

2018 NCAP June LC

June 1-3, 2018

Sponsored by Nation's Capital Swim Club

Sanctioned by USA Swimming through Potomac Valley Swimming and Virginia Swimming

Sanction # PVI-18-84

Meet Director	Brian Pawlowicz , bpawlowicz@nationscapitalswimming.com, (703) 727-3994
Meet Referee	Ray Nash , raynashdvcc@aol.com
Officials Chair	Ray Nash , raynashdvcc@aol.com
Location / Facility	<p>Jeff Rouse Recreation Center 1600 Mine Rd, Stafford, VA 22554 (540) 318-6332</p> <p>The competition course has been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</p> <p>An 8 lane, 50m course will be used for all competition, with a water depth of 12'6" at the start end and 6'7" at the turning end.</p> <ul style="list-style-type: none">• A separate pool with limited space will be available throughout the meet for continuous warm-up• No food of any kind is allowed on the pool deck. Only water and/or Gatorade are permitted on the pool deck.• Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.• Due to limited pool deck space, Officials, USA Registered Coaches and Swimmers and meet volunteers only will be permitted on the pool deck.
Timing System	Automatic timing (touch pads primary) will be used for this meet.
Schedule	<p>OPEN Distance (Friday): Warm-ups 4:30 - 5:30 PM; Events at 5:40 PM OPEN Prelims: Saturday/Sunday: Warm-ups 6:30-7:50 AM; Events 8 AM 12&Under +13-Over Timed Finals: Saturday/Sunday Warm-ups 12:30-1:30 PM; Events 1:40 PM OPEN Finals: Saturday/Sunday Warm-ups 4:50-5:50 PM; Events 6:00 PM **Anticipate Finals warmups starting 30 mins after Afternoon Session, Final information will be sent out after entry deadline**</p>
Awards	There are no awards for this meet.
Eligibility	<p>Open to all invited registered PVS athletes and invited registered USA Swimming athletes who meet the established NST Qualifying Times.</p> <p>The Qualifying Time Period is September 1, 2016 thru the entry deadline.</p> <p>Current USA Swimming rules shall govern the meet.</p>

Rules

Contestants may enter a maximum of seven (7) individual events with no more than three (3) Individual events per day. Swimmers shall compete at the age attained on the first day of the meet.

It is anticipated that CHASE STARTS will be used during prelims.

Host team may bring in additional swimmers who do not meet the qualifying times to help with meet volunteer work force.

Meet Manager reserves the right to adjust warm-up times and start times for all sessions after entries have come in.

All 11-12 and 13& Over afternoon events are timed finals. The **200 meter and longer events** will be positive check in. The Meet Manager reserves the right to Positive Check-in for **the 100 meter events** in the interest of manageable timelines.

The **Open 400 Free and 400 IM** are Timed Finals and will swim fastest to slowest. **Friday Distance events will be limited to 5 heats each, women and men, for both the 400 FR and 400 IM.**

All Open individual events on Saturday and Sunday will have a "C" final, "B" final and an "A" final heat. A "D" Final will be available for 13-14 athletes only that qualify from the Open prelim events. The "D" final for all events will be swum first, then "C" final, "B" final, and "A" final.

Yard times will be the conforming times for this meet. LCM times will be seeded after SCY times.

No on-deck USA-S registration will be permitted.

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.

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. 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.

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.

Bonus Events	<p>NEW 2018: Swimmers qualifying for 2 or more events at the OPEN QUALIFYING TIME may enter further events to reach the maximum 7 events for the meet. These should be marked Bonus- Bonus entries are seeded last.</p> <p>Swimmers qualifying for 2 or more events at the 11-12 or 13& Over (Timed Final) standards may enter further events to reach the maximum 7 events for the meets. These should be marked Bonus- Bonus entries are seeded last.</p> <p>NO BONUS EVENTS IN THE 400IM or 400 FREE</p>
Inclusion Policy for Swimmers with a Disability	<p>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 Advanced 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.</p>
PVS Check-in Policy	<p>For those events requiring positive check-in, athletes shall designate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked-in prior to the specified time will be not be seeded into the event. Athletes who have checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Referee.</p>
PVS Scratch Policy	<p>If you do not wish to swim in the Final, you may "Scratch" from the event by following the proper procedure: You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A", "B", "C" , or "D" finals, if scheduled.</p> <p>You may declare an "Intent to Scratch". You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent." You must rescind or "pull" this intent on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.</p> <p>If an athlete fails to properly scratch from an event and does not appear for the Final event, they shall be barred from further competition for the remainder of the meet.</p>
Scoring	Individual: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1
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.
Supervision	Coaches are responsible for the conduct of their Swimmers and Families and for cleaning up their team areas. Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Working Coaches & deck officials are required to display their 2018 USA Swimming card. Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck.
Concessions	The Jeff Rouse Center Concessions stand will be open during the meet.

