***	12 & Und Jul Sanct	22 Long Course er Championshi ly 14-17, 2022 ion # PVS-22-105 nction # VS-22-42DS		Hosted for PVS by:			
MEET D Curtis Din cdin@pvfish.org	RECTOR John Fras john.a.fra Officials S	aser1@gmail.com	ADMIN Carolyn Kota <u>ckotarski@g</u>				
SANCTION	 and Virginia Swimming In granting this sanction Swimming, Virginia Swimming, Virginia Swimming 	g, Inc.: VS-22-42DS on it is understood and ag vimming, Inc., Claude Moo s from any and all liabilitio	reed that USA Superior of the second se	lley Swimming: PVS-22-105 wimming, Potomac Valley enter, and the FISH shall be lamages arising by reason			
FACILITY		of injuries to anyone during the conduct of this event. Claude Moore Recreation Center 46105 Loudoun Park Lane Sterling, VA 20164 (571) 258-3600					
	will be held in 10 lane pool.						
	• Water depth of 12'6" course.	at the starting end and 4'	6" at the turning	end of the competition			
ENTRY	Rules and Regulations						
DEADLINE	IMPORTANT: The above of Director. Therefore, clubs swimmers. Check with you	date is the deadline for clu usually set an earlier dea	ibs to submit the dline to receive e				
SCHEDULE		Wa & Sunday, July 14, 15 & m Session 7:00 – m Session 11:30am	ırm Up	Events 8:10am 12:30pm 5:30pm			
	adjust times/sessions			-			
ELIGIBILITY	 Open to all Potomac \ No swimmer will be p	/alley Swimming registere ermitted to compete in th	ne meet unless th	ne swimmer is registered as ning Rules and Regulations			
	day of the meet.	articipate in their own ag equaled or bettered the a					

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DISABILITY SWIMMERS	 PVS and host clubs along with their meet directors are committed to the <u>Inclusion Policy</u> as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide
SWINNERS	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.
INCLEMENT WEATHER	In the event of inclement weather, the Meet Director, Meet Referee and Age Group Chair
	will work with the facility manager to make any necessary changes. Information will be
	posted on the PVS web site and/or a Flash Mail will be sent out.
TIMING SYSTEM	Automatic Timing (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	 An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
	 USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
	 BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, VIRGINIA SWIMMING INC., THE FISH, CLAUDE MOORE RECREATION CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
	 We have taken enhanced health and safety for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID- 19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.
	 By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., the Commonwealth of Virginia, and Loudoun County.
COVID-19	 No one with symptoms of COVID-19 is permitted in the facility.
PROTOCOLS	Swimmers will not be permitted into the building prior to their arrival time.
	Athletes should arrive and depart in their suits, if possible.
	• Coaches, officials, and volunteers will use the family locker rooms for restroom purposes.
	Athletes must shower prior to arrival at the pool.
	 Entry and exit for swimmers, coaches, and officials will be through the side entrance of the
	building. Volunteers and spectators will enter and exit the facility using the main entrance.
	 All attendees (athletes, coaches, volunteers, officials, etc.) are encouraged to wear masks while in the facility, with the exception of athletes when warming up, cooling down, and competing.
	Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool

	•	Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.
	•	Hospitality will be offered for coaches and officials.
	•	Restroom and locker room use should be minimized and only be used for emergencies.
	•	To the extent possible, timers and counters for the 800 and 1500 Freestyle event should be provided by swimmers already entered in the meet session. Parent timers may enter the facility fifteen (15) minutes prior to the start of the 800 and 1500 Freestyle.
	•	Spectators will be permitted.
	•	We request that all attendees notify the meet director as quickly as possible should they test positive for COVID-19, show symptoms or have been in contact with anyone exposed or tested positive for COVID-19 after attending the meet.
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 <u>Minor Athlete Abuse Prevention Policy</u> ("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. 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 during the preliminary sessions and timed finals sessions.
EVENT RULES	•	A swimmer may enter and compete in a maximum of six (6) individual events and no more than three (3) individual events per day.
	•	A club may enter up to three (3) relay teams per relay events, but only two (2) relay teams per club per event may score.
	•	LCM seed times are conforming for this meet and will be seeded before SCY seed times.
	•	Times achieved prior to July 6, 2020 will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets.
	•	Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event will result in the swimmer being scratched from that event.
	•	Distance Entries: Any swimmer who qualifies for the 800M and/or 1500M freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle.
	•	All events 200M and less will be prelims and finals. 10&Under individual events will have two heats in Finals, "B" and "A", swum in that order. 11-12 individual events will have three heats in Finals, "C", "B", and "A", swum in that order. The 11-12 "A" & "B" finals will be made up of the top twenty (20) 11-12 swimmers; the 11-12 "C" final will be made up of the next ten (10) fastest 11 year old swimmers.

