



2025 Distance Run

September 27th – September 28th, 2025

Sanction # PVQ-26-04



MEET DIRECTOR Jason Cochran jason@machineaquatics.com Meet Entry Email: entries@machineaquatics.com	MEET REFEREE Jenn Detrisac officials@machineaquatics.com	CLUB OFFICIALS CHAIR Jenn Detrisac officials@machineaquatics.com Email to volunteer
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-26-04 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Machine Aquatics, and The St. James 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 and Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"> The pool at The St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from bulkhead to wall. Continuous warm-up/cool-down will be available. Water depth of 7'4" at the starting end and 4' at the turning end of the competition course. The meet hosts shall ensure the required course dimensions. 								
ENTRY DEADLINE	<p style="text-align: center;">FINAL ENTRY FILE IS DUE BY Thursday, September 18th, 2025</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, September 27th & Sunday September 28th, 2025</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Saturday and Sunday AM Session:</td><td style="width: 40%;"></td></tr> <tr> <td style="padding-left: 40px;">Warm-Up 7:30-8:20am</td><td style="text-align: right;">Events: 8:30am</td></tr> <tr> <td>SATURDAY PM Session:</td><td></td></tr> <tr> <td style="padding-left: 40px;">Warm-Up 12:10-1:00pm</td><td style="text-align: right;">Events: 1:10pm</td></tr> </table>	Saturday and Sunday AM Session:		Warm-Up 7:30-8:20am	Events: 8:30am	SATURDAY PM Session:		Warm-Up 12:10-1:00pm	Events: 1:10pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered USA Swimming members of invited teams. Teams wishing to attend should contact the meet director for approval. 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. 								
SWIMMERS WITH A DISABILITY	<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 written notice of desired accommodations/modifications to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the Session Referee of any desired accommodation/modifications prior to competition. 								
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic Timing (touchpads primary) will be used. 								
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. 								

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 <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 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 except for Events 3 and 5. • 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 MIXED GENDER events. • All events are timed finals. • A contestant may enter a maximum of FOUR (4) individual events. • Short Course time will be used for entries. • To the extent there are available lanes, swimmers can request deck entry at a cost of \$20.00 per event. • 12 & Under athletes may only enter one (1) session per day. • Athletes must provide their own timers and counters (if desired). <p>*NOTE: The Meet Director reserves the right to adjust start times to allow the full meet to fit within the pool rental time and USA Swimming Rules.</p>
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events are positive check in. <ul style="list-style-type: none"> ○ The 1650 freestyle will utilize rolling check in. ○ The check in deadline for all other events will be 30 minutes after the start of warm-ups. • Athletes who do not check in will not be seeded into the event.
SEEDING	<ul style="list-style-type: none"> • All 200 yard events will be seeded slow to fast. All events 400 yards and longer will be seeded fast to slow.
WARM-UP	<ul style="list-style-type: none"> • Warm up assignments will be created and sent to teams prior to the start of the meet based on entries per team/site. The prescribed PVS warm-up procedures and safety policies will be followed.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
PROGRAMS	<ul style="list-style-type: none"> • Programs will be electronically available to parents free of charge.
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.
OFFICIALS	<ul style="list-style-type: none"> Officials interested in volunteering should contact Jenn Detrisac officials@machineaquatics.com.
TIMERS/ VOLUNTEERS	<ul style="list-style-type: none"> Athletes must provide their own timers. Volunteer sign up will be sent out to participating families by Machine.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director at entries@machineaquatics.com. Include in the subject of the email, "2025 Distance Run" with the club's initials AND SITE. 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 24-36 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	<div style="margin-left: 40px;"> Per Swimmer Surcharge: \$4.00 Individual event fee: \$5.00 Deck Entry fee: \$20.00 </div> <ul style="list-style-type: none"> Meet Entry Fees will be charged to your Team Unify Account for all Machine Aquatics Members. Fees for clubs attending should be mailed to: <i>Machine Aquatics</i> <i>2025 Distance Run Meet</i> <i>204- D Mill Street, NE</i> <i>Vienna, VA 22180</i> Payment for entries from attending teams 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.

2025 Distance Run

All Events are positive check-in.

Saturday, Sept. 27th, 2025
AM Session

Warm Up: 7:30-8:20am / Events: 8:30am

Mixed	EVENTS
1	11 & Over 1650 FR

Positive check-in will be rolling.

Saturday, September 27th, 2025
PM Session

Warm Up: 12:10 -1:00pm / Events: 1:10pm

Mixed	EVENTS
2	Open 500 FR
3	10/U 200 FR

Positive check-in closes at 1:00pm

Sunday, September 28th, 2025
AM Session

Warm Up: 7:30-8:20am / Events: 8:30am

Mixed	EVENTS
4	Open 400 IM
5	10/U 200 IM
6	Open 200 FLY
7	Open 200 BR
8	Open 200 BK

Positive check-in closes at 8:00am