

Rob Green         Melinda Bolling         Erika @aimstuoring.com           SANCTION <ul> <li>Held under the approval of USA Swimming through Potomac Valley Swimming: PVA-25-71.</li> <li>In granting this approval, it is understood and agreed that USA Swimming, Potomac Valley Swimming, DC Wave Swim Team, Takoma Aquatic Center and DC Department of Parks and Recreation shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anynee during the conduct of this event.</li> </ul> FACILITY              Takoma Aquatic Center		MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CONTACT
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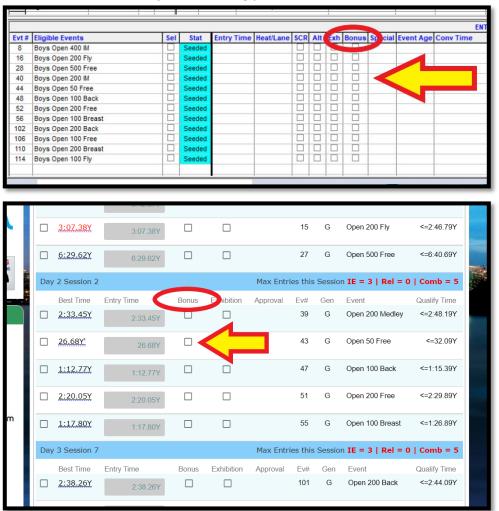
## MOVE • GROW • BE GREEN with \*DPR

	• *Note: We have set a maximum number of athletes who may enter this meet. Selection will be based on first arrival, first entered in events. Preference will go to teams who attended the meet the previous year.
DISABILITY SWIMMERS	<ul> <li>PVS and host clubs along with their meet directors are committed to the <u>Inclusion Policy</u> 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> <li>Athletes requiring special accommodation are asked to complete the form below.</li> <li><u>NECESSARY ACCOMMODATIONS FORM</u></li> </ul>
TIMING SYSTEM	Automatic timing (touchpads primary) will be used.
MEDICAL ASSISTANCE	• Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
RULES	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 <u>Minor Athlete Abuse Prevention Policy</u> ("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 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 without the use of the backstroke ledge. 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 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	• Qualifying time standards will be used for all events. The qualifying time standard is a minimum B time standard (2021-2024). All 12 & Under 200-yard events will use a minimum B time standard for 11-12 age group as the qualifying time standard. 15 & Over events will use a minimum B time standard for the 15-16 age group as the qualifying time standard.
	• Each swimmer may enter a maximum of three (3) individual events per day, but not to exceed more than eight (8) individual events for the entire meet.
	Relay cards (furnished at the session) shall be submitted for each relay team.
	All events on Friday are timed finals.
	• All 8 & Under and 9-10 events on Saturday and Sunday are timed finals.
	• All 11-12 events on Saturday and Sunday are prelims and finals events. The top eight (8)

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swimmers will qualify for finals.

- All 13-14 and 15 & Over events on Saturday and Sunday will be preliminaries and finals. The top sixteen (16) swimmers will qualify for finals. There will be a consolation "B" heat and a championship "A" final. The "B" final will be swum first.
- All relays are timed finals and will be swum during preliminary sessions.
- All events on Friday will be swum Fast to Slow.
- We intend to swim combined genders and ages on Friday evening to help conserve time.
- For positive check-in events, swimmers must check in prior to being seeded to indicate intent to swim.
- An online positive check-in will be used for Friday events. The link will be sent to all teams to distribute to their athletes as well as posted to the meet website in advance.
- Swimmers must provide their own timers and counters (if desired) for the 500 Freestyle.
- 12 & Under athletes may only participate in one (1) session per day.
- No deck entries will be accepted.
- Swimmers with at least one (1) qualifying time can swim a maximum of three (3) additional events as Bonus without meeting the qualifying time standard for those events.
- NT times are not permitted.
  - When entering an athlete into a bonus event make sure to check the Bonus box next to the event(s) before submitting your entries.





