



# PVS February Distance Meet

February 13, 2022

Sanction # PVS-22-61

VSI Sanction # VS-22-26DS

Hosted for PVS by:



**MEET DIRECTOR**

Suzanne Patras

[snowswimming.entries@gmail.com](mailto:snowswimming.entries@gmail.com)

**MEET REFEREE**

Tim Husson

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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-22-61 and Virginia Swimming, Inc.: VSI-22-26DS</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, SNOW Swimming, and Claude Moore Recreation 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>Claude Moore Recreation Center</b> 46105 Loudoun Park Lane Sterling, VA 20164 (571) 258-3600</p> <ul style="list-style-type: none"> <li>The pool at Claude Moore is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in ten (10) lanes, 25 yards, running from wall to bulkhead at the eastern end of the pool. Fourteen (14) lanes will be used for warm-ups.</li> <li>There will be three (3) lanes on the other side of the bulkhead available for continuous warm-up/cool-down available during the meet.</li> <li>Water depth of 12'6" at the starting end and 6'8" at the turning end of the competition course.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). A copy of such certificate is on file with USA Swimming.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Thursday, February 3, 2022 at 8:00 pm</b></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>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Sunday, February 13, 2022</b> Warmup 2:00 - 2:40 pm; Events 2:45 pm</p>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>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.</li> <li>REMINDER: Please make sure all athletes are registered for the 2022 season before entering them in the meet.</li> <li>Swimmers shall compete at the age attained on the first day of the meet.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic timing (touchpads primary) will be used.</li> </ul>

<p><b>COVID-19 CONSIDERATIONS</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• 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., SNOW SWIMMING, AND 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.</li> <li>• 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.</li> <li>• 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 Loudoun County, the <a href="#">December 27, 2021, Center for Disease Control Guidelines adopted by Loudoun County Parks, Recreation and Community Services effective January 6, 2022.</a></li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<ul style="list-style-type: none"> <li>• Athletes should arrive and depart in their suits. Locker room use is minimized to emergency use only.</li> <li>• Athletes must shower prior to arrival at the pool.</li> <li>• All attendees (athletes, coaches, officials, volunteers, spectators) 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.</li> <li>• All attendees should bring a filled, reusable (non-glass) water bottle to the meet.</li> <li>• Athletes should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming.</li> <li>• Coaches, officials, and volunteers will use the family bathrooms for restroom purposes. Athletes will use the locker rooms for restroom purposes.</li> <li>• Spectators will not be permitted into the facility. Competition will be live streamed on the <a href="#">SNOW Swimming Facebook Page.</a></li> <li>• Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.</li> <li>• Entry and exit for all participants, volunteers, and coaches will be through the side entrance of the building.</li> <li>• No one with symptoms of COVID-19 will be permitted in the facility.</li> <li>• 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.</li> </ul>

	<ul style="list-style-type: none"> <li>• During warm-ups, swimmers will wear their masks until they reach their warm up lane 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.</li> <li>• 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.</li> <li>• Limited hospitality may be offered for coaches and officials.</li> <li>• Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.</li> <li>• Chlorine is used to disinfect the water and adjacent surfaces constantly.</li> <li>• Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.</li> <li>• We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• No on-deck USA Swimming registration is permitted.</li> <li>• 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts will be used.</li> <li>• No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals and will be swum mixed gender.</li> <li>• Athletes may enter 1 event.</li> <li>• 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.</li> <li>• Swimmers must provide their own timers and counters (if desired).</li> <li>• 1650 yd Freestyle: <ul style="list-style-type: none"> <li>○ Limited to athletes 11 years and older</li> <li>○ May be limited to six (6) heats.</li> </ul> </li> <li>• 1000 yd Freestyle: <ul style="list-style-type: none"> <li>○ Will immediately follow the 1650.</li> <li>○ Limited to athletes 9 years and older.</li> <li>○ May be limited to ten (10) heats</li> </ul> </li> </ul>

