



# The St. James Combo Distance Meet

Hosted by:

**December 21, 2019**  
**Sanction # PVC-20-38**

**THE ST·JAMES**  
 SWIMMING

<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>
Ashley Fouse <a href="mailto:Ashley.fouse@thestjames.com">Ashley.fouse@thestjames.com</a> 571-570-2122	Tim Husson <a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a> <a href="#">Officials Signup</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-20-38</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The St. James Swim Club, and The St. James 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.</li> </ul>						
<b>FACILITY</b>	<p style="text-align: center;"><b>The St. James</b>        6805 Industrial Rd.        Springfield, VA 22151        703-571-2122</p> <ul style="list-style-type: none"> <li>The St. James pool is 20 lanes, 25 yards. The 11-14 Year Old session will use two 8 lane courses, 11-12 year olds on one course, 13-14 year olds on the other course; the 15-18 year old session will use a single 8 lane course.</li> <li>Continuous warm-up/cool down lanes will be available.</li> <li>Water depth range of 6'9" – 7'6" at the starting end and 6'9" – 7'6" at the turn end.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.</li> </ul>						
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Saturday, December 7, 2019 at 11:59 pm</b></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>						
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Saturday, December 21, 2019</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;"></th> <th style="width: 30%; text-align: center;">Warm Ups</th> <th style="width: 30%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td>11-18 Year Old Session</td> <td style="text-align: center;">8:00 – 8:40 am</td> <td style="text-align: center;">8:45 am</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>		Warm Ups	Events	11-18 Year Old Session	8:00 – 8:40 am	8:45 am
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered Potomac Valley Swimmers. Also open to USA Swimming registered swimmers from Out of Town Teams. 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.</li> </ul>						

<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>• PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic timing (touchpads primary) will be used.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), shall govern this meet.</li> <li>• No on-deck USA-S registration is permitted.</li> <li>• 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts will be used at this meet.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• Athletes may enter one or both events in their age group.</li> <li>• All events are timed finals.</li> <li>• Athletes will be required to provide their own timers and counters (if desired).</li> <li>• Deck entries will be accepted if the meet is not over-subscribed. Evidence of current USA-S registration required for deck entries.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• <b>There will be positive check in for all events.</b> Check in for Events 1 and 2 will close at 8:30am.</li> <li>• 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 Meet Referee.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• Athletes will be seeded fastest to slowest, mixed gender.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• The meet will not be scored.</li> </ul>

<b>AWARDS</b>	<ul style="list-style-type: none"> <li>There will be no awards at this meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will not be sold at the meet.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>None</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>All certified officials wishing to volunteer for this meet should complete the <a href="#">Officials Sign Up</a> prior to December 16, 2019. If there are any questions, issues accessing the sign up, or officials wishing to volunteer after December 16, 2019, should contact the Meet Referee Tim Husson (<a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>).</li> <li>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.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Athletes will be required to provide their own timers and counters (if desired).</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to Ashley Fouse at <a href="mailto:Ashley.fouse@thestjames.com">Ashley.fouse@thestjames.com</a>.</li> <li>Include in the subject of the email, "Combo Distance Meet - ***" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email.</li> <li>Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>Entries directly from individual team members will not be accepted.</li> <li>Entries by phone or fax will not be accepted.</li> <li>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.</li> <li>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.</li> </ul>
<b>ENTRY FEES</b>	<p style="text-align: center;">Individual event fee: \$6.00                      Deck entries: \$10.00</p> <ul style="list-style-type: none"> <li>Make checks payable to <b>The St. James</b>. Checks may be mailed to:  <div style="text-align: center;"> The St. James  Attention: Ashley Fouse  6805 Industrial Rd.  Springfield, VA 22151 </div> </li> <li>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>

# The St. James Combo Distance Meet

Saturday, December 21, 2019

## 11-18 Year Old Session

Warmup: 8:00 – 8:40 am; Events: 8:45 am

MIXED EVENT	EVENT
1	11-18 1000 yard Freestyle
2	11-18 1650 yard Freestyle

Swimmers must provide their own timer and lap counter (if desired) for all events.  
All events will be swum in one, 10 lane course  
Check-in for events 1 & 2 will close at 8:30 am