



2025 Long Course Spring Invitational-

May 16- 18, 2025

VSI Sanction # VS-25-98



MEET DIRECTOR Paris Jacobs- 571-238-7657 paris@machineaquatics.com Jason Cochran jason@machineaquatics.com		MEET REFEREE Eric Ramey officials@machineaquatics.com		CLUB OFFICIALS CHAIR Eric Ramey officials@machineaquatics.com																			
SANCTION	<ul style="list-style-type: none">Held under the sanction of USA Swimming through Virginia Swimming, Inc.: VS-25-98In granting this sanction it is understood and agreed that USA Swimming, Virginia Swimming, Inc., Machine Aquatics, and Dulles South Recreation 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.In applying for this sanction, the Host, Machine Aquatics, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, Commonwealth of Virginia, and Loudoun County.																						
FACILITY	<div>Dulles South Recreation Center 24950 Riding Center Drive South Riding, VA 20152 (571) 258-3456</div> <ul style="list-style-type: none">The pool at Dulles South is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 lanes, 50 meters, running from wall to bulkhead at the southern end of the pool.One (1) lane will be available for continuous warm-up/cool-down during the meet.Water depth of 12’6” at the starting end and 4’3” at the turning end of the competition course.The meet hosts will ensure the required course dimensions.Dulles South will be fully staffed with American Red Cross certified Lifeguards at all times. There are also 4 AEDs on site as well first aid supplies located at several locations in the Facility. The Lifeguard Office has a full first aid kit as well as ice. The closest EMT is located at Dulles South Station 19 located 1.1 miles away.																						
ENTRY DEADLINE	FINAL ENTRY FILE IS DUE BY 11:00 PM, TUESDAY, MAY 6th, 2025. 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.																						
SCHEDULE	<table><tr><td></td><td>Warmups</td><td>Events</td></tr><tr><td>Friday, May 16th, 2025</td><td>Not Before</td><td>Not Before</td></tr><tr><td>Friday Session</td><td>3:00- 4:15 PM</td><td>4:20 PM</td></tr><tr><td>Saturday, May 17th - Sunday, May 19th, 2025</td><td></td><td></td></tr><tr><td>13 & Over</td><td>7:15- 8:35 AM</td><td>8:40 AM</td></tr><tr><td>12 & UNDER SESSION</td><td>12:40 AM- 1:40 PM</td><td>1:50 PM</td></tr></table>						Warmups	Events	Friday, May 16th, 2025	Not Before	Not Before	Friday Session	3:00- 4:15 PM	4:20 PM	Saturday, May 17th - Sunday, May 19th, 2025			13 & Over	7:15- 8:35 AM	8:40 AM	12 & UNDER SESSION	12:40 AM- 1:40 PM	1:50 PM
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ELIGIBILITY	<ul style="list-style-type: none">Open to all USA Swimming Registered athletes. Teams wishing to attend should contact the Meet Director.Athlete’s age on May 16, 2025, will determine age for the entire meet.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">Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.																						

	<ul style="list-style-type: none"> The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition using the Disability Accommodation Form.
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodation. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion. The swimmer/coach shall provide a Personal Assistant(s) as needed.
TIMING SYSTEM	<ul style="list-style-type: none"> Semi- Automatic timing (buttons primary) will be used.
RULES	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, will govern this meet. All 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 MAAPP 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 VSI 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. Entries will be processed in the order they are received to conform with the 4-hour provision per Rule 205.3.1F for sessions that include 12 & U events. In accordance with VSI best practices, swimmers should shower before entering the pool. Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will be removed immediately from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. In accordance with VSI Policy, only those coaches who possess current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meeting. Coaches with expired or non-current credentials will be required to leave the deck area.
ENTRY RULES	<p>Individual Events:</p> <ul style="list-style-type: none"> All Events are MIXED GENDER events. Boys and Girls will swim together by Age Group. A contestant may enter a maximum of SEVEN (7) individual events. Swimmers may compete in a max of 2 events on Friday, 3 events on Saturday and 3 events on Sunday per day. LONG COURSE TIMES ARE CONFORMING FOR THIS MEET AND WILL BE SEEDER BEFORE SHORT COURSE YARDS (SCY) TIMES. TIME CONVERSIONS ARE NOT PERMITTED. ENTRIES MAY BE LIMITED DUE TO TIME CONSTRAINTS THE 400 FREE AND 1500 FREE WILL BE SWUM FASTEST TO SLOWEST. 800 FREE ENTRIES MAY BE LIMITED DUE TO TIME CONSTRAINTS. Qualifying Provable Time for 13&O Swimmers:

