



# March Madness Invitational

March 27-29, 2020

Sanction # PVI-20-79

Hosted by:



YORK Swim Club

<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Kristin Bryant Wolff <a href="mailto:kristin@yorkswim.com">kristin@yorkswim.com</a>	Ben Holly <a href="mailto:bholly6275@gmail.com">bholly6275@gmail.com</a>	Carolyn Kotarski <a href="mailto:ckotarski@gmail.com">ckotarski@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: Sanction # PVI-20-79.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, York Swim Club, and Oak Marr RECenter 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>Oak Marr RECenter</b> 3200 Jermantown Road Oakton, VA 22124 (703) 281-6501</p> <ul style="list-style-type: none"> <li>Oak Marr is a 50-meter pool with 21 short course lanes. 15 lanes will be used for competition. Course #1 is an 8 lane course with a pool depth ranging from 13'6" in lane 1 to 7'3" in lane 8, and Course #2 with a water depth range of 7'3" in lane 1 to 5' in Lane 7.</li> <li>Boys will swim in the seven (7) lane pool; Girls will swim in the eight (8) lane pool.</li> <li>Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. <b>Each session will be limited to 600 swimmers.</b></li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules And Regulations</i>, Article 104.2.2(C).</li> </ul>
<b>ENTRY DEADLINE</b>	<ul style="list-style-type: none"> <li>Entries are due by 5:00 pm on Tuesday, March 17, 2020.</li> </ul>
<b>SCHEDULE</b>	<ul style="list-style-type: none"> <li><b>Friday Distance Events</b> Warm-Up 4:30-5:15 pm Events Begin 5:25 pm</li> <li><b>Saturday &amp; Sunday 13 &amp; Over</b> Warm-Up 6:30 am -7:20 am Events Begin 7:30 am</li> <li><b>Saturday &amp; Sunday 11-12 Year Old</b> Warm-Up 10:15-11:05 am Events Begin 11:15 am</li> <li><b>Saturday &amp; Sunday 10 &amp; Under</b> Warm-Up 1:45-2:35 pm Events Begin 2:45 pm</li> </ul> <p>Meet Director reserves the right to adjust times/sessions after entries are received.</p>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all Potomac Valley Swimming registered athletes that participate on <b>invited teams</b>: AAC, ASA, FBST, HACC, MACH, NCAP-Marymount, NCAP-PG, PM, SDS, YORK.</li> <li>No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of <i>USA Swimming as provided in USA Swimming Rules and Regulations</i> Article 302.</li> </ul>

	<ul style="list-style-type: none"> <li>Swimmers may only participate in their own age group, based upon their age on the first day of the meet.</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>Semi-automatic (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>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 for all 11&amp;Over sessions. Dive-over starts will not be used for the 10&amp; under sessions.</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>All events are timed finals.</li> <li>A swimmer may enter no more than: <ul style="list-style-type: none"> <li>➤ seven (7) events for the entire meet</li> <li>➤ two (2) events on Friday</li> <li>➤ three (3) events on Saturday</li> <li>➤ three (3) events on Sunday</li> </ul> </li> <li>Each team may enter up to two (2) relays per relay event.</li> <li>No DECK ENTRIES will be accepted.</li> <li>Most individual events will be governed by "No Faster Than" (NFT) times. These NFT times are based on the top 16 results from the 2019 Spring Short Course Championship season. A swimmer can only enter an event in which his/her official USA Swimming time is not faster than the posted NFT time standard.</li> <li>No time standards apply to 8 &amp; Under events and the 12 &amp; Under 500 Free or the 12 &amp; Under 400 IM on Friday, or sprint events for the 13 &amp; Overs that are not events held in Championship Meets.</li> <li><b>SWIMMERS MUST PROVIDE THEIR OWN TIMERS AND COUNTERS (IF NEEDED) FOR THE FOLLOWING EVENTS ON FRIDAY: 15-18 400 IM, 13-14 400 IM, 12 and under 500 Free, 15-18 500 Free, 13-14 500 Free.</b></li> </ul>

