



Swim & Rock

November 21-23, 2025

Sanction # PVI-26-37

Hosted by:



MEET DIRECTOR Melanie McKula, admin@seadevils.org , 703-283-1182	MEET REFEREE Tim Husson tim.husson@gmail.com	CLUB OFFICIALS CHAIR Corey Steiner corey.steiner70@gmail.com Officials' SignUp
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SANCTION	- Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-26-37. - In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The Capitol Sea Devils, and Oakmont 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.
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FACILITY	Oakmont Rec Center 3200 Jermantown Rd Oakton, VA 22124 (703) 281-6501 - Oakmont Rec Center pool is 50m x 25 yds with two movable bulkheads. Competition will be held on two courses, one for boys and one for girls. Continuous warm up/cool down will be available. - Course 1 (boys, 7 lanes) has a depth of 7'3" at the start and turn end of lane 1 and 5' at the start and turn end of lane 7. - Course 2 (girls and finals, 8 lanes) has a depth of 13'6" at the start and turn end of lane 1 and 7'3" at the start and turn end of lane 8. - The meet hosts shall ensure the required course dimensions.
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ENTRY DEADLINE	Wednesday, November 5, 2025 by 5 pm 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.
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SCHEDULE

	WARM-UPS	EVENTS
FRIDAY		
11 & Over Prelims*	6:30 – 7:50 am	8:00 am
Distance*	Immediately following 11 & Over Session	30 minutes after the start of warm-ups
11 & Over Finals	5:00 – 5:50 pm	6:00 pm
SATURDAY		
13 & Over Prelims	6:30 – 7:50 am	8:00 am
11 - 12 Prelims	11:00 – 11:50 am	Noon
9 – 10 Timed Finals*	2:30 – 3:10 pm	3:20 pm
11 & Over Finals	5:30 – 6:20 pm	6:30 pm
SUNDAY		
13 & Over Timed Finals	6:30 – 7:30 am	7:45 am
11 – 12 Timed Finals	12:00 – 12:50 pm	1:00 pm
9 – 10 Timed Finals*	3:40 – 4:20 pm	4:30 pm

*Session Combined: Boys and Girls will swim in one course (8 lane side)

- Meet Director reserves the right to adjust times/sessions after entries are received.

ELIGIBILITY	• Open to all invited Potomac Valley Swimming registered athletes from YORK, MAKO, SDS, FISH, NCAP-Marymount, HACC, FXXF, STSJ, AAC, and PAVA • Open to invited Maryland Swimming registered athletes from JCC-MD and to invited Middle Atlantic Swimming registered athletes from NLSC-MA. • All athletes shall compete at the age attained on the first day of the 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 USA Swimming Rules and Regulations, Article 302.
SWIMMERS WITH A DISABILITY	• 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. NECESSARY ACCOMMODATIONS FORM
TIMING SYSTEM	• Automatic timing (touchpad primary) will be used.
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 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-S 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, restrooms, 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 for prelims and timed finals. • 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	• No Deck Entries will be accepted. • On Friday, swimmers aged 11-12 may swim in either the prelims/finals session OR the distance session. • All 11 & Over events on Friday and Saturday, with the exception of the 1000yd and 1650yd Freestyle events are prelims/finals. • The 1000yd and 1650yd Freestyle events are Timed Finals. • All 9-10 events are Timed Finals. • All events on Sunday are Timed Finals. • 11 & over contestants are limited to a total of (7) seven events: ○ No more than 3 events on Friday. ○ No more than 2 Events on Saturday ○ No more than 3 Events on Sunday

