



2025 NCAP

May Magic Meet

May 9-11, 2025

Block Party Sanctioned



MEET DIRECTOR Karyn McCannon kmccannon@nationscapitalswimming.com Bryce Bohman bbohman@nationscapitalswimming.com	MEET REFEREE Pat Walsh Pwalsh446@gmail.com	CLUB OFFICIALS CHAIR Karyn McCannon kmccannon@nationscapitalswimming.com Officials Sign Up
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SANCTION	<ul style="list-style-type: none">Held under the sanction of USA Swimming BLCK-PV-NCAP-270889 (Fri) , BLCK-PV-NCAP-270890 (Sat) , BLCK-PV-NCAP-270891 (Sun)In granting this sanction it is understood and agreed that USA Swimming, Nation’s Capital Swimming, Inc., and Freedom Aquatic and Fitness 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;">Freedom Aquatic & Fitness Center 9100 Freedom Center Blvd Manassas, VA 20110 (703) 993-8444</p> <ul style="list-style-type: none">The pool at Freedom Aquatic & Fitness Center is 50m x 25yd with two moveable bulkheads. Competition for all sessions will be held in the 50m course configuration. Competition may be held in 10 lanes or if the timeline permits one lane may be reserved for warm up/cool down in which case 8 or 9 lanes will be used for the competition.Water depth of 12’ at the start end and 3.5’ at the turn end.The meet hosts will ensure the required course dimensions.																	
ENTRY DEADLINE	<p style="text-align: center;">Wednesday, April 30, 2025 at 5:00pm</p> <p>IMPORTANT: The above date is the deadline for sites 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><tr><td></td><td>Warm Ups</td><td>Events</td></tr><tr><td colspan="3">Friday, May 9th, 2025</td></tr><tr><td>Mixed Open Session</td><td>4:00- 4:50pm</td><td>5:00 PM</td></tr><tr><td colspan="3">Saturday, May 10th – Sunday May 11th</td></tr><tr><td>Mixed Open Session</td><td>7:00-7:50am</td><td>8:00am</td></tr></table> <p>*NOTE: The Meet Director reserves the right to adjust start times in order to allow the full meet to fit within the pool rental time and USAS Rules.</p>				Warm Ups	Events	Friday, May 9 th , 2025			Mixed Open Session	4:00- 4:50pm	5:00 PM	Saturday, May 10 th – Sunday May 11th			Mixed Open Session	7:00-7:50am	8:00am
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ELIGIBILITY	<ul style="list-style-type: none">Open to all USA Swimming Registered NCAP athletes.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.																	
SWIMMERS WITH A DISABILITY	<ul style="list-style-type: none">Nation’s Capital Swimming, 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 written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete’s coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications prior to competition.																	

TIMING SYSTEM	<ul style="list-style-type: none"> Automatic timing (touchpads primary) will be used.
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 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 reserves 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.
ENTRY RULES	<p>Individual Events:</p> <ul style="list-style-type: none"> All Events are MIXED GENDER events. A contestant may enter a maximum of SEVEN (7) individual events. Swimmers may compete in a maximum of 1 event on Friday, 3 events on Saturday and 3 events on Sunday per day. LONG COURSE TIMES ARE CONFORMING FOR THIS MEET AND WILL BE SEDED BEFORE SHORT COURSE YARDS (SCY) TIMES. TIME CONVERSIONS ARE NOT PERMITTED. ALL EVENTS WILL SWIM FAST TO SLOW. SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR THE 400 FREE, AND 400 IM 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 entries.
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 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.
MEET PROGRAMS	<ul style="list-style-type: none"> Programs will be made available on Meet Mobile prior to each session for free.
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 site is requested to provide at least one official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. Officials interested in volunteering should contact Pat Walsh (pwalsh446@gmail.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 sites are requested to provide timers in proportion to their entries as assigned by the Meet Director. Swimmers in the 400 FREE, 400 IM MUST PROVIDE THEIR OWN TIMERS.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director at kmccannon@nationscapitalswimming.com. Include in the subject of the email, "2025 May Magic Meet" 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 will not be accepted. The Meet Director will acknowledge receipt by return email within 24-36 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.
ENTRY FEES	<p>Per Swimmer Surcharge: \$5.00 Deck event fee: \$20.00</p> <p>Individual event fee: \$12.00</p> <p>Entries for NCAP Athletes will be collected through Team Unify/SportsEngine accounts.</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.

2025 NCAP May Magic Meet

Friday, May 9th, 2025

Warm Up: 4:00- 4:50pm/ Events: 5:00pm

Event #	Event-MIXED BOYS & GIRLS
1	Open 200 meter IM
2	Open 400 meter IM
3	Open 400 meter Free

Saturday, May 10th, 2025

Warm Up: 7:00-7:50am/ Events: 8:00 AM

Event #	Event-MIXED BOYS & GIRLS
4	Open 200 meter Freestyle
5	Open 50 meter Breaststroke
6	Open 100 meter Butterfly
7	Open 50 meter Freestyle
8	Open 100 meter Backstroke
9	11 &Over 200-meter Breaststroke

Sunday, May 11th, 2025

Warm Up: 7:00-7:50am/ Events: 8:00 AM

HAPPY MOTHER'S DAY!

Event #	Event-MIXED BOYS & GIRLS
10	Open 50 meter Butterfly
11	Open 100 meter Breaststroke
12	11&Over 200 meter Butterfly
13	Open 50 meter Backstroke
14	Open 100 meter Freestyle
15	11&Over 200 meter Backstroke