<b>POSITIVE CHECK-IN</b>	<ul style="list-style-type: none"> <li>Positive check-in is required for individual events 200 yards or over. Swimmers who do not check-in will not be seeded into that 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> <li><b>Positive check- in closing times:</b>  <u>Friday</u>  Events 1-2 – 5:10 pm  Events 3-12 – 5:25 pm  Events 13-16 – 6:00 pm  Events 17-22 – 6:30 pm  <u>Sunday</u>  Events 91-94 – 7:00 am  Events 113-114 – 10:30 am</li> <li>Meet Director reserves the right to adjust the positive check in times and events. Team will be notified in advance of any changes.</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 will email attending teams the warm up assignments once all entries have been received.</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> <li>No chairs will be allowed on deck for athletes. Coaches’ chairs will be permitted pending enough safe deck space is available.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Medals will be awarded from 1<sup>st</sup>- 8<sup>th</sup> place for individual events. Ribbons will be awarded 9<sup>th</sup>- 16<sup>th</sup> place for individual events and 1<sup>st</sup>-3<sup>rd</sup> place for relay events. <b>Special swim caps will be awarded to the winner of each individual event and each winning relay team member.</b></li> </ul>
<b>MEET NOTES</b>	<ul style="list-style-type: none"> <li>A CASH ONLY snack bar may be available at all sessions of the meet in the lobby.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Meet programs will be available for purchase at each session for \$2.00.</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 Stoke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>Officials interested in volunteering should fill out this <a href="#">form</a> or contact Carolyn Kotarski (<a href="mailto:ckotarski@gmail.com">ckotarski@gmail.com</a>) directly.</li> <li>Officials assigned to this meet should sign in at the recording table 10 minutes before 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>• The host club will strive to provide at least 1 timer per lane. Each participating club is requested to provide 3 timers per session if entering 25 or more swimmers.</li> <li>• A timer sign up will be made available once all entries have been received. Teams may be assigned a specific number of timers for each session based on team entry numbers.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• <b>Entries will be accepted beginning March 10, 2020 on a first come first serve basis.</b> The Meet Manager will inform invited teams promptly when the meet has been fully subscribed.</li> <li>• No Late entries are permitted for this meet.</li> <li>• Entries should be submitted using Hy-Tek Team Manager by email to the Meet Director.</li> <li>• Include in the subject of the email, "2020 March Madness Invitational -***" with the club's initials in place of the asterisks. Also include training site if your club submits multiple entry files.</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 and no further entries will be accepted from that club until the said fine is paid by that club.</li> </ul>
<b>ENTRY FEES</b>	<ul style="list-style-type: none"> <li>• Individual event fee: \$8.00 per event</li> <li>• Relay event fee: \$12.00 per relay</li> <li>• Athlete Surcharge: \$4.00 per swimmer</li> <li>• Make checks payable to YORK SWIM CLUB. Checks may be mailed to: 1600 Lupine Den Court Vienna, VA 22182</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>
<b>SPORTS EQUIPMENT COLLECTION DRIVE</b>	<p>York Swim Club is partnering with <a href="#">Leveling the Playing Field</a> (LPF) to run a collection drive at the March Madness Meet on March 27-29, 2020. LPF collects donated sports equipment and redistributes it to low-income kids throughout the DMV. All donations benefit needy schools, after school programs, and athletic leagues looking to engage their students in the physical and mental benefits of youth sports participation. LPF relies on used/excess sports donations from local communities to engage underprivileged children, so clean out your garages and basements of your old sporting equipment and help LPF get more kids off the sidelines and into the game! Please refer to the end of this Meet Announcement for the List of Acceptable Donation Items.</p>