	All events 400M and longer are timed finals.
	• The 400M Freestyle for all age groups will be swum slowest to fastest, women's events followed by the men's events.
	• The 400M Individual Medley will be swum slowest to fastest, women's events followed by the men's events.
	• Swimmers of the 400M Freestyle and 400M Individual Medley events are responsible for providing their own timer.
	• The 800M and 1500M Freestyle events will be swum fastest to slowest, alternating women and men.
	• Swimmers of the 800M and 1500M events are responsible for providing their own timer and counter, if needed.
	• All 200M and 400M relays are timed finals and will be swum in the preliminary sessions.
	• The 200M relays will be swum slowest to fastest and the 400M relays will be swum fastest to slowest.
	NT entries will not be accepted.
	No late entries are permitted.
	No deck entries will be accepted.
WITHDRAWING FROM	
FINALS	• If you do not wish to swim in the Final, you may "scratch" from the event by following this procedure:
	 You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" or "B" or "C" finals, if scheduled.
	 You may declare "intent to scratch". You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent". If you declare an "intent to scratch" and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.
	• If a swimmer fails to properly scratch from an event and does not appear for the "Final" event, they "shall be barred from further competition for the remainder of the meet."
POSITIVE CHECK IN	 Positive check-in is required for all individual events 400M and longer. Swimmers who do not check-in will not be seeded into that event. Swimmers who have checked in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee before the event takes place.`
	 If the size of the PVS LC 12&U Championships warrants, positive check-in for individual events 200M and shorter may be announced.
TIME TRIALS	There are no time trials.
WARM-UP	 The prescribed PVS warm-up procedures and safety policies will be followed.
	The Meet Director may determine the structure of Warm-up, times/lane assignments.
SUPERVISION	 Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
	 No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.
SCORING	 Individual: 24, 21, 20, 19, 18, 17, 16, 15, 14, 13, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1
	• Relays: 48, 42, 40, 38, 36, 34, 32, 30, 28, 26, 22, 18, 16, 14, 12, 10, 8, 6, 4, 2
	 Team scoring will be divided into three divisions for small, medium and large teams. The teams in each division will be determined before the meet.

AWARDS	 For 11-12s, medals will be awarded 1st through 10th place for individual events and 1st through 3rd place for relay events. Ribbons will be awarded 11th through 30th for individual events. For 9-10, medals will be awarded 1st through 10th place for individual events and 1st through 3rd for relay events. Ribbons will be awarded 11th through 20th for individual events. High point awards will be presented to the male and female athlete with the highest point total in individual events in the following age groups: 10 & Under, 11-12.
PROGRAMS	Relay events will not be used to determine high point awards.
CREDENTIALS	 Programs will be available on Meet Mobile. 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 at all times.
OFFICIALS	 Officials wishing to volunteer should complete the <u>Officials Signup</u> by July 6, 2022. Interested officials may also contact the Meet Referee, John Fraser (john.a.fraser1@gmail.com). Walk-on officials are welcome.
	 Officials who have volunteered for this meet should check in at the recording table upon arrival. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available
	• Each participating club is requested to provide at least one table worker or official (referee, starter or stroke & turn judge) per session if entering 25 or more splashes.
TIMERS & VOLUNTEERS	Two timers per lane.
VOLUNTEERS	• Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to all COVID-19 mitigation processes as well as MAAPP policies.
	• Each club will be required to provide timers and volunteers in proportion to the number of entries. The Meet Director will assign timer requirements to each club after entries have been received. The Meet Director will notify clubs of their timer and volunteer requirements by email.

