



PVS January Distance Meet

January 8-9, 2022

Sanction # PVS-22-41

Hosted for PVS by:



MEET DIRECTOR Matt Salerno fairfaxfoxes@gmail.com	MEET REFEREE Tim Husson tim.husson@gmail.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-22-41 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairfax Foxes Swimming, 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 6805 Industrial Road Springfield, VA 22151 (703) 768-3223</p> <ul style="list-style-type: none"> The pool at St. James is 50m x 25yd with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool. 14 lanes are available for warm-ups. Continuous warm-up/cool-down will be available. Water depth is 7'4' at the start end and 4' at the turn end. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.
ENTRY DEADLINE	<p style="text-align: center;">Thursday, December 23, 2021 at 11:59 pm</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 & Sunday, January 8 & 9, 2022 Warmup 7:00 - 8:00 am; Events 8:10 am</p>
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers. 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. REMINDER: Please make sure all athletes are registered for the 2022 season before entering them in the meet. Swimmers shall compete at the age attained on the first day of the meet.
DISABILITY SWIMMERS	<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 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.
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic timing (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> 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.

	<ul style="list-style-type: none"> • 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, FAIRFAX FOXES, THE ST. JAMES: SPORTS, WELLNESS & ENTERTAINMENT COMPLEX, 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 measures 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, the Commonwealth of Virginia or Fairfax County.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • Athletes should arrive and depart in their suits. Locker room use is minimized to emergency use only. Athletes will use the non-member locker rooms for restroom purposes. Coaches, officials, and volunteers will use the family locker rooms for restroom purposes. • All attendees (athletes, coaches, officials, and volunteers) will enter the facility through the main entrance and proceed to the seating area in the stands. All attendees will enter the pool deck using the back staircase. Timers will remain in the stands until just prior to their swimmer's race. • Before entering the facility, participants are required assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering "no" to the following questions: <ul style="list-style-type: none"> ○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? ○ Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days? ○ Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has within the past 14 days? • All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. Masks must be affixed to the face without hands and must cover the nose and mouth. • All attendees should bring a filled, reusable (non-glass) water bottle to the meet. • Athletes should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool.

	<ul style="list-style-type: none"> • During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area. • All swimmers must remain in their designated area until they are called for their events, and they must return to their area immediately following their event. • Limited hospitality may be offered for coaches and officials. • Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet. • We request that all attendees notify the appropriate meet director as soon as possible if they have tested positive for COVID-19 or shown symptoms after attending the meet. • No spectators will be permitted. Competition may be live-streamed, the link will be shared with participating clubs and with PVS.
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 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. • No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • All events will be swum mixed gender. • Conforming seed times are short course yards and must meet qualifying standards. Athletes may also enter with LCM seed times that meet the qualifying standards. • Swimmers must provide their own timers and counters (if desired).