<b>QUALIFYING TIMES</b>	<ul style="list-style-type: none"> <li>Qualifying provable times for 13&amp;Over Swimmers: <ul style="list-style-type: none"> <li>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.</li> <li>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</li> </ul> </li> <li>Coaches of 13&amp;O athletes that can complete the event(s) faster than the QT's, but do not satisfy the entry rule, should petition Matt Cohen, <a href="mailto:matthewcohen82@gmail.com">matthewcohen82@gmail.com</a>.</li> <li>Qualifying provable times for 12&amp;Under Swimmers: <ul style="list-style-type: none"> <li>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"> <li>A provable time of 7:20 or faster must have been swum in the 500y/400M Freestyle before entering the 1000yd Freestyle</li> <li>A provable time of 15:00 or faster must have been swum in the 1000y/800M Freestyle before entering the 1650yd Freestyle</li> </ul> </li> <li>There are NO petitions allowed for 12&amp;Under athletes.</li> </ul> </li> </ul>						
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>All events are positive check in. Swimmers should check in online to be seeded into events. Swimmers who do not check in online prior to the online check in deadline may check in on deck and be deck-seeded into available lanes. No new heats will be created for swimmers who check in on deck.</li> <li>All heats will be seeded fastest to slowest, mixed gender. <table border="1" data-bbox="527 930 1390 1041"> <tr> <td data-bbox="527 930 875 968"></td> <td data-bbox="880 930 1390 968"><b>Online Positive Check In Deadline</b></td> </tr> <tr> <td data-bbox="527 974 875 1012"><a href="#">PVS February Distance</a></td> <td data-bbox="880 974 1390 1012">Saturday, February 12, 2022, Noon</td> </tr> <tr> <td data-bbox="527 1018 875 1041"><a href="#">Online Positive Check In</a></td> <td data-bbox="880 1018 1390 1041"></td> </tr> </table> </li> <li>Heat sheets for pre-seeded heats and psych sheets for remaining swimmers will be available on Meet Mobile and posted on the PVS website (<a href="http://www.pvswim.org">www.pvswim.org</a>).</li> </ul>		<b>Online Positive Check In Deadline</b>	<a href="#">PVS February Distance</a>	Saturday, February 12, 2022, Noon	<a href="#">Online Positive Check In</a>	
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<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>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.</li> <li>Three (3) continuous warm-up lanes will be available.</li> </ul>						
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas</li> <li>No personal chairs allowed.</li> </ul>						
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> </ul>						
<b>SCORING</b>	<ul style="list-style-type: none"> <li>This meet will not be scored.</li> </ul>						
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>There are no awards for this meet.</li> </ul>						
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs for pre-seeded heats will be available on the PVS website and Meet Mobile Saturday evening.</li> </ul>						
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li><b>Coaches and Officials must have their registration and certifications up-to-date for 2022 to be on deck.</b></li> <li>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.</li> </ul>						

<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>No spectators allowed.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>Officials available to assist with the meet should contact the Meet Referee, Tim Husson (<a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>). 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.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Athletes must provide their own timers.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the Meet Director (<a href="mailto:snowswimming.entries@gmail.com">snowswimming.entries@gmail.com</a>).</li> <li>Include in the subject of the email, "2022 February 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.</li> <li>Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>Entries directly from individual team members will not be accepted.</li> <li>Entries by postal service, phone or fax will not be accepted.</li> <li>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.</li> <li>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.</li> </ul>
<b>ENTRY FEES</b>	<p style="text-align: center;">Per Swimmer Surcharge:        \$5.00</p> <p style="text-align: center;">Individual event fee:            \$6.00</p> <ul style="list-style-type: none"> <li>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.</li> </ul>

**PVS FEBRUARY DISTANCE**

**February 13, 2022**

Warmup: 2:00-2:40 pm, Events: 2:45 pm

Sunday, February 13, 2022

Mixed Event	EVENT
1	1650 yd Freestyle
2	1000 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).**