



# FFFX Forty Niner

February 26-27, 2022

Sanction # PVI-22-75

VSI Sanction # VS-22-25DS



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Matt Salerno <a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a>	Tim Husson <a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>	Tricia Feinberg <a href="mailto:tafeinberg@gmail.com">tafeinberg@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>PVI-22-75</b> and Virginia Swimming: <b>VS-22-25DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Fairfax Foxes Swimming, and the PWCS Aquatics 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.</li> </ul>																																	
<b>FACILITY</b>	<p style="text-align: center;"><b>PWCS Aquatics Center</b> 13833 Dumfries Road (Door #25) Manassas, VA 20112 (571) 374-6333</p> <ul style="list-style-type: none"> <li>The pool at PWCS Aquatics Center is 40m x 25yd with a moveable bulkhead. Competition will be held in 8 lanes, 25 yards, running from wall to wall.</li> <li>Water depth ranges from 12.5' – 7' at the starting and turning ends.</li> <li>15 lanes are available for warm-ups. Continuous warm-up/cool-down will be available.</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>Sunday, February 13, 2022</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>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%; text-align: center;">Warmups</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3"><b>Saturday, February 26, 2022</b></td> </tr> <tr> <td>13 &amp; 14 Prelims</td> <td style="text-align: center;">6:30am – 7:10am</td> <td style="text-align: center;">7:15am</td> </tr> <tr> <td>12 &amp; Under Prelims</td> <td style="text-align: center;">9:55am – 10:40am</td> <td style="text-align: center;">10:45am</td> </tr> <tr> <td>15 &amp; Older Timed Finals (w/ Super Finals)</td> <td style="text-align: center;">2:15pm – 3:00pm</td> <td style="text-align: center;">3:05pm</td> </tr> <tr> <td><b>FINALS</b></td> <td style="text-align: center;">5:45pm – 6:25pm</td> <td style="text-align: center;">6:30pm</td> </tr> <tr> <td colspan="3"><b>Sunday, February 27, 2022</b></td> </tr> <tr> <td>13 &amp; 14 Prelims</td> <td style="text-align: center;">6:30am – 7:10am</td> <td style="text-align: center;">7:15am</td> </tr> <tr> <td>12 &amp; Under Prelims</td> <td style="text-align: center;">9:55am – 10:40am</td> <td style="text-align: center;">10:45am</td> </tr> <tr> <td>15 &amp; Older Timed Finals (w/ Super Finals)</td> <td style="text-align: center;">2:45pm – 3:30pm</td> <td style="text-align: center;">3:35pm</td> </tr> <tr> <td><b>FINALS</b></td> <td style="text-align: center;">5:45pm – 6:25pm</td> <td style="text-align: center;">6:30pm</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>		Warmups	Events	<b>Saturday, February 26, 2022</b>			13 & 14 Prelims	6:30am – 7:10am	7:15am	12 & Under Prelims	9:55am – 10:40am	10:45am	15 & Older Timed Finals (w/ Super Finals)	2:15pm – 3:00pm	3:05pm	<b>FINALS</b>	5:45pm – 6:25pm	6:30pm	<b>Sunday, February 27, 2022</b>			13 & 14 Prelims	6:30am – 7:10am	7:15am	12 & Under Prelims	9:55am – 10:40am	10:45am	15 & Older Timed Finals (w/ Super Finals)	2:45pm – 3:30pm	3:35pm	<b>FINALS</b>	5:45pm – 6:25pm	6:30pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming registered swimmers from invited teams. 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.</li> <li>Entries will be processed in the order they are received.</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>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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 participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>• 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, VIRGINIA SWIMMING, INC., FAIRFAX FOXES SWIMMING, AND PWCS AQUATICS CENTER 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.</li> <li>• 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.</li> <li>• 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 Prince William County.</li> </ul>
<b>COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>• The meet will be limited to a maximum of 350 swimmers per session.</li> <li>• Athletes should arrive and depart in their suits. Locker room use is minimized to emergency use.</li> <li>• Before entering the facility, participants are required 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"> <li>◊ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?</li> <li>◊ Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days?</li> <li>◊ Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has within the past 14 days?</li> </ul> </li> <li>• All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. Masks must be affixed to the face without hands and must cover the nose and mouth.</li> <li>• All attendees should bring a filled, reusable (non-glass) water bottle to the meet.</li> <li>• Athletes should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming.</li> <li>• Coaches, officials, volunteers, and swimmers assigned to seating areas on the pool deck will proceed through the glass doors directly to the pool deck. Swimmers assigned to seating areas in the bleachers will proceed up the stairs next to the check-in desk to the bleachers.</li> </ul>

