.</li><li>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 &amp; Regulations</i> Article 302.</li></ul>																								
SWIMMERS WITH A DISABILITY	<ul style="list-style-type: none"><li>PVS and host clubs along with their Meet Directors are committed to the <a href="#">Inclusion Policy</a> 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.</li><li>Athletes requiring special accommodation are asked to complete the form below. <a href="#">NECESSARY ACCOMMODATIONS FORM</a></li></ul>																								

<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic timing (touchpads primary) will be used for all events except 8&amp;Under 25's, which will use semi-automatic timing (buttons primary).</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>Current USA Swimming rules shall govern this meet.</li> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>No on-deck USA Swimming registration is permitted.</li> <li>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, restrooms, 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.</li> <li>Deck changes are prohibited.</li> <li>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.</li> <li>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.</li> <li>Dive over starts may be used for all events EXCEPT 8&amp;U events.</li> <li>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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>All events are timed finals</li> <li>All events are mixed gender.</li> <li>Athletes ages 9 &amp; Over may enter no more than three (3) events per day, six (6) events for the meet.</li> <li>Athletes ages 8 &amp; Under may enter four (4) events on Saturday, no more than three (3) events on Sunday.</li> <li>12 &amp; Under athletes may only enter one (1) session per day.</li> <li>Swimmers are responsible for providing their own timer and counter, if desired, for the 500s on Sunday.</li> <li>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.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>200 yd events may utilize positive check in, depending on the number of entries. Meet Director will provide information prior to the meet. All other events will be pre-seeded.</li> </ul>
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>The prescribed PVS warm-up procedures and safety policies will be followed.</li> <li>Warm up lanes will be assigned for each Team/Site.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>All events will swum slow to fast.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>This meet will not be scored.</li> </ul>

<b>AWARDS</b>	<ul style="list-style-type: none"> <li>No awards will be given.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Meet programs will be posted on Meet Mobile.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials will be identified in advance and coordinated by the Meet Referee, Rich McMillen (<a href="mailto:padre1993@gmail.com">padre1993@gmail.com</a>). Officials interested in volunteering should complete the <a href="#">OFFICIALS SIGN UP FORM</a></li> <li>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.</li> <li>Certified, walk on officials will be accommodated.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to KARYN MCCANNON (<a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>).</li> <li>Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>Entries directly from individual team members will not be accepted.</li> <li>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.</li> <li>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.</li> </ul>
<b>ENTRY FEES</b>	<p>Per Swimmer Surcharge:      \$10.00      Individual event fee:      \$8.00</p> <p>Deck entry fee:      \$15.00</p> <p>Swimmer Surcharge is also required</p> <ul style="list-style-type: none"> <li>Make checks payable to J&amp;M Swimming. Entry fees are due with meet entry. Please contact the Meet Director for payment instructions.</li> <li>Entry fees are due with meet entry.</li> </ul>

# NCAP Autumn Kingfish

## Saturday, October 18

Session 1: 13&Over and 8&Under Warm-ups: 7:30am EVENTS: 8:30am	
Event #	Event
1	13& over 100 Backstroke
2	8&Under 25 Butterfly
3	13&Over 200 Freestyle
4	8&Under 25 Backstroke
5	13&Over 100 Breaststroke
6	8&Under 25 Breaststroke
7	13&Over 50 Freestyle
8	8&Under 25 Freestyle
Athletes in Event #7 are invited to stay for Event #8 and cheer on the 8&Unders	

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

Session 3: 11-12 Year Old Warm-up: 4:00 PM. Events: 5:00 PM	
Event #	Event
15	11-12 100 Backstroke
16	11-12 50 Freestyle
17	11-12 100 Breaststroke
18	11-12 50 Butterfly
19	11-12 100 Freestyle

# NCAP Autumn Kingfish

**Sunday, October 19**

Session 4: 13&Over	
Warm-ups: 7:30am EVENTS: 8:30am	
Event #	Event
20	13&Over 200 IM
21	13&Over 100 Butterfly
22	13&Over 100 Freestyle
23	13&Over 500 Freestyle
Event 23- 13&Over 500 FR will have a maximum of 6 heats. Athletes over this limit will be offered an alternate entry Swimmers are responsible for bringing timer and counter. .	

Session 5: 10&Under	
Warm-up: 1:00 PM. Events: 2:00 PM	
Event #	Event
24	10&Under 200 IM
25	10&under 50 Freestyle
26	10&Under 100 Backstroke
27	10&Under 50 Breaststroke
28	10&Under 100 Butterfly
Event 24- 10&Under 200 IM will have a maximum of 5 heats. Athletes over this limit will be offered an alternate entry.	

Session 6: 11-12	
Warm-up: 4:00 PM. Events: 5:00 PM	
Event #	Event
29	11-12 200 Freestyle
30	11-12 50 Backstroke
31	11-12 200 IM
32	11-12 50 Breaststroke
33	11-12 100 Butterfly
34	11-12 500 Freestyle
Event 34- 11-20 500 Free will have a maximum of 5 heats. Athletes over this limit will be offered an alternate entry. Swimmers are responsible for bringing timer and counter.	