<p>Programs</p>	<p>This meet requires positive check in for most of the events. All efforts will be made to have programs available as quickly as possible after the start of the meet. Once available they will be on sale for \$3.00 per session. Finals programs will be free of charge while supplies last.</p>
<p>Officials</p>	<p>All certified officials wishing to volunteer for this meet should fill out the Application to Officiate prior to May 15th, 2018. If there are any questions, issues accessing the application, or officials wishing to volunteer after May 15th should contact the Officials Chair, Ray Nash, at: raynashdvcc@aol.com</p> <p>Include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the computer table at the start of warm-up. Certified officials who have not been contacted should volunteer their services to the Referee.</p> <p>Due to the limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck. No Deck chairs allowed for Athletes.</p>
<p>Warning</p>	<p>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.</p>
<p>Timers</p>	<p>Clubs and sites will be required to provide timers in proportion to the number of swimmers they have entered in each session. If timer assignments are determined before the meet, they will be posted online at nationscapitalswimming.com and emailed to all participating clubs.</p>

<p>Entries</p>	<p>Entries may be sent via e-mail. Short Course entry times are considered conforming times for this meet and will be seeded ahead of LC entry times. Entry Times must be achieved no earlier than September 1, 2016.</p> <ol style="list-style-type: none"> 1. Entries must arrive by May 23, 2018 at 11:59pm. 2. Include with your entry file one (1) report by name. You must also check the box for “Proof of time” 3. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact). <p>Send e-mail to: bpawlowicz@nationscapitalswimming.com</p> <ol style="list-style-type: none"> 4. 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. 5. Entries shall be sent via e-mail. 6. Events file for use in Team Manager is available at: nationscapitalswimming.com 9. No late/deck entries are permitted for this meet. Absolutely NO “NT” entries will be accepted. 10. The Meet Director will not accept phone or fax entries. 11. TEAMS SENDING ENTRIES FROM TEAM UNIFY are requested to include a pdf copy of entries to confirm bonus events, as TU removes that designation before importing into Hy-Tek.
<p>Fees</p>	<p>Fees for individual events are \$8.00 Athlete surcharge is \$2.00 per athlete</p> <p>Each participating Club is requested to remit one check to cover the entry fee for the entire team. Do not send cash. Make checks payable to Nation’s Capital Swim Club. Entry fees are due with entries. Mail Entry Fees to: 8120 Woodmont Ave, Suite #101 Bethesda, MD 20814</p>
<p>Entry Deadline</p>	<p>The entry deadline is Wednesday, May 23, 2018 at 11:59 PM</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>

<p>Send Entries To</p>	<p>Brian Pawlowicz Bpawlowicz@nationscapitalswimming.com</p> <p>Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible without exceeding the 4-hour/session timeline limit.</p> <p>The meet director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding.</p>
<p>USA Swimming Inc., Potomac Valley Swimming, Virginia Swimming, Inc., Nation's Capital Swim Club, and the Jeff Rouse recreation 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.</p>	

OPEN EVENTS for FRIDAY, SATURDAY and SUNDAY**Friday, June 1st, 2018 @ Jeff Rouse****Warm-up 4:30-5:30 p.m. Events at 5:40 p.m.****All Events Timed Finals- NO BONUS ENTRIES ON FRIDAY
Positive Check In closes 30 minutes after the start of warm-ups**

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
1	5:11.19	4:37.69	Open 400 Free	4:49.79	4:20.99	2
3	4:40.79	5:20.49	Open 400 IM	4:17.49	4:49.89	4

Saturday, June 2nd, 2018 @ Jeff Rouse**Warm-up 6:30-7:50 a.m. Events at 8:00 a.m.****Positive Check In closes 30 minutes after the start of warm-ups**

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
5	59.39	1:06.69	Open 100 Fly	54.69	1:00.89	6
7	1:56.39	2:11.09	Open 200 Free	1:48.89	2:01.49	8
9	1:09.19	1:18.29	Open 100 Breast	1:02.89	1:10.39	10
11	2:11.49	2:26.99	Open 200 Back	2:00.99	2:15.39	12
13	25.09	28.49	Open 50 Free	22.79	25.59	14

Sunday, June 3rd, 2018 @ Jeff Rouse**Warm-up 6:30-7:50 a.m. Events at 8:00 a.m.****Positive Check In closes 30 minutes after the start of warm-ups**

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
15	2:31.79	2:49.39	Open 200 Breast	2:17.79	2:32.99	16
17	59.89	1:07.89	Open 100 Back	55.69	1:01.99	18
19	2:13.69	2:28.99	Open 200 IM	2:02.19	2:16.59	20
21	53.69	1:00.69	Open 100 Free	49.89	55.69	22
23	2:14.49	2:29.49	Open 200 Fly	2:03.59	2:16.29	24

TIMED FINAL EVENTS for FRIDAY, SATURDAY and SUNDAY

Saturday, June 2nd, 2018 @ Jeff Rouse

Warm-up 12:30-1:30 p.m. Events at 1:40 p.m.

