



<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>Semi-automatic timing (buttons 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>In accordance with VSI best practices, all swimmers should shower before entering the pool.</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>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>A contestant may enter a maximum of three (3) individual events per day and one (1) relay per day.</li> <li>Swimmers shall compete at the age attained on the first day of the meet.</li> <li>All events are timed finals.</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>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>Positive check in is required for 200 yard events. Depending on entry numbers, positive check in may be added for events of 100 yards and longer. Please look for an email from the Meet Director.</li> </ul>																																																			
<b>SCORING</b>	<ul style="list-style-type: none"> <li>See table below for scoring. Events will be swum mixed gender, but genders will be awarded and scored separately.</li> <li> <table> <tr> <td>Place</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>Individual</td> <td>20</td> <td>17</td> <td>16</td> <td>15</td> <td>14</td> <td>13</td> <td>12</td> <td>11</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relays</td> <td>40</td> <td>34</td> <td>32</td> <td>30</td> <td>28</td> <td>26</td> <td>24</td> <td>22</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table> </li> </ul>	Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Individual	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1	Relays	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2
Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																				
Individual	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1																																				
Relays	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2																																				



<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Medals will be given for 1st to 3rd place – Individual events.</li> <li>• Ribbons will be given for 4th to 8th place – Individual events.</li> <li>• Ribbons will be given for 1st to 3rd place – Relay events</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Programs for each session will be available for \$2.00 each.</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>• There is no admission charge.</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>• If you wish to volunteer ahead of time, please contact Chris Chmielenski <a href="mailto:cchmielenski@comcast.net">cchmielenski@comcast.net</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>• Participating clubs are required to provide timers in proportion to their entries. 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.</li> <li>• Acceptance of the Club entries is based on compliance with the above. The host club will provide one (1) timer per lane.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director. LESLIE TOMLINSON, <a href="mailto:ltomlinson@nationscapitalswimming.com">ltomlinson@nationscapitalswimming.com</a></li> <li>• Include in the subject of the email, “2020 Mini Champs - *****” 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>Individual event fee: \$5.00                      Relay event fee: \$10.00</p> <p>Deck entries: \$10.00, Individual Events only</p> <ul style="list-style-type: none"><li>• 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, Suite 101 Bethesda MD 20814</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>
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# 2020 10&Under Mini Championships

February 29-March 1, 2020

Saturday, February 29<sup>th</sup>, 2020

Session I - Mixed Gender

Warm-up 9:00-9:40 AM

First Event 9:50 AM

Event #	Age	Event
1	9-10 Year Old Mixed	200 Free Relay
2	7-8 Year Old Mixed	100 Free Relay
3	9-10 Mixed	50 Fly
4	8 Year Old Mixed	50 Fly
5	7 & Under Mixed	25 Fly
6	9-10 Mixed	100 Back
7	8 Year Old Mixed	50 Back
8	7 & Under Mixed	25 Back
9	9-10 Mixed	100 Breast
10	8 Year Old Mixed	50 Breast
11	7 & Under Mixed	25 Breast
12	10 & Under Mixed	100 IM
13	9-10 Mixed	200 Free

The 9-10 year old 200 Free will be contingent on session time availability once all entries are processed.

The 9-10 year old 200 Free will be positive check in closing at the end of warm-ups.

**Sunday, March 1<sup>st</sup> 2020**  
**Session II - Mixed Gender**  
 Warm-up 9:00-9:40 AM                      First Event 9:50 AM

<b>Event #</b>	<b>Age</b>	<b>Event</b>
14	9-10 Year Old Mixed	200 Medley Relay
15	7-8 Year Old Mixed	100 Medley Relay
16	9-10 Mixed	50 Breast
17	8 Year Olds Mixed	25 Breast
18	7 & Under Mixed	50 Breast
19	9-10 Mixed	50 Back
20	8 Year Olds Mixed	25 Back
21	7 & Under Mixed	50 Back
22	9-10 Mixed	100 Fly
23	8 Year Old Mixed	25 Fly
24	7 & Under Mixed	50 Fly
25	9-10 Mixed	100 Free
26	8 Year Old Mixed	50 Free
27	7 & under Mixed	25 Free
28	9-10 Mixed	200 IM

The 9-10 year old 200 IM will be contingent on session time availability once all entries are processed.

The 9-10 year old 200 IM will be positive check in closing at the end of warm-ups.

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

**JO Cuts for 2020\* are as follows:**

Girls LCM	Girls SCY	Events	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
N/A	1:22.09	100 IM	1:21.79	N/A

\*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	Events	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
N/A	1:22.79	100 IM	1:23.99	N/A