WITHDRAWING FROM FINALS	prop	imers who er procedu uncement	re. Swimm	ers must f	ill out and	sign a Fina	ls Scratch		•	-
		imers may inals Scrato		"intent to	scratch" b	y marking	the appro	priate spa	ice for "int	ent" on
	after	imers must the conclu matically se	sion of the	eir last prel						ninutes
		athlete fail will be scra		•					for the eve	ent Final,
POSITIVE CHECK IN	requi	vents on Fri re positive cipating clu	check-in a	•						
WARM-UP		orescribed letermine t		• •					The Meet	Director
SUPERVISION	Coac	hes are res	ponsible fo	or the cond	luct of the	ir swimme	rs and for	cleaning u	up their tea	am areas.
SEEDING	even				·			ding will b	e used for	all final
SCORING		500 Free an								
	will b awar • High	als will be a be awarded ded during Point: Spec o who accu	for 4th th prelims of cial recogn	rough 8th f the 12 & I ition will b	place in ind Under sess e given to t	dividual ev ions for in	ents only. dividual ev	Heat win vents to h	ner ribbon eat winner	s will be ſs.
	• All in	dividual ev	ents will b	e scored as	s: 8 & unde	er, 9-10, 11	L-12, 13-14	4, 15-18.		
	Po	ints will be	awarded a	s follows:						1
		Place	Points	Place	Points	Place	Points	Place	Points	
		1 <sup>st</sup>	20	5 <sup>th</sup>	14	9 <sup>th</sup>	9	13 <sup>th</sup>	4	
		2 <sup>nd</sup>	17	6 <sup>th</sup>	13	10 <sup>th</sup>	7	14 <sup>th</sup>	3	
		3 <sup>rd</sup>	16	7 <sup>th</sup>	12	11 <sup>th</sup>	6	15 <sup>th</sup>	2	
		4 <sup>th</sup>	15	8 <sup>th</sup>	11	12 <sup>th</sup>	5	16 <sup>th</sup>	1	
	-	v events wi s. Individua								
PROGRAMS	Meet	t programs	will be em	ailed to te	ams and av	vailable or	Meet Mo	bile.		
CREDENTIALS	• Certified USA Swimming coaches and officials must display valid 2025 USA Swimming credentials during check-in to receive credentials. Coaches are required to display 2025 BHISM Meet Credentials at all times while on deck. Credentials will be checked before each session to gain access to the deck and hospitality room.									
• Due to the large number of expected athletes, the spectator seating area in t used for team/athlete areas during the prelim sessions. Spectator seating wil Final sessions. All sessions of the swim meet can be viewed via livestream. A livestream will be published before the start of the meet.						l be availa				
OFFICIALS	<ul> <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> </ul>									
	<ul> <li>Officials interested in volunteering should complete the <u>Officials Signup</u> form or contac officials chair.</li> </ul>									
			ted in volu	nteering sl	hould com	plete the 🤇	Officials Si	<mark>gnup</mark> form	n or contac	t the

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	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.
TIMERS	• Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
	• Two (2) timers per lane are required. There will be two Head Timers per course. Each team is required to provide two volunteer timers for the duration of each session. Depending on the number of teams present, the Meet Director reserves the right to request teams to contribute a certain number of timers proportional to their entries.
	• An online Timer's Signup will be emailed to participating clubs after the entry deadline.
ENTRY PROCEDURES	The master entry shall show the name, address, and telephone number of the person responsible for each team's entry.
	• Entries must be submitted electronically via e-mail. Follow the instructions under the appropriate heading below.
	• Entries must indicate the athlete's legal name and date of birth. Each club is requested to remit one check to cover the entry fees for the entire team. Please put the club's name on the entry check (if not a club check) and note the number of entries. Do not send cash. Meet Director has been instructed not to accept telephone or fax entries.
	• Entries not submitted on the required forms, not complete, not legible, or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry.
	<ul> <li>Electronic entries files should include:         <ul> <li>Export of meet entries</li> <li>Entry report by name</li> <li>Entry report by event</li> </ul> </li> </ul>
ENTRY FEES	Per Swimmer Surcharge: \$5.00 Relay event fee: \$12.00
	Individual event fee: \$7.00
	• Entries fees are to be made payable to the " <u>DC TREASURER</u> ". Fees are non- refundable. Entries will not be considered received until all fees are paid. NO CASH PAYMENTS WILL BE ACCEPTED.
	<ul> <li>Electronic Payments will be accepted via DPR's registration system. Click Here to Create an Account. Meet entry fees will be charged to your DPR account prior to the meet. Fees may be paid online with a Debit/Credit card.</li> </ul>
	• Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made via debit/credit card.
	• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.