EVENT RULES (cont.)	• 9 & 10 contestants may enter a total of seven (7) events – one (1) distance event on Friday (500 free), no more than 3 events on Saturday, and no more than 3 events on Sunday. • Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. EACH SESSION WILL BE LIMITED TO 450 SWIMMERS. ENTRIES WILL BE ACCEPTED BEGINNING October 22, 2025, ON A FIRST-COME, FIRST-SERVED BASIS. The Meet Manager will endeavor to inform invited teams promptly when the meet has been fully subscribed. • Swimmers in the 1650, 1000, and 500 FREESTYLE must provide their own timer and counter (if desired). Counters and timers will be coaches, volunteers, and swimmers present at the meet. • For 11-12 Age Group - A Final - Top eight (8) qualifiers from prelims swim in finals (Friday and Saturday events, unless noted as timed finals). • For 13-14 and 15 & Over Age Groups - A and B Finals - Top sixteen (16) qualifiers from prelims swim in Finals session. Order of Finals is B, A. There will only be the A Final (Top eight (8) qualifiers) for the 400 IM. • All Distance event entries must submit proof of time. Please check the box for “proof of time” in the Hy-Tek meet entry report. • Minimum provable times: ○ For 13 & Older Athletes: The minimal provable time for 1000 yd (800M) Freestyle is 14:00:00 or must have a provable time of NST 6:30.00 in the 500 yd (400M) Freestyle; ○ For 13 & Older Athletes: The minimal provable time for the 1650 yd Freestyle is 23:00.00 or a provable time of NST 13:30.00 in the 1000 yd Freestyle. ○ For 12 & Under Athletes: A provable time of 7:20.00 must be swum in the 500 yd (400 M) Freestyle before entering the 1000 yd (800M) Freestyle. ○ For 12 & Under Athletes: A provable time of 15:00.00 must be swum in the 1000 yd Freestyle before entering the 1650 yd Freestyle.
WITHDRAWING FROM FINALS	• Swimmers who do not wish to swim in the Final must “Scratch” from the event by completing the Scratch from Finals form within 30 minutes of the announcement of qualifiers for the A and B finals, if scheduled. • Swimmers may declare an “Intent to Scratch” by completing the Scratch from Finals form within 30 minutes of the announcement of qualifiers for the A, B, and C finals, if scheduled, indicating Intent. Intent to Scratch must be confirmed within 30 minutes of the conclusion of the swimmer’s last preliminary event of the session or they will be automatically seeded into Finals. • If a swimmer fails to properly scratch from an event and does not appear for the Final event, they shall be removed from their next scheduled individual event. • Prelims Results and Scratches from Finals will be available on the Meet Central page: https://sites.google.com/view/swimrockmeetcentral/home • Coaches should make sure their contact information is up to date. The coach or team representative will be contacted should a swimmer scratch into finals.

POSITIVE CHECK IN	All events 200 yd and up may be positive check-in. All other events will be pre-seeded.																												
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*Positive check-in schedule subject to change based on entries and timelines																													
Athletes who check-in prior to the specified time will be seeded into the event. Athletes who have checked-in, been seeded into the event, and fail to swim the event will be scratched from their next scheduled individual event, unless excused by the Meet Referee.																													
WARM-UP	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 based on entries received.																												
SUPERVISION	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.																												
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.																												
SEEDING	The 1000 yd, 1650 yd, and 9-10 500 yd Freestyle events will be swum as mixed events, seeded fastest to slowest.																												
SCORING	None																												
AWARDS	- Medals will be awarded for 1st through 8th place; ribbons will be awarded for 9th through 16th place. - All swimmers entered in an individual event will receive a Swim & Rock 2025 Swim Cap and Swim Bag Tag.																												
PROGRAMS	Programs will be available via meet mobile. A limited number will be available on deck.																												
CREDENTIALS	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	None																												
OFFICIALS	- 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 complete the Officials Sign Up or contact the Meet Referee, Tim Husson at tim.husson@gmail.com. Officials signing up in advance and working three or more sessions will receive a Swim & Rock polo shirt. - 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	- Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. Swim & Rock Timer Sign Up
ENTRY PROCEDURES	- Entries should be submitted by email to the Meet Director – admin@seadevils.org. - Include in the subject of the email, “Swim & Rock 2025- ****” with the club’s initials in place of the asterisks. 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 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.
ENTRY FEES	Per Swimmer Surcharge: \$20 Individual Event Fee: \$10 - Make checks payable to The Capitol Sea Devils. Checks may be mailed to: The Capitol Sea Devils, PO Box 7965, McLean, VA 22106. - 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. - Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

Swim & Rock

November 21-23, 2025

Friday, November 21

11-12, 13-14 & 15-18 Sessions		
Girls and Boys Prelims and Finals on One course		
Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM		
Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
1	11-12 100 IM	2
3	13-14 100 Fly	4
5	15 -18 100 Fly	6
7	11-12 100 Fly	8
9*¶	13-14 400 IM	10*¶
11*¶	15-18 400 IM	12*¶
13*	11-12 200 Breast	14*
15*	13-14 200 Breast	16*
17*	15-18 200 Breast	18*
19*	11-12 200 Back	20*
21*	13-14 200 Back	22*
23*	15-18 200 Back	24*
* - Positive Check-In event, see Meet Announcement for closing time. ¶ - A Final Only (Top eight (8) qualifiers) for the 400 IM will go to Finals.		