	<ul style="list-style-type: none"> <li>• To access the pool deck from the bleachers, swimmers will go down the stairs on the opposite side of the stands from where they came up and then enter the pool deck through the door on the deep end (turning end) of the pool, underneath the bleachers.</li> <li>• To return to the bleachers from the pool deck, swimmers will exit the starting area to their right (clockwise flow). Swimmers will exit the pool deck on the other side of the guard office, below the bleachers, from where they came in, turn left to go to the lobby and then go up the lobby stairs. This ensures one-way traffic flow (see attached facility map). There will also be traffic flow signs posted.</li> <li>• Spectators will be allowed into the facility on a limited basis. In conjunction with PWCS rules, spectators can enter adjacent to hospitality and view their swimmers facing the scoreboard (turn side.) Once their swimmer has completed their race, spectators will be escorted to the main lobby or outside Door #25.</li> <li>• Only swimmers, coaches, meet volunteers, and officials will be permitted on the start (scoreboard) side and the diving board side of the pool.</li> <li>• Competition will be live streamed on the PWCS and Fairfax Foxes Swimming Facebook pages.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• Hospitality may be offered for coaches, volunteers, and officials.</li> <li>• Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.</li> <li>• We request that all attendees notify the appropriate meet director as soon as possible if they have tested positive for COVID-19 or shown symptoms after attending the meet. Any swimmer, coach, official and/or designated volunteer not following meet protocols will be subject to immediate removal from the meet.</li> </ul>
<p><b>RULES</b></p>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• No on-deck USA Swimming 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 warmup, 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> </ul>

	<ul style="list-style-type: none"> <li>• Dive-over starts will be used.</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 shall compete at the age attained on the first day of the meet. Athletes may only compete in events of his/her own age group.</li> <li>• Athletes may enter a maximum of three (3) individual events per day and six (6) individual events in total.</li> <li>• All 13-14 events will follow a prelims/finals format with the top 16 swimmers making finals. The 13-14 events and 11-12 events on both Saturday, February 26 and Sunday, February 27, 2022, will have two (2) heats in the Finals Session, "B" final and "A" final. The "B" final will swim first, followed by the "A" final. The B Final will be 8 swimmers seeded #9 through #16 in prelims with swimmers seeded #1-8 racing in the A Finals.</li> <li>• Swimmers racing in the 15 and Older sessions (Session #3 and Session #7) will have an opportunity to race in a Super Finals in the 100-yard freestyle (Events 35 and 36) and in 50 Freestyle (Event #77 and #78). These events will be swum as a prelims and finals during the same session. The finals will be swum B (qualifying swimmers 9 through 16) then A (Top 8 qualifiers) at the conclusion of Session 3 and 7. All other 15&amp;Over events will be considered Timed Finals.</li> <li>• No deck entries will be accepted.</li> </ul>
<b>WITHDRAWING FROM FINALS</b>	<ul style="list-style-type: none"> <li>• If you do not wish to swim in the Final or 15&amp;Over Super Final, you may "scratch" or declare your "intention to scratch" from the event by emailing <a href="mailto:scratchffx@gmail.com">scratchffx@gmail.com</a> within 30 minutes of the announcement of qualifier. for the event following this procedure: <ul style="list-style-type: none"> <li>○ Subject of email: FINALS {INTENT TO SCRATCH} SCRATCH: &lt;event&gt;, &lt;swimmer name&gt;.</li> </ul> <p><b>EXAMPLES:</b></p> <p>FINALS SCRATCH: Event 21, Girl's 15-18 200 Backstroke, Jane Smith</p> <p><b>OR</b></p> <p>FINALS INTENT TO SCRATCH: Event 21, Girl's 15-18 200 Backstroke, Jane Smith</p> <ul style="list-style-type: none"> <li>○ Body of email should include swimmer's first and last name, club, coach's name, and event. When declaring an intent to scratch, the email should include the swimmer's last preliminary event of the day. It is recommended that you include your coach on the email.</li> </ul> </li> <li>• If an athlete fails to properly scratch from an event and does not appear for the "Final" event, he/she shall be removed from their next scheduled individual event.</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> <li>• Five lanes of continuous warm up will be available.</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>• Spectators are not allowed on the pool deck; swimmers may not bring personal chairs on the pool deck; coaches may bring a personal chair on the pool deck.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All preliminary and timed finals events will be pre-seeded.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Swimmers that enter in 5 or more preliminary events will receive a Forty Niner swim cap.</li> <li>• Swimmers that place in the Top 10 in Finals (13-14 and 12 &amp; Under) or in the Top 10 in the 15 and older or 10 and Under timed finals will receive a ribbon.</li> <li>• 8 and Under heat winners will receive a rubber duck.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Meet programs will not be sold. The meet will be available on Meet Mobile, emailed to participating clubs, and posted online.</li> </ul>



