

2024 AAC Gator Distance Meet
February 17, 2024

MEET DIRECTOR	OFFICIALS CHAIR	MEET REFEREE
John Aldonas Jaldonas@arlingtonva.us	Mike McCarthy mccartmt@gmail.com	Charles Lundy calundy@verizon.net
SANCTION	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-24-210, • In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Arlington Aquatic Club, Yorktown high school pool 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;">Yorktown High School Aquatic Center 5200 Yorktown Blvd Arlington, VA 22207 (703) 228-8754</p> <ul style="list-style-type: none"> • The pool at the Yorktown High School Aquatic Center is 25yd x 25yd pool. Competition will be held in 8 lanes, 25 yards, running from wall to wall. • Continuous warm-up/cool-down will be available in the dive well. • The meet hosts will ensure the required course dimensions. • Start end water depth ranges from 7' – 8'. Turn end is 5'. 	
ENTRY DEADLINE	Monday, February 12, 2024 5:00 pm 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.	
Schedule	Saturday, February 17, 2024 Warmup 8:00-8:45 am; Events 8:50 am <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 Arlington Aquatic Club swimmers ages 9-15 years old. • 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 USA Swimming Rules and Regulations Article 302. • REMINDER: Please make sure all athletes are registered for the 2024 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. • Athletes requiring special accommodation are asked to complete the form at this link: NECESSARY ACCOMMODATIONS FORM 	
Timing System	<ul style="list-style-type: none"> • Automatic timing (buttons primary) will be used. 	
Qualifying Times	<ul style="list-style-type: none"> • This meet will have no qualifying times or proof of times. 	
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 	

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	<p>Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none">• 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 without the use of the backstroke ledge. 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.
Event Rules	<ul style="list-style-type: none">• All events are timed finals.• All events will be swum mixed gender.• All events are 9-15 years old.• Conforming seed times are short course yards. Athletes may also enter with a NT or a coach's time.• Deck entries will be accepted if the meet is not over-subscribed. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. No new heats will be created. All deck entries must be submitted no later than 45 minutes prior to the first event of each session.• Swimmers must provide their own timers and counters (if desired).
Positive Check In	<ul style="list-style-type: none">• All Events will be positive check in. There will be check in forms at the Official's table.• Positive Check in for the 500 will close at 8:30 am.• Positive Check in for the 1000/1650 will close at 9:15 am. This time may be adjusted after entries have been received.
Warm Up	<ul style="list-style-type: none">• The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments.• Continuous warm-up/cool down space will be available.
Supervision	<ul style="list-style-type: none">• Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
Medical Assistance	<ul style="list-style-type: none">• Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
Seeding	<ul style="list-style-type: none">• Events will be seeded and swum fastest to slowest; swum mixed gender. Swimmers who check in by the deadline will be pre-seeded. Remaining heats will be deck-seeded one heat at a time as swimmers check in.
Scoring	<ul style="list-style-type: none">• There is no scoring for this meet.

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Awards	<ul style="list-style-type: none"> • There are no awards for this meet.
Programs	<ul style="list-style-type: none"> • Programs will be available as the events and heats are seeded. The events are deck seeded several heats prior to being swum.
Credentials	<ul style="list-style-type: none"> • Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials must have their USAS registration and certifications up to date for 2024 to be on deck. • Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. <p>Coaches and Officials should have proof of active USA Swimming membership with them. Deck Pass is an acceptable proof of status.</p>
Spectator Entry Fee	<ul style="list-style-type: none"> • N/A
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 volunteer in advance by contacting the Officials chair. Walk on officials are welcome. All officials should check in with the meet referee upon arrival. All officials must be registered and certified for 2024 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 (jaldonas@arlingtonva.us). • Include in the subject of the email, "2024 AAC Gator 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: \$3.00 Individual event fee: \$5.00 Deck Entries: \$10.00</p> <ul style="list-style-type: none"> • Clubs should send their entry fee check to: • 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 AAC Boosters).

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PVS FEBRUARY DISTANCE

February 11, 2024

Warmup: 8:00-8:45 am, Events: 8:50 am

Order of Events: Athletes are allowed to swim up to 2 events.

All the 500 free's will be swum first. After the 500's, the events will alternate 1000 free, 1650 free.

There will be a 15 minute break after the 500's to allow the 1000/1650 swimmers to warm up in the competition pool.

If a swimmer is swimming 2 events, depending on estimated timelines, a coach may request to have their swimmer seeded in a later heat to allow adequate rest in between their races.

All Distances will be swum fastest to slowest according to submitted entry times regardless of age.

Expected timelines and check in requirements will be sent out to coaches no later than Thursday, February 15, 2024.

Mixed Events	Event
1	9-15 500 Free
2	9-15 1000 Free
3	9-15 1650 Free

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 desired).