



FXFX Pirate Pacer

April 20-21, 2024

Sanction # PVI-24-84

VSI Sanction # VS-24-29DS



MEET DIRECTOR Matt Salerno fairfaxfoxes@gmail.com	MEET REFEREE Tim Husson tim.husson@gmail.com	CLUB OFFICIALS CHAIR Tricia Feinberg tafeinberg@gmail.com Officials SignUp
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-24-84 and Virginia Swimming: VS-24-29DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Fairfax Foxes Swimming, and the PWCS Aquatics 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;">PWCS Aquatics Center 13833 Dumfries Road (Door #25) Manassas, VA 20112 (571) 374-6333</p> <ul style="list-style-type: none"> The pool at PWCS Aquatics Center is 40m x 25yd with a moveable bulkhead. Competition will be held in 8 lanes, 25 yards, running from wall to wall. Water depth ranges from 12.5' – 7' at the starting and turning ends. 15 lanes are available for warm-ups. Continuous warm-up/cool-down will be available. 																														
ENTRY DEADLINE	<p style="text-align: center;">Thursday, April 4, 2024</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 style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%; text-align: center;">Warm Ups</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3">Saturday, April 20, 2024</td> </tr> <tr> <td>13 & Over Prelims</td> <td style="text-align: center;">6:20am – 7:10am</td> <td style="text-align: center;">7:15am</td> </tr> <tr> <td>11-12 Prelims</td> <td style="text-align: center;">11:30am – 12:10pm</td> <td style="text-align: center;">12:15pm</td> </tr> <tr> <td>10 & Under Timed Finals</td> <td style="text-align: center;">2:45pm – 3:15pm</td> <td style="text-align: center;">3:20pm</td> </tr> <tr> <td>FINALS</td> <td style="text-align: center;">6:30pm – 6:55pm</td> <td style="text-align: center;">7:00pm</td> </tr> <tr> <td colspan="3">Sunday, April 21, 2024</td> </tr> <tr> <td>13 & Over Timed Finals with Super Finals</td> <td style="text-align: center;">6:20am – 7:10am</td> <td style="text-align: center;">7:15am</td> </tr> <tr> <td>11-12 Timed Finals with Super Finals</td> <td style="text-align: center;">11:45am – 12:25pm</td> <td style="text-align: center;">12:30pm</td> </tr> <tr> <td>10 & Under Timed Finals</td> <td style="text-align: center;">3:45pm – 4:15pm</td> <td style="text-align: center;">4:20pm</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	Saturday, April 20, 2024			13 & Over Prelims	6:20am – 7:10am	7:15am	11-12 Prelims	11:30am – 12:10pm	12:15pm	10 & Under Timed Finals	2:45pm – 3:15pm	3:20pm	FINALS	6:30pm – 6:55pm	7:00pm	Sunday, April 21, 2024			13 & Over Timed Finals with Super Finals	6:20am – 7:10am	7:15am	11-12 Timed Finals with Super Finals	11:45am – 12:25pm	12:30pm	10 & Under Timed Finals	3:45pm – 4:15pm	4:20pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming registered swimmers from invited teams. Teams wishing to receive an invitation should contact the Meet Director. Priority will be given to teams that attended the 2023 FXFX Pirate Pacer. 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. Entries will be processed in the order they are received until the meet has reached capacity. 																														

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 RULES	<ul style="list-style-type: none"> ● Automatic timing (touchpads primary) will be used. ● 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 warmup, 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. ● The meet host will ensure required course dimensions. ● 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 for preliminaries and timed finals. ● 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"> ● Athletes shall compete at the age attained on the first day of the meet. Athletes may only compete in events of his/her own age group. ● Athletes ages 11&Over may enter a maximum of three (3) individual events per day. Athletes ages 10&Under may enter three (3) individual events on Saturday, April 20, and four (4) individual events on Sunday, April 21. ● Timers will remain for the 500 Freestyle during the 13&Over and 11-12 sessions. ● Athletes age 12&Under may only participate in one session/day. ● SATURDAY EVENTS <ul style="list-style-type: none"> ○ 13&Over individual events, with the exception of the 200 yd Breaststroke and 400 yd Individual Medley will follow a prelims-finals format. The top 24 13&Over swimmers in prelims will qualify for Saturday night finals. The 13&Over 200 yd Breaststroke and 400 yd Individual Medley will be timed finals. ○ 11-12 individual events 100 yd and shorter will follow a prelims-finals format. The top 16 11-12 swimmers in prelims will qualify for Saturday night finals. 11-12 individual events 200 yd and longer will be timed finals. ○ All 10&Under individual and relay events will be timed finals. ● SUNDAY EVENTS <ul style="list-style-type: none"> ○ 13&Over 100 yd Breaststroke and 50 yd Freestyle events will follow a prelims-finals format (“Super Finals”). The top 24 13&Over swimmers in prelims will qualify for Super Finals. “Super Finals” will take place at the conclusion of the session. All other 13&Over events will be timed finals.

