



November Distance Meet

Saturday & Sunday, November 1 – 2

Sanction # PVC-26-25



MEET DIRECTOR Rob Green robert.green@dc.gov 202-576-9534	MEET REFEREE Mitchell Jung mitchelljung@gmail.com	CLUB OFFICIALS CHAIR Erika Livingston erika@aimstutoring.com
SANCTION	- Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-26-25. - In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, DC Wave Swim Team, and the Takoma Aquatic 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	Takoma Aquatic Center 300 Van Buren Street, NW Washington, DC 20012 (202) 576-9534 - The pool at the Takoma Aquatic Center is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 10 lanes, 25 yards, running wall to wall. - Water depth range of 7' (lane 1) to 13.5' (lane 8) at the starting end and at the turning end. - The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).	
ENTRY DEADLINE	Wednesday, October 22nd, 11:59 pm 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, November 1 Session 1 – 1,000 Freestyle Warm up 9:40 – 10:20 am Events 10:30 am Session 2 – 500 Freestyle Warm Up 2:20 – 2:40 pm Events 2:50 pm Sunday, November 2 Session 3 – 1,650 Freestyle Warm up 9:40 – 10:20 am Events 10:30 am Meet Director reserves the right to adjust times/sessions after entries are received.	
ELIGIBILITY	- Open to all registered USA Swimming members. - 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	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	Automatic timing (touchpads primary) will be used.	

RULES	• 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.
EVENT RULES	• All events are timed finals and will be swum as mixed gendered. • The meet will be seeded fastest to slowest according to submitted entries regardless of age. • A swimmer may enter a maximum of three (3) events for the entire meet. • 12 & Under swimmers may only participate in one (1) session per day. • Expected timelines will be posted to the PVS web site at www.pvswim.org no later than Wednesday, October 29th, 2025. The meet director reserves the right to combine heats or events based on the number of entries received and meet timeline.
POSITIVE CHECK IN	• 500 Freestyle will be pre-seeded. • The 1000 and 1650 will be seeded using positive check-in.
MEDICAL ASSISTANCE	• 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	• 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	• Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
SEEDING	• Events will be seeded fastest to slowest. Heats will be swum alternating girls and boys.
SCORING	• This meet will not be scored
AWARDS	• No awards will be given out
PROGRAMS	• Meet programs will be emailed to teams and available on Meet Mobile.
CREDENTIALS	• 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 \$	• N/A

OFFICIALS	- Officials interested in volunteering should contact Erika Livingston via email at erika@aimstutoring.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	- Swimmers must provide their own timer and lap counter (if desired). - One timer per lane. There will be two Head Timers per course.
ENTRY PROCEDURES	- Entries should be submitted by email to the Meet Director. - Include in the subject of the email, "November Distance 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	Per Swimmer Surcharge: N/A Relay event fee: N/A Individual event fee: \$10.00 - Make checks payable to DC Wave Booster Club. Checks may be mailed to: DC Wave Booster Club PO BOX 55661 Washington DC, 20040 - 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.

DC Wave November Distance Meet

SATURDAY, NOVEMBER 1st

Warm Up: 9:40am | Events: 10:30 am

EVENT #	EVENT
1	Open 1,000 Freestyle

Warm Up: 2:20 pm | Events: 2:50 pm

EVENT #	EVENT
2	500 Freestyle

SUNDAY, NOVEMBER 2nd

Warm Up: 9:40am | Events: 10:30 am

EVENT #	EVENT
3	1,650 Freestyle