



2024 Green and Orange Bowl

January 26-28th, 2024

Sanction # PVI-24-53



MEET DIRECTOR Paris Jacobs- 571-238-7657 paris@machineaquatics.com Jason Cochran jason@machineaquatics.com	MEET REFEREE Eric Ramey officials@machineaquatics.com	CLUB OFFICIALS CHAIR Eric Ramey officials@machineaquatics.com Officials Sign Up
---	--	---

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-24-53 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Machine Aquatics, and The St. James: Sports, Wellness & 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. 																				
FACILITY	The St. James: Sports and Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703) 239-6870 <ul style="list-style-type: none"> The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool. Water depth of 7'4" at the starting end and 4' at the turning end of the competition course. The meet hosts will ensure the required course dimensions. 																				
ENTRY DEADLINE	FINAL ENTRY FILE IS DUE BY 11:00 PM, TUESDAY, JANUARY 16TH, 2024 <ul style="list-style-type: none"> Entries will be accepted on a first-come, first-served basis. It is anticipated that this event will be fully entered. <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="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Ups</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;">Friday, January 26th, 2024</td> </tr> <tr> <td>All Ages- Distance Timed Finals</td> <td style="text-align: center;">4:30- 5:30 PM</td> <td style="text-align: center;">5:35 PM</td> </tr> <tr> <td colspan="3" style="text-align: center;">Saturday, January 27th and Sunday, January 28th, 2024</td> </tr> <tr> <td>13 & Over Session</td> <td style="text-align: center;">7:00- 8:10 AM</td> <td style="text-align: center;">8:15 AM</td> </tr> <tr> <td>12 & Under Session</td> <td style="text-align: center;">12:00 PM- 1:00 PM</td> <td style="text-align: center;">1:110 PM</td> </tr> </tbody> </table>				Warm Ups	Events	Friday, January 26th, 2024			All Ages- Distance Timed Finals	4:30- 5:30 PM	5:35 PM	Saturday, January 27th and Sunday, January 28th, 2024			13 & Over Session	7:00- 8:10 AM	8:15 AM	12 & Under Session	12:00 PM- 1:00 PM	1:110 PM
	Warm Ups	Events																			
Friday, January 26th, 2024																					
All Ages- Distance Timed Finals	4:30- 5:30 PM	5:35 PM																			
Saturday, January 27th and Sunday, January 28th, 2024																					
13 & Over Session	7:00- 8:10 AM	8:15 AM																			
12 & Under Session	12:00 PM- 1:00 PM	1:110 PM																			
ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming Registered 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. 																				
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"> Semi- 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 during preliminary, timed finals, and distance sessions. • 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.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • The 400 IM and the 500 Free will be Positive check-in. Check-in times will be published once the meet entries are locked.
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 based on entries submitted.
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.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
PROGRAMS and LIVESTREAM	<ul style="list-style-type: none"> • Programs will be made available on Meet Mobile prior to each session for free. • Due to internet connection issues at the St. James, livestreaming of the meet is not guaranteed.
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.
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 Eric Ramey at officials@machineaquatics.com or use the Officials Sign Up Form. • 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 as assigned by the Meet Director. • Swimmers in the 500 Free and 400 IM MUST PROVIDE THEIR OWN TIMERS and counter, if desired.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director at entries@machineaquatics.com. • Include in the subject of the email, "2024 Green and Orange Bowl" with the club's initials AND SITE. If your club submits multiple entry files include training site in the subject of the email.

	<ul style="list-style-type: none"> • 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 24-36 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. • Deck entries are permitted for this meet and will only occur if there is an open lane in a pre-seeded heat. Deck entries will be \$15.00 each. (cash or check only). If an event is positive check-in, the check in will be completed per the schedule, then seeded. Any open lanes after this will be available for deck entry. Swimmers will be required to prove current USA Swimming membership in good standing if the swimmer is not already in the meet and vetted through the PVS meet recon procedure. • 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. • Important: Coaches must submit a cell phone number that they will answer and RESPOND to for text communication for their club between prelims and finals sessions.
--	--