	<ul style="list-style-type: none"> ○ 11-12 100 yd Individual Medley and 50 yd Freestyle events will follow a prelims-finals format (“Super Finals”). The top 16 11-12 swimmers in prelims will qualify for Super Finals. “Super Finals” will take place at the conclusion of the session. All other 11-12 events will be timed finals. ○ All 11-12 events will be timed finals. ○ Swimmers in the 11-12 and 13&Over 500 yd Freestyle must provide their own counter (if desired). ○ All 10&Under individual and relay events will be timed finals. ● Finals heats will swim in “C”, “B”, “A” order. ● Swimmers in the 10&Under 500 yd Freestyle must provide their own timer and counter (if desired). ● All 25-yard events will start from the turn end of the pool. ● Deck entries will be accepted in empty lanes only. No new heats will be created.
WITHDRAWING FROM FINALS and SUPER FINALS	<ul style="list-style-type: none"> ● Swimmers who do not wish to swim in the Final or Super Final must “Scratch” from the event by completing the Scratch from Finals form within 30 minutes of the announcement of qualifiers for the A, B, and C finals, if scheduled. ● Swimmers may declare an “Intent to Scratch” by completing the Scratch from Finals form within 30 minutes of the announcement of qualifiers for the A, B, and C finals, if scheduled, indicating “Intent”. Intents to Scratch must be confirmed within 30 minutes of the conclusion of the swimmer’s last preliminary event of the session or they will be automatically seeded into Finals. ● If a swimmer fails to properly scratch from an event and does not appear for the “Final” event, they shall be removed from their next scheduled individual event.
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. ● Five (5) lanes of continuous warm up will be available.
SUPERVISION	<ul style="list-style-type: none"> ● Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. ● Spectators are not allowed on the pool deck. ● Swimmers may not bring personal chairs on the pool deck. Coaches may bring a personal chair on the pool deck.
SEEDING and POSITIVE CHECK-IN	<ul style="list-style-type: none"> ● Standard seeding will be used. ● The Meet Director may designate events as positive check-in after entries have been received. Positive check-in procedures and deadlines will be communicated to all participating teams.
SCORING	<ul style="list-style-type: none"> ● No Scoring in this meet
AWARDS	<ul style="list-style-type: none"> ● Swimmers that place in the Top 8 in Timed Finals or Finals will receive a ribbon. ● All Heat Winners will receive a Pirate Pacer Pirate Duck. ● All swimmers will receive a Pirate Pacer swim cap and bag tag.
PROGRAMS	<ul style="list-style-type: none"> ● Meet programs will not be sold. The meet will be available on Meet Mobile, emailed to participating clubs, and posted online.
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 always have proof of active USA Swimming membership with them.
OFFICIALS	<ul style="list-style-type: none"> ● Officials interested in volunteering should complete the Officials SignUp or contact the Meet Referee, Tim Husson (tim.husson@gmail.com). ● Officials volunteering for this meet should report to the meet referee upon arrival. A comprehensive officials’ briefing will take place before each session.
TIMERS	<ul style="list-style-type: none"> ● Two timers per lane. ● Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. ● A Sign-Up Genius will be provided prior to the meet.