#### February 14 – 16, 2025

Session 1 – Friday, February 14 <sup>th</sup>						
NST (SCY)	GIRLS	Events	BOYS	NST (SCY)		
3:42.09	1A	10 & Under 200 IM	1B	3:38.59		
3:03.89	1C	11 & 12 200 IM	1D	2:59.29		
6:05.79	2A	13 & 14 400 IM	2B	5:37.69		
5:54.99	2C	15 & Over 400 IM	2D	5:22.19		
3:25.69	3A	10 & Under 200 Breaststroke	3B	3:16.39		
3:25.69	3C	11 & 12 200 Breaststroke	3D	3:16.39		
2:51.19	4A	13 & 14 200 Butterfly	4B	2:36.79		
2:45.79	4C	15 & Over 200 Butterfly	4D	2:30.19		
3:03.39	5A	10 & Under 200 Butterfly	5B	2:56.59		
3:03.39	5C	11 & 12 200 Butterfly	5D	2:56.59		
2:59.49	6A	10 & Under 200 Backstroke	6B	2:52.89		
2:59.49	6C	11 & 12 200 Backstroke	6D	2:52.89		
6:52.19	7A	13 & 14 500 Freestyle	7B	6:25.69		
6:40.99	7C	15 & Over 500 Freestyle	7D	6:08.39		
8:36.69	7E	10 & Under 500 Freestyle	7F	8:24.29		
7:16.89	7G	11 & 12 500 Freestyle	7H	6:59.89		

	Session 2 & 3 – Saturday, February 15 <sup>th</sup>						
NST (SCY)	GIRLS	Events	BOYS	NST (SCY)			
-	8	13-14 400 Freestyle Relay	9	-			
-	10	Open 400 Freestyle Relay	11	-			
2:51.79	12	13 & 14 200 IM	13	2:37.99			
2:46.19	14	15 & Over 200 IM	15	2:30.89			
32.49	16	13 & 14 50 Freestyle	17	29.89			
31.79	18	15 & Over 50 Freestyle	19	28.29			
1:16.89	20	13 & 14 100 Backstroke	21	1:11.29			
1:14.69	22	15 & Over 100 Backstroke	23	1:07.49			
2:33.59	24	13 & 14 200 Freestyle	25	2:22.49			
2:28.99	26	15 & Over 200 Freestyle	27	2:15.99			
1:28.69	28	13 & 14 100 Breaststroke	29	1:20.49			
1:25.89	30	15 & Over 100 Breaststroke	31	1:16.89			
-	32	13-14 200 Medley Relay	33	-			
-	34	Open 200 Medley Relay	35	-			



#### February 14 – 16, 2025

	Session 4 & 5 – Saturday, February 15 <sup>th</sup>						
NST (SCY)	GIRLS	Events	BOYS	NST (SCY)			
1:44.29	36	8 & Under 100 IM	37	1:39.69			
1:44.29	38	9 & 10 100 IM	39	1:39.69			
1:25.19	40	11 & 12 100 IM	41	1:21.89			
39.79	42	8 & Under 50 Freestyle	43	38.19			
39.79	44	9 & 10 50 Freestyle	45	38.19			
33.99	46	11 & 12 50 Freestyle	47	32.79			
2:00.29	48	8 & Under 100 Breaststroke	49	1:54.09			
2:00.29	50	9 & 10 100 Breaststroke	51	1:54.09			
1:36.49	52	11 & 12 100 Breaststroke	53	1:32.59			
1:56.69	54	8 & Under 100 Butterfly	55	1:53.49			
1:56.69	56	9 & 10 100 Butterfly	57	1:53.49			
1:25.79	58	11 & 12 100 Butterfly	59	1:22.89			
1:45.79	60	8 & Under 100 Backstroke	61	1:40.69			
1:45.79	62	9 & 10 100 Backstroke	63	1:40.69			
1:26.59	64	11 & 12 100 Backstroke	65	1:22.19			
-	66	10 & Under 200 Freestyle Relay	67	-			
-	68	11-12 200 Freestyle Relay	69	-			