QUALIFYING TIMES	<ul style="list-style-type: none"> • Qualifying provable times for 13&Over Swimmers: <ul style="list-style-type: none"> ○ The athlete must have a provable time for 1000 yd Freestyle of 14:00 or faster for the 1000y/800M Freestyle or must have a provable time of 6:30 or faster in the 500y/400M Freestyle. ○ The athlete must have a provable time for the 1650 yd Freestyle of 23:00 or faster for the 1650y/1500M Freestyle or a provable time of 14:00 or faster in the 1000y/800M Freestyle • Coaches of 13&O athletes that can complete the event(s) faster than the QT's, but do not satisfy the entry rule, should petition Matt Cohen, matthewcohen82@gmail.com. • Qualifying provable times for 12&Under Swimmers: <ul style="list-style-type: none"> ○ A provable qualifying time in the event as listed above or the athlete must meet the following stepping stone progression: <ul style="list-style-type: none"> ➤ A provable time of 7:20 or faster must have been swum in the 500y/400M Freestyle before entering the 1000yd Freestyle ➤ A provable time of 15:00 or faster must have been swum in the 1000y/800M Freestyle before entering the 1650yd Freestyle ○ There are NO petitions allowed for 12&Under athletes. 						
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events are positive check in. Swimmers may check in online to be pre-seeded. Swimmers who do not check in online prior to the online check in deadline may check in on deck and be deck-seeded. Deck-seeded heats will follow the pre-seeded heats. • All heats will be seeded fastest to slowest, mixed gender. <table border="1" data-bbox="444 863 1471 972" style="margin-left: 40px;"> <thead> <tr> <th></th> <th style="text-align: center;">Online Positive Check In Deadline</th> </tr> </thead> <tbody> <tr> <td>Online Positive Check In 1000yd Freestyle</td> <td style="text-align: center;">Friday, January 7, 2022, Noon</td> </tr> <tr> <td>Online Positive Check In 1650yd Freestyle</td> <td style="text-align: center;">Saturday, January 8, 2022, Noon</td> </tr> </tbody> </table> • Swimmers must check in at least 2 hours prior to the pre-scratch estimated finish time in order to be deck-seeded. • Heat sheets for pre-seeded heats and psych sheets for remaining swimmers will be available on Meet Mobile and posted on the PVS website (www.pvswim.org). 		Online Positive Check In Deadline	Online Positive Check In 1000yd Freestyle	Friday, January 7, 2022, Noon	Online Positive Check In 1650yd Freestyle	Saturday, January 8, 2022, Noon
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WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments. • Four (4) continuous warm-up lanes will be available. 						
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas • No personal chairs allowed. 						
SEEDING	<ul style="list-style-type: none"> • Events will be seeded and swum fastest to slowest; swum mixed gender. Swimmers who check in online by the online positive check in deadline will be pre-seeded. Remaining heats will be deck-seeded one heat at a time as swimmers check in. • Events will be seeded in the following order: conforming (SCY) times in the event distance, non-conforming (LCM) times in the equivalent event distance, conforming times (SCY) in the alternate distance, non-conforming times (LCM) in the alternate distance. 						
SCORING	<ul style="list-style-type: none"> • This meet will not be scored. 						
AWARDS	<ul style="list-style-type: none"> • There are no awards for this meet. 						
PROGRAMS	<ul style="list-style-type: none"> • No programs will be available. The events are deck seeded several heats prior to being swum. The seeded heats will be available on Meet Mobile. 						
CREDENTIALS	<ul style="list-style-type: none"> • Coaches and Officials must have their registration and certifications up-to-date for 2022 to be on deck. • 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 and certifications with them at all times. 						

SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> No spectators allowed.
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 available to assist with the meet should contact the Meet Referee, Tim Husson (tim.husson@gmail.com). Walk on officials are welcome. All officials should check in with the meet referee upon arrival. All officials must be registered and certified for 2022 before the meet.
TIMERS	<ul style="list-style-type: none"> Athletes must provide their own timers.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director (fairfaxfoxes@gmail.com). Include in the subject of the email, "2022 January Distance - ****" 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 postal service, 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: \$5.00 Individual event fee: \$6.00</p> <ul style="list-style-type: none"> 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 the fees. Payment for Deck Entries must be received prior to the swimmer being seeded into events. Payment may be made by cash or check (payable to PVS). The host club is responsible for reporting cash payments to PVS and delivering checks to PVS. Payment for unaccounted for deck entries or lost payments is the responsibility of the host club.

PVS JANUARY DISTANCE

January 8-9, 2022

Warmup: 7:00-8:00 am, Events: 8:10 am

Saturday, January 8, 2022

Mixed Event	EVENT
1	1000 yd Freestyle

Sunday, January 9, 2022

Mixed Event	EVENT
2	1650 yd Freestyle

All events are positive check in.

Events will be swum fastest to slowest, combining women and men.

All athletes must provide their own timer and counter (if needed).