# March Madness Invitational

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Friday March 27, 2020				
Distance Session - Warm-up: 4:30 PM Events: 5:25 PM				
Girls Event #	NFT	Event	NFT	Boys Event #
1	2:49.00	10 and under 200 IM	2:45.00	2
3		12 and under 400 IM		4
5	1:55.00	15-18 200 Free	1:45.50	6
7	1:59.00	13-14 200 Free	1:52.00	8
9	2:06.50	11-12 200 Free	2:06.50	10
11	2:27.50	10 and under 200 Free	2:22.00	12
13	4:38.00	15-18 400 IM*	4:15.00	14
15	4:42.50	13-14 400 IM*	4:30.00	16
17		12 and under 500 Free*		18
19	5:13.00	15-18 500 Free*	4:49.00	20
21	5:21.00	13-14 500 Free*	5:08.00	22

\*SWIMMERS MUST PROVIDE THEIR OWN TIMERS AND COUNTER (IF NEEDED)

Saturday March 28, 2020				
13 and Over - Warm-up: 6:30 AM Events: 7:30 AM				
Girls Event #	NFT	Event	NFT	Boys Event #
23		13-14 200 Medley Relay		24
25		15-18 200 Medley Relay		26
27	1:00.00	13-14 100 Back	57.00	28
29	59.50	15-18 100 Back	53.50	30
31		13-14 50 Fly		32
33		15-18 50 Fly		34
35		13-14 100 IM		36
37		15-18 100 IM		38
39	25.00	13-14 50 Free	23.50	40
41	24.50	15-18 50 Free	22.00	42
43	1:09.50	13-14 100 Breast	1:04.00	44
45	1:08.00	15-18 100 Breast	1:01.00	46

Saturday March 28, 2020				
11-12 Year Olds - Warm-up: 10:15 AM Events: 11:15 AM				
Girls Event #	NFT	Event	NFT	Boys Event #
47		11-12 200 Medley Relay		48
49	1:05.50	11-12 100 Back	1:04.00	50
51	29.00	11-12 50 Fly	29.00	52
53	1:07.00	11-12 100 IM	1:05.00	54
55	26.50	11-12 50 Free	26.00	56
57	1:15.00	11-12 100 Breast	1:13.00	58

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Saturday March 28, 2020				
10 and Under - Warm-up: 1:45 PM Events: 2:45 PM				
Girls Event #	NFT	Event	NFT	Boys Event #
59		8 and under 100 Medley Relay		60
61		9-10 200 Medley Relay		62
63		8 and under 100 Free		64
65	1:25.50	9-10 100 Breast	1:26.50	66
67		8 and under 50 Breast		68
69	34.50	9-10 50 Back	35.00	70
71		7 and under 25 Back		72
73		8 year old 25 Back		74
75	1:20.50	9-10 100 Fly	1:17.50	76
77		8 and under 50 Fly		78
79	1:17.00	9-10 100 IM	1:15.00	80
81		7 and under 25 Free		82
83		8 year old 25 Free		84
85	30.50	9-10 50 Free	30.00	86

Sunday March 29, 2020				
13 and Over - Warm-up: 6:30 AM Events: 7:30 AM				
Girls Event #	NFT	Event	NFT	Boys Event #
87		13-14 200 Free Relay		88
89		15-18 200 Free Relay		90
91	2:14.00	13-14 200 IM	2:05.00	92
93	2:12.00	15-18 200 IM	1:58.50	94
95		13-14 50 Breast		96
97		15-18 50 Breast		98
99	1:00.00	13-14 100 Fly	56.50	100
101	58.50	15-18 100 Fly	53.00	102
103		13-14 50 Back		104
105		15-18 50 Back		106
107	54.50	13-14 100 Free	51.00	108
109	54.00	15-18 100 Free	48.00	110

