



JACK-O-QUACKS



Hosted by:



October 18, 2025

Sanction # PVC-26-16

MEET DIRECTOR Dominique Banks Coachdbanks@gmail.com 301.300.9078		MEET REFEREE Linda Tucker latucker@verizon.net		CLUB OFFICIALS CHAIR Sherell Love Sherellmlove@gmail.com	
SANCTION		<ul style="list-style-type: none">Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-26-16.In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Accokeek Stroke Technique Swim Team, and Mount Vernon Rec 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		Mount Vernon Rec Center 2017 Belle View Blvd Alexandria, VA 22307 (703) 768-3224 <ul style="list-style-type: none">The pool at Mount Vernon Rec Center is 9 lanes, 25 yardsWater depth range of 4.5’ – 4.7’ at the starting end and 3.5’ – 5’ at the turning end.The meet hosts will ensure the required course dimensions.			
ENTRY DEADLINE		October 8, 2025 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.			
SCHEDULE		Saturday, October 18, 2025 Warm-up: 1:30—2:00 pm, Events Start: 2:15 pm <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 Potomac Valley 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.Athletes requiring special accommodation are asked to complete the form below. NECESSARY ACCOMMODATIONS FORM			
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.			

	<ul style="list-style-type: none"> 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. 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. Athletes may enter three(3) individual events and one(1) relay. All relays are mixed gender. Deck entries will be accepted in empty lanes only. No new heats will be created. The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines and space availability.
POSITIVE CHECK IN	<ul style="list-style-type: none"> No Positive Check-in.
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"> All events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> No Scoring
AWARDS	<ul style="list-style-type: none"> No Awards
PROGRAMS	<ul style="list-style-type: none"> Meet programs will be available on the ASTS website the evening before the meet at http://www.accokeekstroketechnique.com and 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. Deck Pass, live screen, is an acceptable form of proof.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> No spectator entry fee.
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.
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 the Officials Coordinator, Heather Purk, at Hkpurk@gmail.com. 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"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. A Timer Sign Up link will be sent to the coaches.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director, Dominique Banks. Include in the subject of the email, "Jack O'Quacks *****" 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	<div> <div>Per Swimmer Surcharge: \$7.00</div> <div>Relay event fee: \$12.00</div> <div>Individual event fee: \$10.00</div> <div>Deck Entry Fee: \$15.00</div> </div> <ul style="list-style-type: none"> Make checks payable to ASTS Swim Team. Checks may be mailed to: 9154 Maytide Street Waldorf, MD 20603 Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

ASTS 2025 Jack O'Quacks Mini Meet

October 18, 2025

Warm Up : 1:30-2:00 pm

Events: 2:15 pm

GIRLS	EVENT	BOYS
1	Mixed 200 Freestyle Relay	1
3	25 Freestyle	4
5	100 Backstroke	6
7	50 Butterfly	8
9	25 Backstroke	10
11	100 Individual Medley	12
13	25 Breaststroke	14
15	50 Freestyle	16
17	25 Butterfly	18
19	50 Breaststroke	20
21	100 Freestyle	22
23	50 Backstroke	24