ENTRY PROCEDURES	<ul style="list-style-type: none"> ● Entries should be submitted by email to fairfaxfoxes@gmail.com ● Include in the subject of the email, "FXFX Pirate Pacer 2024 - *****" with the club's initials in place of the asterisks. If your club submits multiple entry files include the training site in the subject of the email. ● Entries will be processed in the order they are received until the meet has reached capacity. ● 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 (fairfaxfoxes@gmail.com). ● 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>Per Swimmer Surcharge: \$12.00 Individual Event Fee: \$12.00</p> <p>Deck entries: \$20.00 per event (cash on site + \$12 swimmer surcharge)</p> <p>Relay entries: \$4.00 per relay</p> <ul style="list-style-type: none"> ● Make checks payable to Fairfax Foxes Swimming. Checks may be mailed to: Fairfax Foxes Swimming 4144 Orchard Drive Fairfax, VA 22032 ● Each club is requested to remit one check to cover the entry fees for the entire team. ● Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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Saturday, April 20, 2024

Session 1 – 13 & Over Prelims

Warm-up **6:20am** / Events begin **7:15am**

Event # Girls	Event	Event # Boys
1	13 & Over 200 IM	2
9	13 & Over 200 Free	10
13	13 & Over 100 Fly	14
17	13 & Over 200 Breast *	18
19	13 & Over 100 Free	20
25	13 & Over 100 Back	26
27	13 & Over 400 IM *	28
29	13 & Over 200 Free Relay *	30
* Timed Finals swum in prelims only		

Session 2 – 11- 12 Prelims

Warm-up **11:30am** / Events begin **12:15pm**

Event # Girls	Event	Event # Boys
3	11-12 200 IM *	4
5	11-12 200 Breast *	6
7	11-12 100 Fly	8
11	11-12 100 Free	12
15	11-12 50 Breast	16
21	11-12 200 Fly *	22
23	11-12 100 Back	24
31	11 & 12 200 Free Relay *	32
* Timed Finals swum in prelims only		

Session 3 – 10 & Under Timed Finals

Warmup **2:45pm** / Events begin **3:20pm**

Event # Girls	Event	Event # Boys
33	10 & Under 200 IM	34
35	8 & Under 25 Free	36
37	10 & Under 100 Free	38
39	10 & Under 50 Breast	40
41	8 & Under 25 Fly	42
43	10 & Under 50 Fly	44
45	10 & Under 50 Back	46
47	10 & Under 200 Free Relay	48

Session 4 – 11 & Over Finals

Warm-up **6:30pm** / Events begin **7:00pm**

Event # Girls	Event	Event # Boys
1	13 & Over 200 IM	2
7	11-12 100 Fly	8
9	13 & Over 200 Free	10
11	11-12 100 Free	12
13	13 & Over 100 Fly	14
15	11-12 50 Breast	16
19	13 & Over 100 Free	20
23	11-12 100 Back	24
25	13 & Over 100 Back	26

FXFX Pirate Pacer

Sunday, April 21, 2024

Session 5 – 13 & Over Timed Finals with Super Finals

Warm-up **6:20am** / Events begin **7:15am**

Event # Girls	Event	Event # Boys
49	13 & Over 100 Breast ##	50
51	13 & Over 200 Fly	52
53	13 & Over 50 Free ##	54
55	13 & Over 200 Back	56
57	13 & Over 100 IM	58
59	13 & Over 200 Medley Relay	60
61	13 & Over 500 Free	62
## 100 Breast and 50 Free are super finals ##		
<i>5 minute break</i>		
49	13 & Over 100 Breast	50
<i>5 minute break</i>		
53	13 & Over 50 Free	54

Session 6 – 11 - 12 Timed Finals with Super Finals

Warm-up **11:45am** / Events begin **12:30pm**

Event # Girls	Event	Event # Boys
63	11-12 100 IM	64
65	11-12 50 Free	66
67	11-12 200 Free	68
69	11-12 50 Back	70
71	11-12 200 Back	72
73	11-12 50 Fly	74
75	11-12 100 Breast	76
77	11-12 200 Medley Relay	78
79	12&Under 500 Free	80
## 100 IM and 50 Free are super finals ##		
<i>5 minute break</i>		
63	11-12 100 IM	64
<i>5 minute break</i>		
65	11-12 50 Free	66

Session 7– 10 and Under Timed Finals

Warm-up **3:45pm** / Events begin **4:20pm**

Event # Girls	Event	EVENT
81	10 & Under 100 IM	82
83	8 & Under 25 Back	84
85	10 & Under 100 Back	86
87	10 & Under 100 Breast	88
89	10 & Under 200 Free	90
91	8 & Under 25 Breast	92
93	10 & Under 100 Fly	94
95	10 & Under 50 Free	96
97	10 & Under 200 Medley Relay	98
99	10 & Under 500 Free^{^^}	100

^{^^} Swum after relays, requires own timer and counter