



Arlington Aquatic Club

2026 LC Invitational

January 3-4, 2026

Sanction # PVI-26-53



MEET DIRECTOR John Aldonas jaldonas@arlingtonva.us Evan Stiles estile@arlingtonva.us	MEET REFEREE Charles Lundy calundy@verizon.net	CLUB OFFICIALS CHAIR Michael Ledford ledford_Michael@yahoo.com
SANCTION	- Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-26-53. - In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Arlington Aquatic Club, and Long Bridge Aquatic & Fitness 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	Long Bridge Aquatic & Fitness Center 333 Long Bridge Dr. Arlington, VA 22202 (703) 228-3338 - The competition pool at Long Bridge Aquatic & Fitness Center is 25yd x 50m with two moveable bulkheads. Competition will be held in 8 lanes, 50m running bulkhead to bulkhead. - Water depth of 14'7" at the starting end and 4'3" at the turning end. 4 lanes of continuous warm-up/cool down lanes will be available. - The meet hosts shall ensure the required course dimensions.	
ENTRY DEADLINE	Tuesday, December 23, 2025, 9:00 p.m. 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- Warm-up: 7:00-8:20 am, 1st Event 8:30 am Distance session Warm-up: 1:00-1:40 pm, 1st Event 1:45 pm Sunday- Warm-up: 7:00-8:20 am, 1st Event 8:30 am Meet Director reserves the right to adjust times/sessions after entries are received.	
ELIGIBILITY	- Open to USA Swimming registered athletes that participate on invited teams. Any team wishing to be invited should email the Meet Director, Evan Stiles (estile@arlingtonva.us). - 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 - All athletes shall compete at the age attained on the first day of the meet.	
SWIMMERS With a Disability	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. Necessary Accommodation Form	

TIMING SYSTEM	Automatic timing (touchpads primary) will be used.
RULES	- 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. - 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	- Each swimmer will be allowed to swim three (3) individual events per morning session and one (1) event in the distance session for a maximum of seven (7) for the meet. - All events are timed finals. - NT entries are permitted. - Swimmers must provide their own timers and counters (if desired) for the 800 and 1500 freestyle. - Deck entries will be accepted in empty lanes. No new heats will be created.
POSITIVE CHECK IN	400 IM, 400 Free, 800 Free, 1500 Free are positive check in events. - Check in for 400 IM and 400 Free will be by 9:00 a.m. each day. - Check in for the 800 and 1500 Free will be by 1:20 p.m. on Saturday. - Swimmers who do not check in will not be seeded into the event. - Athletes who checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Referee.
WARM-UP	- The prescribed PVS warm-up procedures and safety policies will be followed. Open Warm up. - Four (4) lanes of continuous warm-up/cool down will be available. Coaches must supervise swimmers when they are in the warm up/warm down area.
SUPERVISION	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
MEDICAL ASSISTANCE	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	- All individual events 200 m and shorter will be pre-seeded. - LC times are conforming times. Coaches can enter estimated converted times.
SCORING	This meet will not be scored.
AWARDS	No awards at this meet

PROGRAMS	Meet programs will be available for spectators at no cost. The meet will be available on Meet Mobile.
CREDENTIALS	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, certified deck officials, and certified Marshals will be permitted on the deck. Coaches, Officials, and Marshals should have proof of active USA Swimming membership with them.
PUBLICATION OF RESULTS	By entering this meet, participants (and their parents or guardians, if applicable) acknowledge and consent to the posting of official meet results on the Potomac Valley Swimming (PVS) website. Athlete birthdates will not be included in any posted results. Meet results may be accessed by third-party organizations or applications that use publicly available swimming data for purposes such as rankings, recruitment, or goal tracking
SPECTATOR ENTRY FEE	There will be no spectator entry fee. Spectators are permitted.
OFFICIALS	- 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 Michael Ledford ledford_michael@yahoo.com, AAC Officials Chair. - 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 Deck Referee upon arrival to make their services available. A comprehensive officials' briefing will precede each session during warm-ups.
TIMERS	Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
ENTRY PROCEDURES	- Entries should be submitted by email to the Meet Director. - Include in the subject of the email, "2026 AAC LC Invite - ****" 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 Individual event fee: \$6.00 Deck entries: \$10.00 - Make checks payable to AAC Boosters. Checks may be mailed to: AAC Boosters PO Box 7512 Arlington, VA 22207 - Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.



2026 AAC LC Invite

Saturday, January 3, 2026

Session 1: Warm-up 7:00 – 8:20 am, 1st Event 8:30 am

Girls Event #	Events	Boys Event #
1	Senior 100 meter Backstroke	2
3	Senior 200 meter Freestyle	4
5	Senior 200 meter Breaststroke	6
7	Senior 100 meter Butterfly	8
9	Senior 50 meter Freestyle	10
11	Senior 400 meter IM*	12
*Positive Check in closes at 9:00 a.m.		

Session 2: (Distance) Warm-up 1:00 - 1:40 pm, 1st Event 1:45 pm

25	Senior Mixed 800 meter Freestyle*	
26	Senior Mixed 1500 meter Freestyle*	
*Positive Check in closes at 1:20 p.m.		
* 800 and 1500 Free will need to provide own counter and timer.		



2026 AAC LC Invite

Sunday, January 4, 2026

Session 3: Warm-up 7:00 - 8:20 am, 1st Event 8:30 am

Girls Event #	Events	Boys Event #
13	Senior 100 meter Breaststroke	14
15	Senior 200 meter Butterfly	16
17	Senior 200 meter IM	18
19	Senior 100 meter Freestyle	20
21	Senior 200 meter Backstroke	22
23	Senior 400 meter Freestyle*	24
*Positive Check in closes at 9:00 a.m.		