Sunday March 29, 2020				
11-12 Year Olds - Warm-up: 10:15 AM Events: 11:15 AM				
Girls Event #	NFT	Event	NFT	Boys Event #
111		11-12 200 Free Relay		112
113	2:24.00	11-12 200 IM	2:21.50	114
115	34.50	11-12 50 Breast	33.00	116
117	1:05.00	11-12 100 Fly	1:05.50	118
119	30.00	11-12 50 Back	29.50	120
121	58.00	11-12 100 Free	57.00	122

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<b>Sunday March 29, 2020</b>				
<b>10 and Under - Warm-up: 1:45 PM Events: 2:45 PM</b>				
<b>Girls Event #</b>	<b>NFT</b>	<b>Event</b>	<b>NFT</b>	<b>Boys Event #</b>
123		8 and under 100 Free Relay		124
125		9-10 200 Free Relay		126
127		8 and under 100 IM		128
129	33.50	9-10 50 Fly	33.00	130
131		7 and under 25 Fly		132
133		8 year old 25 Fly		134
135	1:15.50	9-10 100 Back	1:15.50	136
137		8 and under 50 Back		138
139	39.00	9-10 50 Breast	39.00	140
141		7 and under 25 Breast		142
143		8 year old 25 Breast		144
145	1:07.50	9-10 100 Free	1:06.00	146
147		8 and under 50 Free		148

# Accepted Equipment List

BELOW ARE THE ITEMS ACCEPTED FOR EACH TYPE OF SPORT:

## Football

- Cleats
- Flag Football Belts
- Footballs
- Gloves
- Kicking Tees
- Mini Footballs
- Pads

## Golf

- Golf Bags
- Golf Balls
- Golf Clubs

## Lacrosse

- Balls
- Fiddle Sticks (plastic)
- Goals
- Goggles
- Gloves
- Helmets
- Pads
- Sticks (any type/size)

## Basketball

- Basketballs
- Basketball Shoes
- Mini Basketballs

## Hockey

- Bags
- Fiddle Sticks (plastic)
- Gloves
- Goalie Equipment
- Helmets
- Hockey Pucks
- Pads
- Shorts/Pants
- Skates
- Socks
- Sticks (any type/size)

## Soccer

- Cleats
- Goalie Gloves
- Goals
- Shin Guards
- Soccer Balls
- Socks

## Field Hockey

- Balls
- Goggles
- Sticks

## Baseball/Softball

- Aluminum Bats
- Bags
- Bases (rubber & soft)
- Baseballs
- Catchers Gear
- Cleats
- Gloves (batting & fielding)
- Helmets
- Pants
- Pitching/Batting Nets
- Pitching
- Softballs
- Softie Balls
- T-Ball
- Umpire Gear
- Whiffle Balls
- Whiffle Bats
- Wooden Baseball Bats



# Accepted Equipment List

BELOW ARE THE ITEMS ACCEPTED FOR EACH TYPE OF SPORT:

## Playground/Fitness/ Misc.

- Agility Equipment
- Ball Pumps
- Boxing/Karate Pads
- Cones
- First Aid Kits
- Free Weights
- Frisbee
- Hula Hoop
- Jump Rope
- Kickballs
- Mouthguards
- Pinnies
- Playground Balls
- Weighted Plates
- Whistles
- Yoga/Fitness Mats

## Tennis

- Ball Hoppers
- Tennis Balls
- Tennis Racquet Covers
- Tennis Racquets

## Volleyball

- Knee Pads
- Nets
- Volleyballs

## What we do NOT accept:

- Badminton Equipment
- Bicycles
- Bicycle Helmets
- Bicycle/Skateboard Elbow/Knee Pads
- Clothing
- Croquet Sets
- Fishing Gear
- Football Helmets
- Hats
- Partial sets of uniforms
- Ping Pong Equipment
- Protective cups/jock straps
- Racquetball Equipment
- Running/Athletic Shoes (we only take cleats)
- Scooters
- Swim Equipment
- Ski/Snowboard Equipment
- Trophies