	<ul style="list-style-type: none"> ◇ Minimum Time to enter 1000y/800m freestyle of 14:00 or a time of 6:30 or faster in the 500y/400m freestyle ◇ Minimum Time to enter the 1650y/1500m freestyle of 23:00 or a time of 14:00 or faster in the 1000y/800m freestyle. Coaches of 13&O athletes that can complete the event(s) faster than the qualifying times, but do not satisfy the entry rules above may petition the Meet Director. • Minimum provable times for 12 & Under Swimmers: <ul style="list-style-type: none"> ◇ Must meet the following stepping stone progression. ◇ A provable time of 7:20.00 must be swum in the 400M/500yd Free before entering the 800M/1000yd Free • For the 13 & Over 400 Free there is a No Slower Than (NST) Standard & 400 Individual Medley there is a No Faster Than (NFT) time standard. • SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR THE 400 FREE, 1500 FREE, AND 400 IM AND COUNTERS (IF DESIRED) for the 800 FREE. • Deck entries are permitted for this meet and will only occur if there is an open lane in a pre-seeded heat. Deck entries will be \$20.00 each. (cash or check only). If an event is positive check-in, the check in will be completed per the schedule, then seeded. Any open lanes after this will be available for deck entry. Swimmers will be required to prove current USA Swimming membership in good standing if the swimmer is not already in the meet and vetted through the VSI meet recon procedure.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All 200 & Over Events will be positive check-In, unless otherwise announced once entries are completed.
WARM-UP	<ul style="list-style-type: none"> • The prescribed VSI warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments based on entries submitted.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> • 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.
PROGRAMS and LIVESTREAM	<ul style="list-style-type: none"> • Programs will be made available on Meet Mobile prior to each session for free. • Due to internet connection issues at Clause Moore, livestreaming of the meet is not guaranteed.
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.
OFFICIALS	<ul style="list-style-type: none"> • Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. • Officials interested in volunteering should contact Eric Ramey at officials@machineaquatics.com or use the Officials Sign Up Form. • Officials volunteering for 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.
TIMERS	<ul style="list-style-type: none"> • Participating clubs are requested to provide timers in proportion to their entries as assigned by the Meet Director. • Swimmers in FRIDAY NIGHT EVENTS- 400 IM, 12&Under 200 IM, 1500 FREE, and the 400 Freestyle on Saturday MUST PROVIDE THEIR OWN TIMERS.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director at entries@machineaquatics.com. • Include in the subject of the email, "2025 Spring Long Course Invitational" with the club's initials AND SITE. If your club submits multiple entry files include training site in the subject of the email. • Include in entry email: entry file, report of entries by name, report of entries by event. • In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). • Entries directly from individual team members will not be accepted. • Entries by phone or fax will not be accepted. • The Meet Director will acknowledge receipt by return email within 24-36 hours. If acknowledgement is

	<p>not received in a timely manner, please contact the Meet Director.</p> <ul style="list-style-type: none">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 by VSI and no further entries will be accepted from that club until the said fine is paid.								
ENTRY FEES	<table><tr><td>Per Swimmer Surcharge:</td><td>\$2.50</td><td>Deck entry fee:</td><td>\$20.00</td></tr><tr><td>Individual event fee:</td><td>\$14.00</td><td></td><td></td></tr></table> <p>Make checks payable to Machine Aquatics Checks may be mailed to:</p> <p><i>Machine Aquatics</i> <i>2025 Spring Long Course Invitational</i> <i>204-D Mill Street, NE</i> <i>Vienna, VA 22180</i></p> <ul style="list-style-type: none">Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. <p>Entry fees are due with meet entry. Unpaid fees will be reported to the VSI Administrative Office at the conclusion of the meet.</p>	Per Swimmer Surcharge:	\$2.50	Deck entry fee:	\$20.00	Individual event fee:	\$14.00		
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Individual event fee:	\$14.00								

