



NCAP New Year's Splash and Dash

January 22-23, 2022

Sanction # PVI-22-52



MEET DIRECTOR Kristen Washburn kwashburn@krswimming.com	MEET REFEREE Charles Lundy calundy@verizon.net	ENTRY COORDINATOR Karyn McCannon kmccannon@nationscapitalswimming.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-22-52. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swimming, K&R Swimming, and The St. James: Sports, Wellness & Entertainment Complex 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;">The St. James: Sports, Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703) 768-3223</p> <ul style="list-style-type: none"> The pool at St. James is 50m x 25yd with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from bulkhead to wall at the south end of the pool. Water depth of 7'4" at the starting end and 4ft at the turning ends of the competition course. 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.
ENTRY DEADLINE	Monday, January 10, 2022 at 5:00 pm
SCHEDULE	<p style="text-align: center;">Saturday, January 22, 2022 & Sunday, January 23, 2022 Session 1 & Session 3: 13&Over & 8&Under Warm-ups: 8:00- 9:00 AM. Events start: 9:15 AM</p> <p style="text-align: center;">Session 2 & Session 4: 9-12 Year Olds Warm-ups: 12:00-1:00 PM. Events start: 1:15 PM</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. There may not be continuous warm up/ warm down space. If time allows, the competition pool may be open for a brief warm down.
ELIGIBILITY	<ul style="list-style-type: none"> Open to Potomac Valley Swimming registered athletes from invited team. Teams wishing to receive an invitation should contact the Meet Director. 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.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> PVS and host clubs along with their meet directors are committed to the Inclusion Policy 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"> Automatic timing (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to

	<p>participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <ul style="list-style-type: none"> • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, NATION’S CAPITAL SWIMMING, AND THE ST. JAMES: SPORTS WELLNESS & ENTERTAINMENT COMPLEX AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. • We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. • By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Fairfax County.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently. • Before entering the facility, all attendees (athletes, coaches, officials, and volunteers) are required to assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering “no” to the following questions: <ul style="list-style-type: none"> ○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? ○ Has anyone in your family been sick or diagnosed with COVID-19 in the last 14 days? ○ Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days? • All attendees (athletes, coaches, officials, and volunteers) will enter the facility through the main entrance. Athletes will proceed to their assigned seating area, either in the stands or on the pool deck. • Athletes must arrive and depart in their suits. Locker room use will be for emergency use only and will be cleaned between each use by the St. James. Coaches, officials, and volunteers will use the family locker rooms for restroom purposes. • All attendees (athletes, coaches, officials, volunteers) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when competing or warming up. Masks must be affixed to the face without hands and must cover the nose and mouth. • All attendees should bring a filled, reusable (non-glass) water bottle to the meet. • Athletes should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming. • All coaches, officials, and volunteers should bring their own water bottle and snacks. Limited hospitality may be available for coaches and officials. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool.

	<ul style="list-style-type: none"> • During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area. • All swimmers must remain in their designated area until they are called for their events, and they must return to their area immediately following their event. • Counters for the 500 Freestyle will be athletes, coaches, or volunteers already present during the session. • Each session will be limited to 325 swimmers. • Any attendee not following the meet protocols will be subject to immediate removal from the meet. • We request that all attendees notify Kristen Washburn, K&R Swimming as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet. (kwashburn@krswimming.com). • No spectators will be permitted. Competition will be live-streamed on the NCAP Livestreams Facebook Page.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • No on-deck USA Swimming 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. • 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. • Dive-over starts will not be used. • 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. • No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals, swimming slow to fast. • All events are mixed gender. • A swimmer may enter no more than three (3) individual events per day. Events should all be either IMX format or IMR format. • Swimmers must provide their own counter, if desired, for the 500 freestyle.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded
AWARDS	<ul style="list-style-type: none"> • No awards will be given.

WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. Warm-up lanes will be assigned for each Team/Site.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. Marshalls will be used to ensure proper social distancing and mask protocol. Any person not following directions will be removed from the facility.
SEEDING	<ul style="list-style-type: none"> All events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> This meet will not be scored.
PROGRAMS	<ul style="list-style-type: none"> The meet will be available on Meet Mobile and posted online.
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"> This meet will have no spectators. This meet will be live-streamed on the NCAP Livestreams Facebook Page.
OFFICIALS	<ul style="list-style-type: none"> Officials will be identified in advance and coordinated by the Meet Referee, Charles Lundy (calundy@verizon.net). Officials interested in volunteering should contact the Meet Referee. Officials assigned to 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. Walk on officials will not be accommodated.
TIMERS	<ul style="list-style-type: none"> Two Timers per lane. Each participating Team/Site will be responsible for providing its share of timers. Lane assignments will be made in advance.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to Karyn McCannon kmccannon@nationscapitalswimming.com. Include in entry email: entry file, report of entries by name, report of entries by event. The Entry Coordinator 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 and no further entries will be accepted from that club until the said fine is paid by that club.
ENTRY FEES	<p style="text-align: center;">Per Swimmer Surcharge: \$10.00 Individual event fee: \$7.00</p> <ul style="list-style-type: none"> Make checks payable to K&R Swimming. Entry fees are due with meet entry. Please contact the Meet Director for payment instructions. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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Saturday, January 22

Session 1: 13&Over and 8&Under	
Warm-ups: 8:00AM. Events: 9:15 AM	
Event #	Event
1	Mixed 13& Over 400 IM IMX
2	Mixed 13&Over 200 IM IMR
3	Mixed 8&Under 100 IM
4	Mixed 13&Over 200 Back IMX
5	Mixed 13&Over 100 Back IMR
6	Mixed 8&Under 50 Back
7	Mixed 13&Over 200 Fly IMX
8	Mixed 13&Over 100 Fly IMR
9	Mixed 8&Under 50 Butterfly

Session 2: 9-12 Year Olds	
Warm-up: 12:00 PM. Events: 1:15 PM	
Event #	Event
10	Mixed 11-12 200 IM IMX
11	Mixed 9-10 200 IM IMX
12	Mixed 9-12 100 IM IMR
13	Mixed 11-12 100 Back IMX
14	Mixed 9-10 100 Back IMX
15	Mixed 9-12 50 Back IMR
16	Mixed 11-12 100 Fly IMX
17	Mixed 9-10 100 Fly IMX
18	Mixed 9-12 50 FLY IMR

NCAP New Year Splash and Dash

Sunday, January 23

Session 3: 13&Over and 8&Under	
Warm-ups: 8:00 AM. Events: 9:15 AM	
Event #	Event
19	Mixed 8&Under 50 Breast
20	Mixed 13&Over 100 Breast IMR
21	Mixed 13&Over 200 Breast IMX
22	Mixed 8&Under 100 Free
23	Mixed 13&Over 200 Free IMR
24	Mixed 13&Over 500 Free IMX

Session 4: 9-12 Year Olds	
Warm-ups: 12:00 PM. Events: 1:15 PM	
Event #	Event
25	Mixed 9-12 50 Breast IMR
26	Mixed 9-10 100 Breast IMX
27	Mixed 11-12 100 Breast IMX
28	Mixed 9-12 100 Free IMR
29	Mixed 9-10 200 Free IMX
30	Mixed 11-12 500 Free IMX