# FXFX Forty Niner - SATURDAY SESSIONS

February 26, 2022

## SESSION 1: 13-14 Prelims

Girls Event #	EVENT	Boys Event #
1	13-14 100 Freestyle	2
3	13-14 200 Butterfly	4
5	13-14 100 Backstroke	6
7	13-14 200 IM	8
9	13-14 200 Breaststroke	10
11	13-14 500 Freestyle	12

## SESSION 2: 12 & Under Prelims + Timed Finals

Girls Event #	EVENT \$ = Prelims	Boys Event #
13	8 and Under 25 Butterfly	14
15	10 and Under 50 Butterfly	16
17	11-12 50 Butterfly \$	18
19	8 and Under 25 Backstroke	20
21	12 and Under 100 Backstroke \$	22
23	8 and Under 100 IM	24
25	12 and Under 100 IM \$	26
27	10 and Under 50 Breaststroke	28
29	11-12 50 Breaststroke \$	30
31	10 and Under 100 Freestyle	32
33	11-12 100 Freestyle \$	34

## SESSION 3: 15 and Over Timed Finals with Super Finals

Girls Event #	EVENT	Boys Event #
35	15 & Over 100 Freestyle	36
37	15 & Over 200 Backstroke	38
39	15 & Over 100 Breaststroke	40
41	15 & Over 200 Butterfly	42
43	<i>Mixed 15 &amp; Over 200 IM</i>	
44	<i>Mixed 15 and Over 500 Freestyle</i>	
35	15 & Over 100 Free Super Finals	36

## SESSION 4: 14 and Under Finals

Girls Event #	EVENT	Boys Event #
1	13-14 100 Freestyle	2
17	11-12 50 Butterfly	18
3	13-14 200 Butterfly	4
21	12 and Under 100 Backstroke	22
5	13-14 100 Backstroke	6
25	12 and Under 100 IM	26
7	13-14 200 IM	8
29	11-12 50 Breaststroke	30
9	13-14 200 Breaststroke	10
33	11-12 100 Freestyle	34

# FXFX Forty Niner - SUNDAY SESSIONS

February 27, 2022

## SESSION 5: 13-14 Prelims

Girls Event #	EVENT	Boys Event #
45	13-14 200 Freestyle	46
47	13-14 100 Butterfly	48
49	13-14 200 Backstroke	50
51	13-14 100 Breaststroke	52
53	13-14 400 IM	54
55	13-14 50 Freestyle	56

## SESSION 6: 12 & Under Prelims + Timed Finals

Girls Event #	EVENT \$ = Prelims	Boys Event #
57	12 and Under 200 Freestyle\$	58
59	8 and Under 25 Breaststroke	60
61	12 and Under 100 Breaststroke \$	62
63	8 and Under 25 Freestyle	64
65	10 and Under 50 Freestyle	66
67	11-12 50 Freestyle \$	68
69	12 and Under 100 Butterfly \$	70
71	10 and Under 50 Backstroke	72
73	11-12 50 Backstroke \$	74
75	10 and Under 200 IM	76
77	11-12 200 IM	78

## SESSION 7: 15 and Over Timed Finals with Super Finals

Girls Event #	EVENT	Boys Event #
79	15 & Over 50 Freestyle	80
81	15 & Over 100 Backstroke	82
83	15 & Over 200 Breaststroke	84
85	15 & Over 100 Butterfly	86
87	<i>Mixed 15 &amp; Over 200 Free</i>	
88	<i>Mixed 15 and Over 400 IM</i>	
79	15 & Over 50 Free Super Finals	80

## SESSION 8: 14 and Under Finals

Girls Event #	EVENT	Boys Event #
45	13-14 200 Freestyle	46
57	12 and Under 200 Freestyle	58
47	13-14 100 Butterfly	48
61	12 and Under 100 Breaststroke	62
49	13-14 200 Backstroke	50
67	11-12 50 Freestyle	68
51	13-14 100 Breaststroke	52
69	12 and Under 100 Butterfly	70
55	13-14 50 Freestyle	56
73	11-12 50 Backstroke	74