Friday DISTANCE Session	
11 & Older 1000 & 1650 and 9-10 500 Free on ONE Course	
TIMED FINALS	
Events will begin no earlier than 30 minutes following the last event of Friday AM session.	
<i>*An estimated timeline for the start of warm-ups and events will be available one week prior to meet.</i>	
Events start: 11:30 am (anticipated)	
All Events for the Distance Session will be Mixed	
Event #	Event
25*\$@%	11 & Older 1000 Free
26*\$@%	11 & Older 1650 Free
27*\$@%	9-10 500 Free
* - Positive Check-In event, see Meet Announcement for closing time. \$ - Swimmers must provide their own timer and counter during this Session. @ - Timed Finals % - Swum fastest to slowest.	

Swim & Rock
November 21-23, 2025
Saturday, November 22

Saturday 13 & Older Prelims Session		
Girls and Boys on separate courses		
Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM		
Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
30	13-14 50 Free	31
34	15-18 50 Free	35
38*	13-14 200 IM	39*
40*	15-18 200 IM	41*
44	13-14 100 Breast	45
46	15-18 100 Breast	47
50*	13-14 200 Free	51*
52*	15-18 200 Free	53*
* - Positive Check-In event, see Meet Announcement for closing time.		

Saturday 11 & 12 Prelims Session		
Girls and Boys on separate courses		
11&12 Prelims Warm-up: 11:00 - 11:50 AM Events: 12:00 PM		
11&12 Finals Warm-up: 5:00 -5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
28	11-12 100 Back	29
36*	11-12 200 Free	37*
42*	11-12 200 IM	43*
32	11-12 50 Free	33
48	11-12 100 Breast	49
* - Positive Check-In event, see Meet Announcement for closing time.		

Saturday 9-10 (Timed Finals) Session		
Girls and Boys on one course		
Warm-up: 2:30 pm to 3:10 pm Events: 3:20 pm		
Girls Event #	Event	Boys Event #
54	9-10 100 Back	55
56*	9-10 200 Free	57*
58	9-10 100 IM	59
60	9-10 50 Fly	61
62	9-10 50 Free	63
64	9-10 100 Breast	65
* - Positive Check-In event, see Meet Announcement for closing time.		

Swim & Rock

November 21-23, 2025

Saturday, November 22 (cont.)

Saturday 11 & Older Finals Session – Event Order		
Warm-up: 5:30-6:20 PM Events: 6:30 PM		
Girls Event #	Event	Boys Event #
28	11-12 100 Back	29
30	13-14 50 Free	31
32	11-12 50 Free	33
34	15-18 50 Free	35
36	11-12 200 Free	37
38	13-14 200 IM	39
40	15-18 200 IM	41
42	11-12 200 IM	43
44	13-14 100 Breast	45
46	15-18 100 Breast	47
48	11-12 100 Breast	49
50	13-14 200 Free	51
52	15-18 200 Free	53

Sunday, November 23, 2025

Sunday 13 & Older Timed Finals Session		
Girls and Boys Separate courses		
Warm-up: 6:30 - 7:30 AM Events: 7:45 AM		
Girls Event #	Event	Boys Event #
66	15-18 100 Free	67
68	13-14 100 Free	69
70*	15-18 200 Fly	71*
72*	13-14 200 Fly	73*
74	15-18 100 Back	75
76	13-14 100 Back	77
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
78*\$	15-18 500 Free	79*\$
80*\$	13-14 500 Free	81*\$
* - Positive Check-In event, see Meet Announcement for closing time. \$ - Swimmers must provide their own timer and counter for this event during this Session.		

Swim & Rock

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Sunday, November 23 (cont.)

Sunday 11-12 Timed Finals Session Girls and Boys on separate courses		
Warm-up: 12:00 - 12:50 PM Events: 1:00 PM		
Girls Event #	Event	Boys Event #
82	11-12 100 Free	83
84	11-12 50 Back	85
86*	11-12 200 Fly	87*
88	11-12 50 Breast	89
90	11-12 50 Fly	91
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
92*\$	11-12 500 Free	93*\$
* - Positive Check-In event, see Meet Announcement for closing time. \$ - Swimmers must provide their own timer and counter for this event during this Session.		

Sunday 9-10 Timed Finals Session Girls and Boys on a single combined course		
Warm-up: 3:40-4:20 pm Events Start: 4:30 pm		
Girls Event #	Event	Boys Event #
94	9-10 100 Free	95
96	9-10 100 Fly	97
98	9-10 50 Breast	99
100*	9-10 200 IM	101*
102	9-10 50 Back	103
* - Positive Check-In event, see Meet Announcement for closing time.		