ENTRY PROCEDURES	• Entries should be submitted by email to the Meet Director, Curtis Din (cdin@pvfish.org).						
	• Include in the subject of the email, "2022 PVS LC 12 & U Champs - ***" 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, and report of entries by event.						
	 In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact), and coach's cell phone number that they will answer between prelims and finals, in case a swimmer scratches into finals and needs to be notified. 						
	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.						
	 Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status. 						
	 Individual Unattached Athletes may enter individually. Payment for unattached athletes is due in advance of the start of the meet. Contact the Meet Director for payment instructions. 						
	• 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.						
	• All Relay-only swimmers must be included in the meet entry file in order to participate in the meet.						
ENTRY FEES	Per Swimmer Surcharge: \$10.00 Relay event fee: \$20.00						
	Individual event fee: \$12.50						
	• Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payments and where to send a check.						
	• Payment for individual unattached athlete entries (those not entered through a club) must be made before the meet. Please contact the Meet Director for payment instructions.						

PVS 2022 Long Course 12 & Under Championships

July 14-17, 2022

Thursday, July 14, 2022

11-12 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
1		2:20.99	11-12 200 Freestyle Relay	2:20.99		2
5	2:28.59	3:10.19	12 & Under 200 M Butterfly	3:07.69	2:25.09	6
7	1:16.99	1:35.99	11-12 100 M Breaststroke	1:35.59	1:14.89	8
11	27.89	32.99	11-12 50 M Freestyle	32.59	26.79	12
15	2:28.49	2:56.99	11-12 200 M Individual Medley	2:55.99	2:24.19	16
19	31.49	38.99	11-12 50 M Backstroke	38.99	30.89	20
23		11:59.99	12 & Under 800 M Freestyle	11:59.99		24
Desitive shack in for all individual events 400M and longer						

Positive check-in for all individual events 400M and longer

200M Freestyle Relay: timed finals.

800M Freestyle: timed finals, swum fastest to slowest, alternating women and men; swimmers must provide their own timer and counter

10 & Under Prelim Events

Warm up: 11:30am-12:20pm, Events: 12:30pm

				•		
Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
3		2:45.99	10 & Under 200 Freestyle Relay	2:45.99		4
9	1:27.49	1:50.99	10 & Under 100 M Breaststroke	1:52.99	1:26.29	10
13	30.19	38.59	10 & Under 50 M Freestyle	38.59	29.79	14
17	2:45.09	3:29.99	10 & Under 200 M Individual Medley	3:29.99	2:43.59	18
21	34.99	44.99	10 & U 50 M Backstroke	45.99	35.29	22
	200M Freestyle Relay: timed finals					

Thursday, July 14, 2022

FINALS

Warm up: 4:30-5:20pm, Events: 5:30pm

Women's Event #	Event	Men's Event #
5	12 & U 200 M Butterfly	6
7	11-12 100 M Breaststroke	8
9	10 & Under 100 M Breaststroke	10
11	11-12 50 M Freestyle	12
13	10 & Under 50 M Freestyle	14
15	11-12 200 M Individual Medley	16
17	10 & Under 200 Individual Medley	18
19	11-12 50 M Backstroke	20
21	10 & Under 50 M Backstroke	22

PVS 2022 Long Course 12 & Under Championships

July 14-17, 2022

Friday, July 15, 2022

11-12 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #	
25		2:50.99	11-12 200 M Medley Relay	2:52.99		26	
29	2:46.89	3:21.99	12 & U 200 M Breaststroke	3:25.99	2:40.09	30	
31	1:08.39	1:22.99	11-12 100 M Backstroke	1:22.99	1:06.09	32	
35	30.19	36.59	11-12 50 M Butterfly	36.99	29.69	36	
39	2:12.39	2:35.99	11-12 200 M Freestyle	2:34.99	2:07.89	40	
43		5:00.99	11-12 400 M Freestyle Relay	4:58.99		44	
200M Med	200M Medley and 400M Freestyle relays are timed finals; the 400M Freestyle relays will be swum fastest to slowest						