2025 Long Course Spring Invitational

May 16-18, 2025

Sponsored by Machine Aquatics

Friday, May 16, 2025

11 & OVER

Warm Up: 3:00 - 4:15 pm/ Events: 4:20pm

Event #	Event - MIXED BOYS & GIRLS
1	Mixed 13 & Over 200 IM
2	Mixed 12 & Under 200 IM
3	Mixed 13 & Over 1500 Freestyle

Minimum Time Standard Policy for 1500 Free Applies

Swimmers must provide their own timers for this session and counter for the 1500, if desired

Qualifying Provable Time for 13&O Swimmers:

- Minimum Time to enter the 1650y/1500m freestyle of 23:00 or a time of 14:00 or faster in the 1000y/800m freestyle Coaches of 13&O athletes that can complete the event(s) faster than the qualifying times, but do not satisfy the entry rules above may petition the Meet Director.

SATURDAY, May 17, 2025

13 & OVER SESSION

Warm Up: 7:00 – 8:20 AM/ Events: 8:30 AM- UPDATED

Event #	Event – MIXED BOYS & GIRLS	No Slower Than Time
4	Mixed 13 & Over 100 Freestyle	
5	Mixed 13 & Over 200 Butterfly	
6	Mixed 13 & Over 100 Breaststroke	
7	Mixed 13 & Over 200 Backstroke	
8 8A	Women 13 & Over 400 Freestyle Men 13 & Over 400 Freestyle	Women- 5:14.99L Men- 5:26.69L

Swimmers must provide their own timers for the 400 Freestyle

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SATURDAY, May 17, 2025

12 & UNDER SESSION-

Warm Up: 12:40 PM- 1:40 PM/ Events: 1:50 PM

Event #	Event - MIXED BOYS & GIRLS
9	Mixed 11-12 100 Free
10	Mixed 10 & Under 100 Freestyle
11	Mixed 11-12 200 Butterfly
12	Mixed 10 & Under 50 Butterfly
13	Mixed 11-12 100 Breaststroke
14	Mixed 10 & Under 100 Breaststroke
15	Mixed 11-12 200 Backstroke
16	Mixed 10 & Under 50 Backstroke
17	Mixed 11-12 400 Freestyle

Swimmers must provide their own timers for the 400 Freestyle

SUNDAY, May 18, 2025

13 & OVER SESSION

Warm Up: 7:00 - 8:20 AM/ Events: 8:30 AM

Event #	Event-MIXED BOYS & GIRLS	No Faster Than (NFT)
18	Mixed 13 & Over 100 Butterfly	
19	Mixed 13 & Over 200 Breaststroke	
20	Mixed 13 & Over 50 Freestyle	
21	Mixed 13 & Over 100 Backstroke	
22	Mixed 13 & Over 200 Freestyle	
23 23A	Women 13 & Over 400 IM Men 13 & Over 400 IM	Women- 6:13.49L Men- 5:53.79L

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SUNDAY, May 18th, 2025

12 & UNDER SESSION

Warm Up: 12:40 AM- 1:40 PM/ Events: 1:50 PM

Event #	Event- MIXED BOYS & GIRLS
24	Mixed 11-12 100 Butterfly
25	Mixed 10 & Under 50 Freestyle
26	Mixed 11-12 200 Breaststroke
27	Mixed 10 & Under 100 Butterfly
28	Mixed 11-12 50 Freestyle
29	Mixed 10 & Under 100 Backstroke
30	Mixed 11-12 100 Backstroke
31	Mixed 10 & Under 50 Breaststroke
32	Mixed 11-12 200 Freestyle