



FXFX Pirate Pacer

April 2-3, 2022

Sanction # PVI-22-84

VSI Sanction # VS-22-27DS



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Matt Salerno fairfaxfoxes@gmail.com	Tim Husson tim.husson@gmail.com	Tricia Feinberg tafeinberg@gmail.com Officials SignUp

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-22-84 and Virginia Swimming: VS-22-27DS. 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. 																																	
FACILITY	<p style="text-align: center;">PWCS Aquatics Center 13833 Dumfries Road (Door #25) Manassas, VA 20112 (571) 374-6333</p> <ul style="list-style-type: none"> 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. Water depth ranges from 12.5' – 7' at the starting and turning ends. 15 lanes are available for warm-ups. Continuous warm-up/cool-down will be available. 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	<p style="text-align: center;">Tuesday, March 15, 2022</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>																																	
SCHEDULE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%; text-align: center;">Warm Ups</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3">Saturday, April 2, 2022</td> </tr> <tr> <td style="text-align: center;">13 & Over Prelims</td> <td style="text-align: center;">6:45am – 7:35am</td> <td style="text-align: center;">7:40am</td> </tr> <tr> <td style="text-align: center;">11-12 Prelims</td> <td style="text-align: center;">11:40am – 12:05pm</td> <td style="text-align: center;">12:10pm</td> </tr> <tr> <td style="text-align: center;">10 & Under Timed Finals</td> <td style="text-align: center;">2:45pm – 3:05pm</td> <td style="text-align: center;">3:10pm</td> </tr> <tr> <td style="text-align: center;">FINALS</td> <td style="text-align: center;">5:15pm – 5:50pm</td> <td style="text-align: center;">6pm</td> </tr> <tr> <td colspan="3">Sunday, April 3, 2022</td> </tr> <tr> <td style="text-align: center;">13 & Over Prelims</td> <td style="text-align: center;">6:45am – 7:35am</td> <td style="text-align: center;">7:40am</td> </tr> <tr> <td style="text-align: center;">11-12 Prelims</td> <td style="text-align: center;">12:00pm – 12:25pm</td> <td style="text-align: center;">12:30pm</td> </tr> <tr> <td style="text-align: center;">10 & Under Timed Finals</td> <td style="text-align: center;">3:15pm – 3:35pm</td> <td style="text-align: center;">3:40pm</td> </tr> <tr> <td style="text-align: center;">FINALS</td> <td style="text-align: center;">5:00pm – 5:50pm</td> <td style="text-align: center;">6pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 		Warm Ups	Events	Saturday, April 2, 2022			13 & Over Prelims	6:45am – 7:35am	7:40am	11-12 Prelims	11:40am – 12:05pm	12:10pm	10 & Under Timed Finals	2:45pm – 3:05pm	3:10pm	FINALS	5:15pm – 5:50pm	6pm	Sunday, April 3, 2022			13 & Over Prelims	6:45am – 7:35am	7:40am	11-12 Prelims	12:00pm – 12:25pm	12:30pm	10 & Under Timed Finals	3:15pm – 3:35pm	3:40pm	FINALS	5:00pm – 5:50pm	6pm
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ELIGIBILITY	<ul style="list-style-type: none"> 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. Entries will be processed in the order they are received. 																																	

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 participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • 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. • 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 Prince William County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • The meet will be limited to a maximum of 350 swimmers per session. • Athletes should arrive and depart in their suits. Locker room use is minimized to emergency use. • 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"> ○ 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 past 14 days? ○ 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? • All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, except for athletes when competing or warming up/cooling down. 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. • 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.

	<ul style="list-style-type: none"> • 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. • 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. • 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. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the start (scoreboard) side and the diving board side of the pool. • Competition will be live streamed on the PWCS YouTube Channel (https://www.youtube.com/channel/UCs_04_ZanQHx0k76_ehNcnw). • 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. • 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. • Hospitality may be offered for coaches, volunteers, and officials. • Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet. • 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.
<p>RULES</p>	<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 USA Swimming Rules and Regulations, 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. • 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,

