



November Friendship Mini Meet

November 2, 2025

Sanction # PVI-26-27

Hosted by:



MEET DIRECTOR		MEET REFEREE	OFFICIALS CONTACT
Kristin Bryant Wolff kristin@yorkswim.com		Carolyn Kotarski ckotarski@gmail.com	Carolyn Kotarski ckotarski@gmail.com
SANCTION	<ul style="list-style-type: none">Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-26-27.In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, York Swim Club, and Providence Rec 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>Providence Rec Center 7525 Marc Drive Falls Church, VA 22042 (703) 698-1350</p> <ul style="list-style-type: none">The pool at Providence Rec Center is 25 yards x 25 meters. 10 lanes are available for warm-ups; 8 lanes will be used for competition. Water depth ranges from 4'-12.5' at both the starting and turning ends.Meet hosts shall ensure the required course dimensions.		
ENTRY DEADLINE	<ul style="list-style-type: none">Entries are due by 5:00 pm on Tuesday, October 21, 2025.		
SCHEDULE	<ul style="list-style-type: none">Warm-Ups: 6:00 am Events Begin: 6:40 amMeet Director reserves the right to adjust times/sessions after entries are received.		
ELIGIBILITY	<ul style="list-style-type: none">Open to all Potomac Valley Swimming registered athletes that participate on the invited teams: FFXF, MAKO, PM, SDS, YORK. 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 may only participate in their own age group, based upon their age on the first day of the meet.Entries will be processed in the order in which they are received until capacity has been reached.		
SWIMMERS WITH A DISABILITY	<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 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.Athletes requiring special accommodation are asked to complete the form below. NECESSARY ACCOMMODATIONS FORM		
TIMING SYSTEM	<ul style="list-style-type: none">Semi-automatic timing (buttons 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 a 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 not 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"> • All events are timed finals. • A swimmer may enter no more than three (3) individual events. • No deck entries will be accepted.
AWARDS	<ul style="list-style-type: none"> • Ribbons will be awarded for 1st through 8th place in all events.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments.
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	<ul style="list-style-type: none"> • Will be emailed to attending teams no later than Friday, October 31, 2025. No programs will be sold at the meet. Programs will be made available for coaches and officials at the meet.
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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • N/A
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 Carolyn Kotarski (ckotarski@gmail.com). • Officials assigned to this meet should sign in at the recording table 10 minutes before 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"> The host club will strive to provide at least 1 timer per lane. Each participating club is requested to provide at least one official and 3 timers if entering 25 or more swimmers.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted using Hy-Tek Team Manager by email to the Meet Director. Include in the subject of the email, "November Friendship Mini Meet-****" with the club's initials in place of the asterisks. Also include training site if your club submits multiple entry files. The Meet Director will acknowledge receipt by return email within 24 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 by PVS and no further entries will be accepted from that club until the said fine is paid by that club.
ENTRY FEES	<p style="text-align: center;">Facility Surcharge: \$5.00 Individual event fee: \$10.00</p> <ul style="list-style-type: none"> Make checks payable to YORK SWIM CLUB. Checks may be mailed to: 1600 Lupine Den Court Vienna, VA 22182 Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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Warm-up: 6:00 AM Events: 6:40 AM		
Girls Event #	Event	Boys Event #
1	8 and under 50 Back	2
3	8 year old 25 Back	4
5	7 and under 25 Back	6
7	8 and under 50 Fly	8
9	8 year old 25 Fly	10
11	7 and under 25 Fly	12
13	8 and under 50 Free	14
15	8 year old 25 Free	16
17	7 year old 25 Free	18
19	6 and under 25 Free	20
21	8 and Under 50 Breast	22
23	8 year old 25 Breast	24
25	7 and under 25 Breast	26