



April Spring Sprints 2026

April 18, 2026

Sanction # PVI-26-93



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Bill Marlin – Bill.Marlin@verizon.net Reid Owen – Reid.Owen@gmail.com	John Kost JKost69@gmail.com	Angela Fu MarlinsOfficials@gmail.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-26-93. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Potomac Marlins and the St James: Sports, Wellness & Entertainment Complex 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;">The St. James: Sports, Wellness & Entertainment Complex</p> <p style="text-align: center;">6805 Industrial Rd Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"> The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 lanes, 50 meters, running from bulkhead to wall. 10 lanes may be used if timelines are excessive. Water depth of 7'4" at the starting end and 4' at the turning end of the competition course. The meet hosts will ensure the required course dimensions.
ENTRY DEADLINE	<p style="text-align: center;">April 8th, 2026 at 8:00 p.m.</p> <p>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.</p>
SCHEDULE	<p style="text-align: center;">Saturday April 18, 2026</p> <p style="text-align: center;">All Ages Warm-up at 8:00 a.m. Events at 8:45 a.m.</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all invited, registered Potomac Valley Swimmers and invited teams. 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 shall compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints.
SWIMMERS WITH A DISABILITY	<ul style="list-style-type: none"> PVS and host clubs along with their Meet Directors are committed to the Inclusion 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. NECESSARY ACCOMMODATIONS FORM
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic timing (touch pads primary) will be used.
SPECTATOR ADMISSION	<ul style="list-style-type: none"> No charge for spectator admission. Upstairs bleacher area is available for spectator seating.

RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • No on-deck USA Swimming registration is permitted. • 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. • In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is banned 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 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 five (5) events.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded.
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. • The Meet Director reserves the right to adjust times / sessions after the entries are received.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
AWARDS	<ul style="list-style-type: none"> • There are no awards at this meet.
PROGRAMS	<ul style="list-style-type: none"> • Programs will be posted on the Marlins website and emailed to participating teams.
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.
PUBLICATION OF RESULTS	<ul style="list-style-type: none"> • By entering this meet, participants (and their parents or guardians, if applicable) acknowledge and consent to the posting of official meet results on the Potomac Valley Swimming (PVS) website. Athlete birthdates will not be included in any posted results. Meet results may be accessed by third-party organizations or applications that use publicly available swimming data for purposes such as rankings, recruitment, or goal tracking
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.
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 Click Here to Officiate. • 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. One timer is requested for each 25 entries.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "2026 April Spring Sprints" - ***** 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. 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	<p style="text-align: center;">Per Swimmer Surcharge: \$10.00 Individual event fee: \$8.00</p> <ul style="list-style-type: none"> Make checks payable to Potomac Marlins. Checks may be mailed to: Bill Marlin 31 Century Street Stafford, VA 22554 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.

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Girls Event #	Event	Boys Event #
1	13&O 100 Free	2
3	9-12 100 Free	4
5	13&O 50 Back	6
7	12&U 50 Back	8
9	13&O 50 Fly	10
11	12&U 50 Fly	12
13	13&O 50 Breast	14
15	12&U 50 Breast	16
17	13&O 50 Free	18
19	12&U 50 Free	20
21	13&O 100 IM	22
23	9-12 100 IM	24