



**Arlington Aquatic Club
Winter Gator Mini Meet
February 19-20, 2022
Sanction # PVC-22-69**



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Evan Stiles, estile@arlingtonnva.us , 703-228-1814	Charles Lundy calundy@verizon.net	Mike McCarthy, mccartmt@gmail.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-22-69. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Arlington Aquatic Club, and Long Bridge Fitness and Aquatic 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	<p style="text-align: center;">Long Bridge Fitness and Aquatic Center 333 Long Bridge Dr. Arlington, VA 22202 (703) 228-3338</p> <ul style="list-style-type: none"> The competition pool at Long Bridge Aquatic & Fitness Center is 25yd x 50m with a moveable bulkhead. Competition will be held in eight (8) lanes, 25yd, running bulkhead to bulkhead. Water depth of 14' at the start end and 7' at the turn end. Ten (10) lanes Continuous warm up/ cool down lanes will be available. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). 									
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, February 8, 2022, 9:00 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 and Sunday, February 19-20, 2022</p> <table style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th style="border: none;"></th> <th style="border: none; text-align: center; border-bottom: 1px solid black;">Warm Ups</th> <th style="border: none; text-align: center; border-bottom: 1px solid black;">Events</th> </tr> </thead> <tbody> <tr> <td style="border: none; text-align: center;">Boys</td> <td style="border: none; text-align: center;">8:00 – 8:40 am</td> <td style="border: none; text-align: center;">8:45 am</td> </tr> <tr> <td style="border: none; text-align: center;">Girls</td> <td style="border: none; text-align: center;">11:00 – 11:40 am</td> <td style="border: none; text-align: center;">11:45 am</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 		Warm Ups	Events	Boys	8:00 – 8:40 am	8:45 am	Girls	11:00 – 11:40 am	11:45 am
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Boys	8:00 – 8:40 am	8:45 am								
Girls	11:00 – 11:40 am	11:45 am								
ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming Athletes registered athletes. All athletes 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"> Semi-Automatic timing (buttons primary) will be used for this meet. 									
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. USA Swimming cannot prevent you (or your child(ren)) from becoming exposed to, contracting, 									

	<p>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.</p> <ul style="list-style-type: none"> • 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, ARLINGTON AQUATIC CLUB, AND THE LONG BRIDGE AQUATIC & FITNESS 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 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, and Arlington 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. • Before entering the facility, participants are required to 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 last 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. • Spectators will be permitted into the facility. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • Each session will be limited to 170 swimmers. Total attendees (athletes, coaches, officials, and volunteers) for each session is limited to 300. • 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. • 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

	<p>put their mask back on before leaving the starting area.</p> <ul style="list-style-type: none"> • 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. • Coaches, volunteers, and officials will use the All Gender Restrooms for restroom purposes. Athletes will use the locker rooms for restroom purposes. • Swimmers will be assigned to a seating area on the pool deck or in half of the spectator bleachers. • Spectator will enter the facility using the main/front door and proceed up the stairs to the bleachers. • One-way traffic flow will be implemented. Swimmers will enter the deck area and proceed to their assigned seating area. Swimmers will remain in their assigned team area until they are ready to swim. Swimmers will walk around the pool on the spectator side of the pool to the starting blocks. At the completion of their races, swimmers will exit the pool and walk around on the scoreboard side of the pool to return to their assigned area. • Entry and exit from continuous warm-up will be from the bleacher side of the pool. • Staging for swimmers during competition will be: <ul style="list-style-type: none"> ○ Heat 1 is at the blocks and will swim ○ Heat 2 is staged behind the blocks, near the wall ○ Heat 3 is staged against wall on the deep end of the scoreboard side of the pool until directed to move to where Heat 2 is standing (after Heat 1 has started and Heat 2 steps forward to the starting blocks). • 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. •
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<p>RULES</p>	<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 not be used. • The Meet Director and the PVS Technical Committee reserve the right to limit events, heats,
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	swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.
POSITIVE CHECK IN	<ul style="list-style-type: none"> All Relays will need to be checked in by the end of warm up for each session.
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will assign times and lane assignments for the warm up. Continuous warm up/ warm down lanes will be available. Coaches must monitor their swimmers while in these lanes.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> All individual events will be pre-seeded. Relays will be seeded after check in.
SCORING	<ul style="list-style-type: none"> This meet will not be scored.
AWARDS	<ul style="list-style-type: none"> Individual events will be awarded first through tenth place. Relay events will be awarded for first place through fourth place. A heat award will be given to the winner of each individual heat.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will be sent out to teams prior to the meet.
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 at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> There will be no spectator entry fee
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 contact AAC Officials Chair Mike McCarthy, mccartmt@gmail.com. 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"> Two (2) timers per lane. 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, "2022 Winter Gator Mini Meet - ****" 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 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

Per Swimmer Surcharge: \$3.00

Relay event fee: \$10.00

Individual event fee: \$5.50

Deck entries: \$10.00

- Make checks payable to **AAC Boosters**. Checks may be mailed to:
AAC Boosters
PO Box 7510
Arlington, VA 22207
- Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the end of the meet.



Winter Gator Mini Meet

Saturday, February 19, 2022

Boys- Warm-up 8:00 – 8:40 a.m., 1st Event 8:45 a.m.

Girls- Warm-up 11:00 – 11:40 a.m., 1st Event 11:45 a.m.

Girls Event #	Events	Boys Event #
1	7 & Under 100 yard Freestyle	2
3	8 Year Old 100 yard Freestyle	4
5	9-10 100 Freestyle	6
7	6 & Under 25 yard Backstroke	8
9	7 Year Old 25 yard Backstroke	10
11	8 Year Old 25 yard Backstroke	12
13	9-10 50 yard Backstroke	14
15	7 & Under 50 yard Breaststroke	16
17	8 Year Old 50 yard Breaststroke	18
19	9-10 100 yard Breaststroke	20
21	7 & Under 50 yard Butterfly	22
23	8 Year Old 50 yard Butterfly	24
25	9-10 50 yard Butterfly	26
27	6 & Under 25 yard Freestyle	28
29	7 Year Old 25 yard Freestyle	30
31	8 Year Old 25 yard Freestyle	32
33	9-10 200 yard Individual Medley	34
35	8 & Under 200 yard Freestyle Relay	36
37	9-10 200 yard Freestyle Relay	38



Winter Gator Mini Meet

Sunday, February 20, 2022

Boys- Warm-up 8:00 - 8:40 a.m., 1st Event 8:45 a.m.

Girls- Warm-up 11:00 - 11:40 a.m., 1st Event 11:45 a.m.

Girls Event #	Events	Boys Event #
39	9-10 200 yard Freestyle	40
41	7 & Under 50 yard Backstroke	42
43	8 Year Old 50 yard Backstroke	44
45	9-10 50 yard Breaststroke	46
47	6 & Under 25 yard Breaststroke	48
49	7 Year Old 25 yard Breaststroke	50
51	8 Year Old 25 yard Breaststroke	52
53	9-10 100 yard Butterfly	54
55	7 & Under 25 yard Butterfly	56
57	8 Year Old 25 yard Butterfly	58
59	9-10 100 yard Backstroke	60
61	6 & Under 50 yard Freestyle	62
63	7 Year Old 50 yard Freestyle	64
65	8 Year Old 50 yard Freestyle	66
67	9-10 50 yard Freestyle	68
69	7 & Under 100 yard Individual Medley	70
71	8 Year Old 100 yard Individual Medley	72
73	9-10 100 yard Individual Medley	74