10 & Under Prelim Events

Warm up: 11:30am-12:20pm, Events: 12:30pm

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #	
27		3:10.79	10 & Under 200 M Medley Relay	3:15.09		28	
33	1:15.59	1:36.99	10 & Under 100 M Backstroke	1:37.59	1:15.69	34	
37	34.39	44.99	10 & Under 50 M Butterfly	45.99	33.69	38	
41	2:28.29	2:59.99	10 & Under 200 M Freestyle	2:59.99	2:23.09	42	
45		5:45.99	10 & Under 400 Freestyle Relay	5:45.99		46	
200M Med	200M Medley and 400M Freestyle relays are timed finals; the 400M Freestyle relays will be swum fastest to slowest						

Friday, July 15, 2022

FINALS

Warm up: 4:30-5:20pm, Events: 5:30pm

Women's Event #	Event	Men's Event #
29	12 & Under 200 M Breaststroke	30
31	11-12 100 M Backstroke	32
33	10 & Under 100 M Backstroke	34
35	11-12 50 M Butterfly	36
37	10 & Under 50 M Butterfly	38
39	11-12 200 M Freestyle	40
41	10 & Under 200 M Freestyle	42

PVS 2022 Long Course 12 & Under Championships July 14-17, 2022

Saturday, July 16, 2022

Events

Warm up: 2:00-2:50 pm, Events: 3:00pm

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #	
47	5:52.49	5:29.99	11-12 400 M Freestyle	5:29.99	5:42.69	48	
49	6:27.99	6:35.99	10 & Under 400 M Freestyle	6:35.99	6:20.79	50	
51	5:15.59	6:20.99	12 & Under 400 M Individual Medley	6:15.99	5:06.49	52	
Positive check-in for all individual events 400M and longer.							
400M Freestyle: Timed Finals, swum slowest to fastest; swimmer must provide their own timer							
400M IM: Timed Finals, swum slowest to fastest; swimmers must provide their own timer							

PVS 2022 Long Course 12 & Under Championships

July 14-17, 2022

Sunday, July 17, 2022

11-12 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10pm

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #	
53		5:30.99	11-12 400 M Medley Relay	5:30.99		54	
57	2:25.09	3:02.99	12 & Under 200 M Backstroke	2:55.99	2:21.79	58	
59	1:00.49	1:11.99	11-12 100 M Freestyle	1:10.99	58.29	60	
63	35.39	44.99	11-12 50 M Breaststroke	43.99	34.49	64	
67	1:08.09	1:23.99	11-12 100 M Butterfly	1:23.99	1:06.19	68	
71		22:59.99	12 & Under 1500 M Freestyle	22.59.99		72	
Positive check-in for all individual events 400M and longer.							
400M Medley Relay: Timed Finals, swum fastest to slowest							
1500M Freestyle: timed finals, swum fastest to slowest, alternating women and men; swimmers must provide their own timer and							
counter							

10 & Under Prelim Events

Warm up: 11:30am-12:20pm, Events: 12:30pm

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
55		5:55.59	10 & Under 400 M Medley Relay	5:55.99		56
61	1:07.29	1:24.59	10 & Under 100 M Freestyle	1:24.99	1:06.69	62
65	39.89	53.29	10 & Under 50 M Breaststroke	53.29	39.19	66
69	1:19.19	1:51.39	10 & Under 100 M Butterfly	1:51.39	1:18.69	70
400M Medley Relay: Timed Finals, swum fastest to slowest						

Sunday, July 17, 2022

FINALS

Warm up: 4:30-5:20pm, Events: 5:30pm

Women's Event #	Event	Men's Event #
57	12 & Under 200 M Backstroke	58
59	11-12 100 M Freestyle	60
61	10 & Under 100 M Freestyle	62
63	11-12 50 M Breaststroke	64
65	10 & Under 50 M Breaststroke	66
67	11-12 100 M Butterfly	68
69	10 & Under 100 M Butterfly	70