



EARLY BIRD LONG COURSE INVITATIONAL

Saturday, May 7, 2022

Sanction # PVC-22-93

Hosted by:



<p>MEET DIRECTOR Manga Dalizu 301-526-6597 fairlandswim@comcast.net</p>	<p>MEET REFEREE Lynne Gerlach 240-286-2319 gerlach@msscswimming.com</p>	<p>MEET OFFICIALS' CONTACT Lynne Gerlach 240-286-2319 gerlach@msscswimming.com</p>
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SANCTION	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-22-93. • In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Maryland Suburban Swim Club, and Fairland Aquatics 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;">Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, Maryland (301) 362-6060</p> <ul style="list-style-type: none"> • The pool at Fairland Aquatics Center is a 50m x 25yd pool with two moveable bulkheads. • One 8-lane 50 meter course, running from wall to wall, will be used • The water depth ranges from 5' at the start end to 13' at the turn end. • The competition course has not been certified in accordance with <i>USA Swimming Rules and Regulations</i> Article 104.2.2(C).
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, April 26, 2022 – 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, May 7, 2022</p> <p style="text-align: center;">12 & Under Sessions: Warm-up: 7:00 – 7:50 AM Events: 8:00 AM 13 & Over and Open Sessions: Warm-up: 12:50 - 1:50 PM Events: 2:00 PM</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 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.
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. • 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

	<p>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, MARYLAND SUBURBAN SWIM CLUB AND FAIRLAND AQUATICS 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 State of Maryland, and Prince Georges County.
<p>LOCAL AND FACILITY COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • Each session will be limited to 220 athletes. • Masks are optional. • Athletes should limit the use of the locker rooms; Athletes should arrive and depart in their suits if possible. • No one with symptoms of COVID-19 is permitted in the facility. • No spectators are allowed per current facility rule.
<p>SAFE SPORT CONSIDERATIONS</p>	<ul style="list-style-type: none"> • In compliance with Safe Sport, parents will have access to and the opportunity to observe their child via the livestream of the event on the Maryland Suburban Swim Club You Tube channel.
<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 <i>USA Swimming Rules and Regulations</i>, 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,

	<p>officials and/or spectators are present.</p> <ul style="list-style-type: none"> • Dive-over starts will 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. • Swimmers shall compete at the age attained on the first day of the meet. • A swimmer may enter and compete in a maximum of five (5) individual events. <ul style="list-style-type: none"> ○ Entries MUST be submitted as SCY times. ○ NT (No Time) entries will NOT be accepted; however, due to limited competition opportunities because of the COVID pandemic, we will accept a Coaches time. ○ Coaches – Please use your best judgement to avoid entering swimmers into events outside their skill and ability level. • Entries in the following events will be offered after initial entries are received if the timeline permits. Athletes will be able to enter one (1) additional event with a maximum six (6) individual events. <ul style="list-style-type: none"> ○ The MIXED 12 & Under 200 Freestyle will be limited to the eight (8) fastest heats based on entry time. ○ The Open MIXED 400 Freestyle will be limited to the five (5) fastest heats based on entry time. • Deck entries: (\$15.00 per event, CASH ONLY) due at time of entry. <ul style="list-style-type: none"> ○ Evidence of current USA Swimming registration will be required for deck entries. ○ Deck entries will be accepted into available lanes in existing heats only. ○ Deck entries must be submitted no later that 30 minutes prior to the first event.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • The Meet director reserves the right to positive check in some or all the events to manage the timeline of the session. If positive check in is required, check in deadlines will be provided.
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.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
FACILITY RULES	<ul style="list-style-type: none"> • Swimmers are not to leave the pool deck without appropriate attire. • No glass containers are permitted within the pool area. • No camera cell phones are permitted in the locker rooms.
SEEDING	<ul style="list-style-type: none"> • Standard seeding will be used.
SCORING	<ul style="list-style-type: none"> • This meet will not be scored
AWARDS	<ul style="list-style-type: none"> • Ribbons will be awards for the 12 & Under age group for 1-8th place, for 10 and under and 11 - 12 age groups by gender.
PROGRAMS	<ul style="list-style-type: none"> • Program will be posted to Meet Mobile 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 at all times.

OFFICIALS	<ul style="list-style-type: none"> • Each participating club is requested to provide at least one official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. • Officials interested in volunteering should contact Lynne Gerlach at gerlach@msscswimming.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 official 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. • An online Timer's Signup will be emailed to participating clubs
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, Early Bird 2022 - ***** 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	<p style="text-align: center;">Per Swimmer Surcharge: \$10.00 Deck Entry fee: \$15.00 Individual event fee: \$8.00</p> <ul style="list-style-type: none"> • Make checks payable to MSSC. Checks may be mailed to: PO Box 2658, Laurel, MD 20709 • 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.

EARLY BIRD LONG COURSE INVITE

Saturday, May 7, 2022

12 & Under Sessions: Warm-up: 7:00 – 7:50 AM Events: 8:00 AM

13 & Over and Open Sessions: Warm-up: 12:50 - 1:50 PM Events: 2:00 PM

12 &U session

GIRLS	EVENT	BOYS
1	12 & U 100 Meter Backstroke	2
3	12 & U 100 Meter Breaststroke	4
5	12 & U 50 Meter Backstroke	6
7	12 & U 50 Meter Breaststroke	8
9	12 & U 100 Meter Freestyle	10
11	12 & U 100 Meter Butterfly	12
13	12 & U 50 Meter Freestyle	14
15	12 & U 50 Meter Butterfly	16
17	MIXED 12 & U 200 Meter Freestyle#	17

Limited to 8 heats

13 and Over session

GIRLS	EVENT	BOYS
19	13 & O 200 Meter Individual Medley	20
21	13 & O 50 Meter Freestyle	22
23	13 & O 100 Meter Backstroke	24
25	13 & O 100 Meter Breaststroke	26
27	13 & O 100 Meter Freestyle	28
29	13 & O 100 Meter Butterfly	30
31	13 & O 200 Meter Freestyle	32
	BREAK	
33	13 & O MIXED 400 Meter Freestyle*	33

*Limited to 5 heats