	<p>officials and/or spectators are present.</p> <ul style="list-style-type: none"> • Dive-over starts will 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.
EVENT RULES	<ul style="list-style-type: none"> • 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. • Athletes ages 11 and Over may enter a maximum of three (3) individual events per day and six (6) individual events in total. Athletes ages 10 and Under may enter four (4) individual events per day and eight (8) individual events in total. • Athletes must provide their own counter (if desired) for the 500 freestyle. • All 13 and Over events will follow a Prelims-Finals format except for 13 & Over 500 Freestyle and 400 IM, which are Timed Finals swum on Sunday, April 3. • All 11-12 year old events under 200 yards with the exception of the 200-yard IM will be Prelims-Finals. All 11-12 year old events 200 yards and over are Timed Finals (except for 200IM). • All 10 and Under swimmers will swim a timed finals session (Sessions 3 and 7). • All 25-yard events will start from the turn end of the pool. • Finals will be Top 24 for 13 and Over Swimmers with the C final being for 13-14 Swimmers only, and Top 8 for all 11-12 Swimmers. • The A Final will be for the top eight (8) 13 and Over swimmers with the B Final for swimmers placing in 9th through 16th place in prelims. Any 13-14 swimmer that qualifies in the Top 16 for a finals event will race in the B or A final and the next eligible 13-14 swimmer will be eligible for the C final. Finals heats will swim in "C", "B", "A" order. • Any swimmer that scratches will allow for the next qualified swimmer to race in finals. • Deck entries will be accepted in empty lanes only. No new heats will be created.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • If you do not wish to swim in the Final, you may "scratch" or declare your "intention to scratch" from the event by emailing scratchfxfx@gmail.com within 30 minutes of the announcement of qualifier. for the event following this procedure: <ul style="list-style-type: none"> ○ Subject of email: FINALS {INTENT TO SCRATCH} SCRATCH: <event>, <swimmer name>. <p>EXAMPLES:</p> <p>FINALS SCRATCH: Event 21, Girl's 15-18 200 Backstroke, Jane Smith</p> <p>OR</p> <p>FINALS INTENT TO SCRATCH: Event 21, Girl's 15-18 200 Backstroke, Jane Smith</p> ○ 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. <ul style="list-style-type: none"> • 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.
WARM-UP	<ul style="list-style-type: none"> • 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. • Five (5) lanes of continuous warm up will be available.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • 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.
SEEDING	<ul style="list-style-type: none"> • All preliminary and timed finals events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> • Individual Events (Timed Finals and Finals) will be scored as follows $1^{st} = 20 \text{ points} / 2^{nd} = 16 / 3^{rd} = 12 / 4^{th} = 10 / 5^{th} = 9 / 6^{th} = 8 / 7^{th} = 7 / 8^{th} = 6 / 9^{th} = 4 / 10^{th} = 2 \text{ points}$
AWARDS	<ul style="list-style-type: none"> • Swimmers that place in the Top 10 in Timed Finals or Finals will receive a ribbon. • All swimmers will receive a Pirate Pacer swim cap. • Winning team will receive Pirate Pacer Team Champion bag tags.

FXFX Pirate Pacer

April 2-3, 2022

Saturday, April 2, 2022

Session 1 – 13 and Over Prelims

Warm-up at 7am / Events begin at 7:50am

Event # Girls	Event	Event # Boys
1	13 & Over 200 IM	2
3	13 & Over 200 Free	4
5	13 & Over 100 Fly	6
7	13 & Over 200 Breast	8
9	13 & Over 100 Back	10
11	13 & Over 100 Free	12

Session 2– 11 and 12 Prelims

Warm-up at 11am / Events begin at 11:50am

Event # Girls	Event	Event # Boys
13	11-12 200 IM	14
15	11-12 200 Breast*	16
17	11-12 100 Fly	18
19	11-12 100 Free	20
21	11-12 50 Breast	22
23	11-12 200 Fly*	24
25	11-12 100 Back	26
*200 Breast & 200 Fly are Timed Finals		

Session 3 – 10 and Under Timed Finals

Warmup at 2pm / Events begin at 2:45pm

Event # Girls	EVENT	Event # Boys
27	8 & Under 25 Free	28
29	10 & Under 100 Free	30
31	10 & Under 50 Breast	32
33	8 & Under 25 Fly	34
35	10 & Under 50 Fly	36
37	10 & Under 50 Back	38
39	10 & Under 200 IM	40

Session 4 – 11 and Over Finals

Warm-up at 5pm / Events begin at 6pm

Event # Girls	AGE	Event # Boys
1	13 & Over 200 IM	2
13	11-12 200 IM	14
3	13 & Over 200 Free	4
17	11-12 100 Fly	18
5	13 & Over 100 Fly	6
19	11-12 100 Free	20
7	13 & Over 200 Breast	8
21	11-12 50 Breast	22
9	13 & Over 100 Back	10
25	11-12 100 Back	26
11	13 & Over 100 Free	12

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April 2-3, 2022

Sunday, April 3, 2022

Session 5 – 13 and Over Prelims

Warm-up at 7am / Events begin at 7:50am

Event # Girls	Event	EVENT
41	13 & Over 100 Breast	42
43	13 & Over 200 Fly	44
45	13 & Over 500 Free*	46
47	13 & Over 200 Back	48
49	13 & Over 50 Free	50
51	13 & Over 400 IM*	52
*500 Free and 400 IM are Timed Finals		

Session 6– 11 and 12 Prelims

Warm-up at 11am / Events begin at 11:50am

Event # Girls	Event	EVENT # Boys
53	11-12 50 Back	54
55	11-12 100 Breast	56
57	11-12 200 Free*	58
59	11-12 100 IM	60
61	11-12 200 Back*	62
63	11-12 50 Fly	64
65	11-12 50 Free	66
67	11-12 500 Free*	68
*200 Free, 200 Back and 500 Free are Timed Finals		

Session 7– 10 and Under Timed Finals

Warm-up at 2pm / Events begin at 2:45pm

Event #	AGE	EVENT
69	8 & Under 25 Back	70
71	10 & Under 100 Back	72
73	10 & Under 100 Breast	74
75	10 & Under 200 Free	76
77	8 & Under 25 Breast	78
79	10 & Under 100 Fly	80
81	10 & Under 50 Free	82
83	10 & Under 100 IM	84

Session 8 - 11 and Over Finals

Warm-up at 5pm / Events begin at 6pm

Event #	AGE	EVENT
53	11-12 50 Back	54
41	13 & Over 100 Breast	42
55	11-12 100 Breast	56
43	13 & Over 200 Fly	44
59	11-12 100 IM	60
47	13 & Over 200 Back	48
63	11-12 50 Fly	64
49	13 & Over 50 Free	50
65	11-12 50 Free	66