All events are Timed Finals

Positive Check In closes 30 minutes after the start of warm-ups

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
25	34.09	38.29	12&Under 50 Fly	34.19	38.69	26
27	1:11.39	1:21.09	13&Over 100 Fly	1:06.39	1:15.49	28
29	2:29.69	2:50.39	12&Under 200 Free	2:24.59	2:45.19	30
31	2:22.19	2:42.59	13&Over 200 Free	2:12.79	2:32.29	32
33	39.99	45.49	12&Under 50 Breast	39.59	45.39	34
35	1:22.39	1:34.99	13&Over 100 Breast	1:15.59	1:28.09	36
37	1:18.49	1:31.09	12&Under 100 Back	1:15.79	1:29.09	38
39	2:35.39	2:59.39	11 &Over 200 Back	2:25.89	2:49.69	40
41	1:08.29	1:18.49	12&Under 100 Free	1:05.89	1:15.69	42
43	30.29	34.59	13&Over 50 Free	27.89	31.99	44

For Timed Final Events ONLY: In 11&Over events, events will be swum combined age groups, but will be separated 11-12 and 13&Over for scoring purposes.

Sunday, June 3rd, 2018 @ Jeff Rouse
Warm-up 12:30-1:30 p.m. Events at 1:40 p.m.

All events are Timed Finals
Positive Check In closes 30 minutes after the start of warm-ups

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
45	1:27.39	1:41.39	12&Under 100 Breast	1:24.59	1:38.49	46
47	2:58.29	3:25.59	11&Over 200 Breast	2:45.59	3:11.59	48
49	35.59	41.19	12&Under 50 Back	35.29	40.89	50
51	1:11.69	1:23.59	13&Over 100 Back	1:06.89	1:18.29	52
53	2:47.79	3:11.49	12&Under 200 IM	2:44.19	3:09.29	54
55	2:39.19	3:03.39	13&Over 200 IM	2:28.59	2:51.99	56
57	31.49	35.79	12&Under 50 Free	30.29	34.69	58
59	1:05.79	1:15.39	13&Over 100 Free	1:00.89	1:09.99	60
61	1:18.29	1:28.49	12&Under 100 Fly	1:16.49	1:26.29	62
63	2:37.89	2:59.49	11&Over 200 Fly	2:26.99	2:49.19	64

For Timed Final Events ONLY: In 11&Over events, events will be swum combined age groups, but will be separated 11-12 and 13&Over for scoring purposes.

WELCOME TO THE JEFF ROUSE SWIM AND SPORT CENTER

1600 MINE ROAD, STAFFORD, VA 22554 540-318-6332
WWW.ROUSECENTER.COM

Driving Directions from the North:

From I95, take exit 140 and turn right on to Courthouse Road. After approximately one mile, turn right on to Mine Road and the center will be on your left.

Driving Directions from the South:

From I95, take exit 140 and turn left on to Courthouse Road. After approximately one mile, turn right on to Mine Road and the center will be on your left.

Contact Information

General Manager

Kristen Loescher

kloescher@rousecenter.com

Aquatics Director

Brian Cann

bcann@rousecenter.com

Assistant General Manager

Michael Avery

mavery@rousecenter.com

Enjoy the meet and

SWIM FAST!



Center Policies and Helpful Tips

Thank you for attending a swim meet at our center. We are looking forward to being your hosts for the weekend! As a guest of our facility we ask that you abide by the following policies:

FOOD & DRINK - No outside food or drink is permitted in the facility other than water and your morning coffee (we don't want to come between you and your caffeine!). We have a café that serves snacks, drinks, smoothies, and breakfast, lunch and dinner. Guests are permitted to eat in the stands, but please throw away your trash and recycle your cans and bottles. Thank you for supporting our concessions!

Exception - Participating athletes may bring in their preferred food and drink.

GUEST PASSES - Swim meet participants and guests are not allowed to use any part of the facility other than the pool area, locker rooms, and restrooms. If you would like to use our gymnasium or fitness center, you may purchase a day pass at the front desk.

ACCESS TO POOL - Swimmers, please enter the pool area through the locker rooms or wet corridor. Parents, coaches and spectators, please enter the pool through the wet corridor (straight down the hallway as you enter).

PHOTOGRAPHY - No flash photography/videography is allowed during competition.

TEAM BANNERS - Please do not hang or tape anything to our sponsorship banners. We have clips to hang your banners above our banners.

SOCIAL MEDIA - Use our Hashtag this weekend and see your tweets up on the scoreboard!

HOTELS - Please visit the following website for booking information from the Rouse Center's preferred hotel provider: <http://www.marriott.com/hotels/travel/mnzfs-fairfield-inn-and-suites-quantico-stafford/>

Each swim team is responsible for their swimmers and guests. The JRSSC reserves the right to ask guests to leave the building immediately for unruly or un-cooperative behavior.

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