



10 & Under Pilgrim Mini Meet

November 24, 2019

Sanction # PVC-20-28

and VSI# VS-20-43DS



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Leslie Tomlinson ltomlinson@nationscapitalswimming.com	Chris Chmielenski cchmielenski@comcast.net	Karyn McCannon kmccannon@nationscapitalswimming.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-20-28 and Virginia Swimming: VS-20-43DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Nation's Capital Swim Club, and Claude Moore 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.
FACILITY	<p style="text-align: center;">Claude Moore Recreation Center 46105 Loudoun Park Lane Sterling, VA 20164 571.258.3600</p> <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth ranges from 6'8" to 12'6" at both the starting end and 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	<p style="text-align: center;">Friday, November 15, 2019 at 5:00 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>
SCHEDULE	<p style="text-align: center;">Sunday November 24th, 2019</p> <p style="text-align: center;">Boys: warm-up 8:10-8:40 AM First Event 8:50 AM Girls: warm-up 12:10-12:40 PM First Event 12:50 PM</p> <p>Meet Director reserves the right to adjust times/sessions after entries are received. Any changes will be posted on www.nationscapitalswimming.com</p> <p style="text-align: center;"><u>Entry into the building will not begin before 7:50 am for swimmers and parents.</u></p>

ELIGIBILITY	<ul style="list-style-type: none"> • Open to all registered Potomac Valley Swimming swimmers. 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. • Swimmers shall compete at the age attained on the first day of the meet. • Open to registered swimmers 10 years of age and under except those who have obtained a 2020 JO cut or NCAP Invitational cut in 2 or more strokes. Non-PVS clubs may request an invitation from the Meet Director; however, non-PVS athlete participation will be limited to a maximum of 20%. It may be necessary to limit entries in certain events to time constraints. • Swimmers shall compete at the age attained on the first day of the meet.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> • PVS and host clubs along with their meet directors are committed to the <u>Inclusion Policy</u> 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 (buttons primary) will be used for this meet.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules, including the <u>Minor Athlete Abuse Prevention Policy</u> ("MAAPP"), shall govern this meet. • No on-deck USA-S 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. 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. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • 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. • 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"> • All events are timed finals. • An athlete may enter no more than 3 events.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.

SEEDING	<ul style="list-style-type: none"> All events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> This meet is not scored.
AWARDS	<ul style="list-style-type: none"> For individual events, ribbons will be awarded for 1st to 8th place. For 50 yd. events, ribbons will be awarded to the following age groups: 9&10-year-olds, 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. Ribbons will be awarded for each session separately.
PROGRAMS	<ul style="list-style-type: none"> Programs for each session will be available for \$2.00 each.
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 at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> There is no admission charge.
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. Contact Chris Chmielenski, cchmielenski@comcast.net, to volunteer. 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 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.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "2019 Pilgrim Mini - ****" with the club's 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: \$3.75 (facility fee)

Individual event fee: \$5.00

Deck entries: \$10.00/ Individual Event

- Make checks payable to **Nation's Capital Swim Club**. Checks may be mailed to:
Nation's Capital Swim Club
Attn: Karyn McCannon
8120 Woodmont Ave #101
Bethesda, MD 20814
- Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. Each participating Club is requested to remit one check to cover the entry fee for the entire team.
- 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.

2019 10&Under Pilgrim Mini Meet

Sunday, November 24^h, 2019

Boys

Warm Up: 8:10 – 8:40 AM
First Event: 8:50 AM

Girls

Warm Up: 12:10 – 12:40 PM
First Event: 12:50 PM

Event #	EVENT	Event #
1	8 & Under 25 Freestyle	2
3	10 & Under 50 Freestyle	4
5	8 & Under 25 Backstroke	6
7	10 & Under 50 Backstroke	8
9	8 & Under 25 Breaststroke	10
11	10 & Under 50 Breaststroke	12
13	8 & Under 25 Butterfly	14
15	10 & Under 50 Butterfly	16

This meet is open to all registered Potomac Valley Swimming swimmers 10 years of age and under except those who have obtained a 2020 JO cut or NCAP Invite cut in 2 or more strokes.

JO Cuts for 2020* are as follows:

Girls LCM	Girls SCY	EVENT	Boys SCY	Boys LCM
37.29	32.69	50 Free	32.59	37.19
43.99	38.29	50 Back	38.49	44.29
49.59	43.09	50 Breast	43.59	50.39
42.69	37.09	50 Fly	37.39	42.79

*If the 2020 times change per PVS competition committee, then these times will change to match those.

NCAP Invitational Cuts for 2019 are as follows:

Girls LCM	Girls SCY	EVENT	Boys SCY	Boys LCM
37.19	32.99	50 Free	32.99	37.09
44.89	38.99	50 Back	38.79	44.79
50.69	43.39	50 Breast	43.39	50.49
43.69	37.99	50 Fly	38.59	43.89