

Splash and Dash

December 20, 2025

Sanction # PVC-26-48



MEET DIRECTOR Manga Dalizu fairlandswim@comcast.net (301) 526-6597	MEET REFEREE Steve Lutz stevendlutz@gmail.com	CLUB OFFICIALS CHAIR Linda Tucker lastucker@verizon.net
SANCTION	- Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-26-48 . - In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatics Swim Team, and Fairland Aquatics 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	Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, MD 20707 (301) 362-6060 - The pool at Fairland Aquatics Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 8-10 lanes, 25 yards, running from wall to wall. - Water depth ranges from 7' – 13' at both the start and turn ends. - Meet hosts shall ensure the required course dimensions.	
ENTRY DEADLINE	Wednesday, December 3, 2025 at Midnight 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	- Warm Ups 7:15 - 8:00 AM. Events 8:10 AM - Meet Director reserves the right to adjust times/sessions after entries are received.	
ELIGIBILITY	- Open to all USA Swimming registered athletes. A swimmer's age will be determined as of December 20, 2025. - 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 & Regulations</i> 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 accommodation/modification to the Meet Director and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the Session Referee of any - accommodation/modification prior to competition. - Athletes requiring special accommodation are asked to complete the form below. NECESSARY ACCOMMODATIONS FORM	
TIMING SYSTEM	Semi-automatic timing (buttons 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 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. ● 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	● All events are timed finals. ● Athletes may enter a maximum of five (5) events. ● No deck entries will be accepted.
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 and lane assignments. ● Continuous warm-up lanes will be available.
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	● Events will be pre-seeded.
AWARDS	● Ribbons awarded for 1st - 8th places. ● Ribbons awarded to 6 & Under, for all 25 and 50 yard events. ● Ribbons awarded to 7 – 8 year olds for all 25 and 50 yard events.
PROGRAMS	● Meet program will be posted at WWW.FAST92.ORG.
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	● There is no spectator entry fee.
OFFICIALS	● Officials interested in volunteering should contact Linda Tucker, lastucker@verizon.net, by December 12th. ● 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	● One timer (per club) is required for every 25 entries. Each club is required to submit names of timers in accordance with team entry. FAST will provide one timer per lane. ● Acceptance of Club entry is based upon compliance with the above.
SPECIAL NOTE	● In addition to timing requirements. Each club must provide 3 additional volunteers to assist with lane checking and timing during the 25 yard events.

ENTRY PROCEDURES	• Entries should be submitted by email to the Meet Director, fairlandswim@comcast.net. • Include in the subject of the email, "2025 Splash and Dash - *****" 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). • Event file can be found on the PVS website. • 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	Individual event fee: \$9.00 Swimmer Surcharge \$ 4.00 • Make checks payable to FAIRLAND AQUATICS, INC. Checks may be mailed to: FAST 14625 Baltimore Avenue # 291 Laurel, MD 20707 • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. • Clubs are asked to submit one check to cover the entire team's entries.

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WARM UPS 7:15 – 8:00 AM, START: 8:10 AM

Girls Event #	Event	Boys Event #
1	10 & U 200 Fly	2
3	8 & U 25 Fly	4
5	10 & U 100 IM	6
7	8 & U 25 Free	8
9	10 & U 50 Breast	10
11	10 & U 100 Back	12
	15 Minute Break	
13	10 & U 50 Free	14
15	10 & U 200 Back	16
17	8 & U 25 Back	18
19	10 & U 100 Breast	20
21	8 & U 25 Breast	22
	10 Minute Break	
23	10 & U 100 Fly	24
25	10 & U 50 Back	26
27	10 & U 200 Breast	28
29	10 & U 50 Fly	30
31	10 & U 100 Free	32