	Session 6 - FINALS Saturday, February 15 <sup>th</sup>	
12	13 & 14 200 IM	13
14	15 & Over 200 IM	15
40	11 & 12 100 IM	41
16	13 & 14 50 Freestyle	17
18	15 & Over 50 Freestyle	19
46	11 & 12 50 Freestyle	47
20	13 & 14 100 Backstroke	21
22	15 & Over 100 Backstroke	23
52	11 & 12 100 Breaststroke	53
24	13 & 14 200 Freestyle	25
26	15 & Over 200 Freestyle	27
58	11 & 12 100 Butterfly	59
28	13 & 14 100 Breaststroke	29
30	15 & Over 100 Breaststroke	31
64	11 & 12 100 Backstroke	65



#### February 16 – 18, 2024

	Session 7 & 8 – Sunday, February 16 <sup>th</sup>						
NST (SCY)	GIRLS	Events	BOYS	NST (SCY)			
-	70	13-14 400 Medley Relay	71	-			
-	72	Open 400 Medley Relay	73	-			
2:46.39	74	13 & 14 200 Backstroke	75	2:34.69			
2:42.19	76	15 & Over 200 Backstroke	77	2:27.59			
1:10.99	78	13 & 14 100 Freestyle	79	1:04.99			
1:08.79	80	15 & Over 100 Freestyle	81	1:01.99			
3:10.99	82	13 & 14 200 Breaststroke	83	2:54.89			
3:05.99	84	15 & Over 200 Breaststroke	85	2:47.09			
1:16.79	86	13 & 14 100 Butterfly	87	1:10.49			
1:14.39	88	15 & Over 100 Butterfly	89	1:07.19			
-	90	13-14 200 Freestyle Relay	91	-			
-	92	Open 200 Freestyle Relay	93	-			

Session 9 & 10 – Sunday, February 16 <sup>th</sup>						
NST (SCY)	GIRLS	Events	BOYS	NST (SCY)		
48.39	94	8 & Under 50 Butterfly	95	46.49		
48.39	96	9 & 10 50 Butterfly	97	46.49		
36.89	98	11 & 12 50 Butterfly	99	37.09		
3:22.79	100	10 & Under 200 Freestyle	101	3:09.49		
2:42.59	102	11 & 12 200 Freestyle	103	2:35.99		
48.59	104	8 & Under 50 Backstroke	105	48.29		
48.59	106	9 & 10 50 Backstroke	107	48.29		
38.79	108	11 & 12 50 Backstroke	109	38.49		
1:30.79	110	8 & Under 100 Freestyle	111	1:27.99		
1:30.79	112	9 & 10 100 Freestyle	113	1:27.99		
1:14.69	114	11 & 12 100 Freestyle	115	1:11.49		
54.59	116	8 & Under 50 Breaststroke	117	53.39		
54.59	118	9 & 10 50 Breaststroke	119	53.39		
43.99	120	11 & 12 50 Breaststroke	121	43.49		
-	122	10 & Under 200 Medley Relay	123	-		
-	124	11-12 200 Medley Relay	125	-		



#### February 16 – 18, 2024

	Session 11 - FINALS Sunday, February 16 <sup>th</sup>	
98	11-12 50 Butterfly	99
74	13 & 14 200 Backstroke	75
76	15 & Over 200 Backstroke	77
102	11 & 12 200 Freestyle	103
78	13 & 14 100 Freestyle	79
80	15 & Over 100 Freestyle	81
108	11 & 12 50 Backstroke	109
82	13 & 14 200 Breaststroke	83
84	15 & Over 200 Breaststroke	85
114	11 & 12 100 Freestyle	115
86	13 & 14 100 Butterfly	87
88	15 & Over 100 Butterfly	89
120	11 & 12 50 Breaststroke	121

