



PUMPKIN SPICE PACER

October 18-19, 2025

Sanction # PVC-26-15



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Rob Green robert.green@dc.gov	Mitchell Jung mitchelljung@gmail.com	Erika Livingston erika@aimstutoring.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-26-15. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, DC Wave Swim Team, and the Takoma 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>Takoma Aquatic Center 300 Van Buren Street, NW Washington, DC 20012 (202) 576-9534</p> <ul style="list-style-type: none"> The pool at the Takoma Aquatic Center is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 8 lanes, 25 yards, running wall to wall. Water depth range of 7' (lane 1) to 13.5' (lane 8) at the starting end and at the turning end. The meet hosts will ensure the required course dimensions.
ENTRY DEADLINE	<p>Thursday, October 9th at 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>Saturday and Sunday Warm Up: 9:00 am – 9:50 am Events: 10:00 am</p> <p>*Note: Meet Manager will determine if session start times will need to be adjusted or if age groups need to be moved to different sessions based on the number of entries received. A timeline will be established and forwarded to each team by Wednesday, October 15th.</p>
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.
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 and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the Session Referee in writing of any desired accommodation/modifications prior to competition. Athletes requiring special accommodation are asked to complete the form below. NECESSARY ACCOMMODATIONS FORM
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, restrooms, 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. • 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. • All events will be pre-seeded except the 400 IM and 500 Freestyle. • Athletes may swim a maximum of six (6) events for the meet and no more than three (3) events per day. • No deck entries will be accepted. • The 500 Freestyle and 400 IM are bring your own timer events. Swimmers must provide their own timer and lap counter (500 Freestyle) for those events.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • Positive Check in will be used to seed the 400 IM and 500 Freestyle events
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.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. • Spectators will be permitted in the facility.
SEEDING	<ul style="list-style-type: none"> • Standard seeding will be used. • The 400 IM and 500 Freestyle will be seeded Fastest to Slowest.
SCORING	<ul style="list-style-type: none"> • N/A
AWARDS	<ul style="list-style-type: none"> • N/A
PROGRAMS	<ul style="list-style-type: none"> • Meet programs will be emailed to teams and available on Meet Mobile.
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.
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 interested in volunteering should contact Erika Livingston via email at erika@aimstutoring.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"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. Two timers per lane. There will be two Head Timers per course. The 500 Freestyle and 400 IM are bring your own timer events. Swimmers must provide their own timer and lap counter (500 Freestyle) for those events. An online Timer's Signup will be emailed to participating club after the meet entry deadline.
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, "PSP 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	<p>Per Swimmer Surcharge: N/A Relay event fee: N/A</p> <p>Individual event fee: \$7.00</p> <ul style="list-style-type: none"> Entries fees are to be made payable to the "DC Wave Booster Club". Fees are non-refundable. Entries will not be considered received until all fees are paid. Fees for individual events are \$7.00. Each team/club is requested to remit only one check or money order to cover entry fees. NO CASH PAYMENTS WILL BE ACCEPTED. Entry fees should be sent to: <p style="text-align: center;">DC Wave Booster Club PO BOX 55661 Washington DC, 20040</p> Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

MEET EVENT SCHEDULE

October 18 & 19, 2025

Warm Up | 9:00 – 9:50 AM; Events | 10:00 am

EVENT	SATURDAY, OCTOBER 18	SUNDAY, OCTOBER 19	EVENT
1	11 & O 200 Free	11 & O 100 Back	7
2	11 & O 100 Breast	11 & O 200 Fly	8
3	11 & O 100 Fly	11 & O 100 IM	9
4	11 & O 200 IM	11 & O 200 Breast	10
5	11 & O 200 Back	11 & O 100 Free	11
6	11 & O 500 Free	11 & O 400 IM	12