



**10 & Under
Candy Cane Meet
December 19, 2015**



Sponsored by NATION'S CAPITALS SWIM CLUB
Sanctioned by UNITED STATES SWIMMING
through POTOMAC VALLEY SWIMMING and Virginia Swimming
Sanction # PVI-16-35 and

Meet Director: Mark Faherty fahertyswim@yahoo.com

**Club Officials
Chair:** Ray Nash raynashdvcc@aol.com

Meet Referee: Ray Nash raynashdvcc@aol.com

Facility: Freedom Aquatic & Fitness Center
10900 University Boulevard
Manassas, Virginia 20110-2203
(703)993-8350
(703)993-8444

Facility: The Freedom Aquatic & Fitness Center Pool is a 10 lane, 50 meter pool; non-turbulent lane markers; setup to conduct competition for 25 yards, starting from the deep end (13'5" deep) and swimming into a bulkhead (6 feet deep). The competition courses have not been certified in accordance with USA Swimming Rules and Regulations Article 104.4.4I.

Timing: Automatic timing (touch pads primary) will be used for this meet (50y and up events). Manual timing (stopwatches only) will be used for this meet (25y events).

Schedule:

Boys	Warm-up 7:00-7:30 AM	Events 7:45 AM
Girls	Warm-up 11:15-11:45 AM	Events 12:00 PM

NOTE: Session Warm-Up and Start Times may be adjusted based on the number of entries received. The Meet Director reserves the right to make changes necessary to finish the session timely, including limiting entries and moving swimmers from the 100 to the 50. Please watch for any changes that will be posted on www.nationscapitalswimming.com.

Concessions: Concessions will not be available to purchase at the meet.

Seating: **Officials, USA Swimming Registered Coaches and Swimmers** only will be permitted on the pool deck.

Awards: For individual events, ribbons will be awarded for 1st to 8th place. For 100 yd. events, ribbons will be awarded to the following age groups: 9-10 and 8 and under. For 50 yd. events, ribbons will be awarded to the following age groups: 9-10, 8-year-olds, and 7 and under.

For 25 yd. events, ribbons will be awarded to 8-year-olds, 7-year-olds and 6 and under. For relays, ribbons will be awarded for 1st to 3rd place. Ribbons will be awarded for each session separately

Eligibility: Open to all registered Potomac Valley Swimming Swimmers 10 years of age and under from the Nation's Capital Swim Club and invited clubs. Swimmers shall compete at the age attained on the first day of the meet.

Inclusion Policy for Swimmers with Disability

PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy as adopted by the BOD](#). Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

Rules: Current United States Swimming rules shall govern the meet. A contestant may enter a maximum of four (4) individual events and one (1) relay.

In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition, and cool down periods.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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. 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 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.

Warm-Up: The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

Admission: There is no admission charge. Programs for each session will be available for \$2.00 each.

Officials: Certified Officials who have not been contacted should volunteer, please sign in with the Referee. An Officials meeting will be held no later than 10 minutes before the end of each warm-up session. If you wish to volunteer ahead of time, please contact Ray Nash at raynashdvcc@aol.com.

Supervision: Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.

Timers: This is very important at this meet; automatic timing (50y and 100y events) and watch times (25y events) will be used. Participating clubs are required to provide timers in proportion to their entry. A timer is required for each 25 entries, (not swimmers, entries). The number of timers will be adjusted when the club is providing other officials.

Acceptance of the Club entry is based on compliance with the above. The host club will provide one (1) timer per lane.

Entries: Entries may be sent via e-mail.

1. Entries must arrive by the due date and time
2. Please do not send entries with a no time, (NT). Due to timing constraints, we would like to have a semi-accurate time line. We realize that this may be one of the first meets your young swimmers enter, so please do the best you can.
3. Include with your entry file one (1) report by name and one (1) by event. Create these reports in Team Manager and save as Word for Windows files.
4. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).
5. Send e-mail to Mark Faherty at fahertyswim@yahoo.com
6. Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.

Entries may be sent via mail/express mail/ etc.

Computer entries (Hy-Tek) are encouraged. Electronic entries require one (1) meet entry report by **name** and one (1) by event from *Team Manager*. Entries may also be submitted on a PVS Master Entry Sheet. All entries must include a completed “**Entry Cover Sheet**”. Paper entries require an additional \$20.00 processing fee.

Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

Deck Entries: Deck entries are \$10.00 per individual event and must be submitted with cash payment no later than 15 minutes prior to the first event of each session. No new heats will be created. First come, first served.

Fees: Fees are \$5.00 for individual events and \$10.00 for relay events. Each participating Club is requested to remit one check to cover the entry fee for the entire team. **Please do not send cash.** Entry fees are due with entries.

Checks: Make checks payable to **Nation’s Capital Swim Club.**

Entry Deadline: All entries must be submitted for this meet no later than
5:00 PM, Tuesday, December 8, 2015
Note: NO fax or phone entries will be accepted.

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.

Send Entries and Checks To: Nations Capital Swimming
8120 Woodmont Ave. #101
Bethesda, MD 20814
Make checks payable to Nation’s Capital Swimming (NCAP).

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the Nation's Capital Swim Club, and the Freedom Aquatic & Fitness Center shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Session I – Boys

Warm-up: 7:00-7:30 AM First Event 7:45 AM

<u>Event #</u>	<u>Age</u>	<u>Event</u>
1	10 & under	100 yard Butterfly
2	10 & under	50 yard Butterfly
3	8 & under	25 yard Butterfly
4	10 & under	100 yard Backstroke
5	10 & under	50 yard Backstroke
6	8 & under	25 yard Backstroke
7	10 & under	100 yard Breaststroke
8	10 & under	50 yard Breaststroke
9	8 & under	25 yard Breaststroke
10	10 & under	100 yard Freestyle
11	10 & under	50 yard Freestyle
12	8&under	25 yard Freestyle
13	10&under	200 yard Medley Relay
14	8&under	200 yard Free Relay

Session II – Girls

Warm-up: 11:15-11:45 AM First Event Noon

<u>Event #</u>	<u>Age</u>	<u>Event</u>
15	10 & under	100 yard Butterfly
16	10 & under	50 yard Butterfly
17	8 & under	25 yard Butterfly
18	10 & under	100 yard Backstroke
19	10 & under	50 yard Backstroke
20	8 & under	25 yard Backstroke
21	10 & under	100 yard Breaststroke
22	10 & under	50 yard Breaststroke
23	8 & under	25 yard Breaststroke
24	10 & under	100 yard Freestyle
25	10 & under	50 yard Freestyle
26	8&under	25 yard Freestyle
27	10&under	200 yard Medley Relay
28	8&under	200 yard Free Relay