ENTRY FEES	<p>Per Swimmer Surcharge: \$5.00 Deck event fee: \$15.00</p> <p>Individual event fee: \$8.00</p> <p>Make checks payable to Machine Aquatics Checks may be mailed to:</p> <p style="text-align: center;">Machine Aquatics 2024 Green and Orange Bowl 204-D Mill Street, NE Vienna, VA 22180</p> <ul style="list-style-type: none"> • 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.
-------------------	---

2024 Green and Orange Bowl

January 26-28th, 2024

Sponsored by Machine Aquatics

**Friday, January 26th @ The St. James
Distance Session**

Warm Up - 4:30 - 5:30 PM/Events - 5:35 PM

Girls Event #	Event	Boys Event #
1	15 & Over 500 Yard Freestyle	2
3	13-14 500 Yard Freestyle	4
5	11-12 500 Yard Freestyle	6
7	9-12 200 Yard Freestyle	8

ALL EVENTS ARE POSITIVE CHECK IN

SWIMMERS MUST PROVIDE TIMER and COUNTER (if desired, 500 only)

**Saturday, January 27th @ The St. James
13 & OVER SESSION**

Warm Up – 7:00 – 8:10 AM/Events – 8:15 AM

Girls Event #	Event	Boys Event #
9	15 & Over 100 Yard Butterfly	10
11	13-14 100 Yard Butterfly	12
13	15 & Over 200 Yard Butterfly	14
15	13 & 14 200 Yard Butterfly	16
17	15 & Over 200 Yard Individual Medley	18
19	13 & 14 200 Yard Individual Medley	20
21	15 & Over 100 Yard Breaststroke	22
23	13-14 100 Yard Breaststroke	24
25	15 & Over 200 Yard Breaststroke	26
27	13- 14 200 Yard Breaststroke	28

**Saturday, January 27th @ The St. James
12 & UNDER SESSION**

Warm Up – 12:00 – 1:00 PM/Events at 1:10 PM

Girls Event #	Event	Boys Event #
29	9-10 100 Yard Freestyle	30
31	11-12 100 Yard Butterfly	32
33	9-10 100 Yard Butterfly	34
35	11-12 50 Yard Butterfly	36
37	9-10 50 Yard Butterfly	38
39	11-12 100 Yard Breaststroke	40
41	9-10 100 Yard Breaststroke	42
43	11-12 50 Yard Breaststroke	44
45	9-10 50 Yard Breaststroke	46

**Sunday, January 28th @ The St. James
13 & OVER SESSION**

Warm Up – 7:00 – 8:10 AM/Events – 8:15 AM

Girls Event #	Event	Boys Event #
47	15 & Over 200 Yard Backstroke	48
49	13 – 14 200 Yard Backstroke	50
51	15 & Over 200 Yard Freestyle	52
53	13-14 200 Yard Freestyle	54
55	15 & Over 400 Yard Individual Medley	56
57	13-14 400 Yard Individual Medley	58
75	<i>15 & Over 100 Yard Backstroke*</i>	76
77	<i>13-14 100 Yard Backstroke**</i>	78
79	<i>15 & Over 100 Yard Freestyle#</i>	80
81	<i>13-14 100 Yard Freestyle##</i>	82

*/** 15 & Over 100 Backstroke and 13-14 100 Backstroke will be swum prior to the 200 Backstroke
#/## 15 & Over 100 Freestyle and 13-14 100 Freestyle will be swim just prior to the 200 Freestyle

SWIMMERS IN THE 400 IM MUST PROVIDE TIMER

Sunday, January 28th @ The St. James
12 & UNDER SESSION

Warm Up – 12:00 – 1:00 PM/Events at 1:10 PM

Girls Event #	Event	Boys Event #
59	9-10 50 Yard Backstroke	60
61	11-12 50 Yard Backstroke	62
63	9-10 100 Yard Backstroke	64
65	11-12 100 Yard Backstroke	66
67	9-10 100 Yard Individual Medley	68
69	11-12 100 Yard Individual Medley	70
71	9-10 200 Individual Medley	72
73	11-12 200 Individual Medley	74