



PVS January Open

January 22-23, 2022

Sanction # PVS-22-51

For PWCS VSI Sanction #: VS-22-



Hosted for PVS by:



ENTRY DEADLINE: Tuesday, January 11, 11:59 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.

MEET HOST/ DIRECTOR	POTOMAC MARLINS	ALL STAR AQUATICS	FAIRFAX FOXES
	Bill Marlin Bill.marlin@verizon.net	Chris Schlegel Christopher.schlegel@hotmail.com	Matt Salerno fairfaxfoxes@gmail.com
MEET REFEREE	Jorge Zamora zamjr4@gmail.com Officials Signup	Morgan Hurley mhurley@peerreview.com Officials Signup	Tim Husson tim.husson@gmail.com Officials Signup
FACILITY	<p>PWCS Aquatics Center 13833 Dumfries Road (Door #25) Manassas, VA 20112 (571) 374-6333</p> <ul style="list-style-type: none"> The pool at PWCS Aquatics Center is 40m x 25yd with a moveable bulkhead. Competition will be held in 8 lanes, 25 yards, running from wall to wall. 15 lanes are available for warm-ups. Continuous warm-up/cool-down will be available. Water depth ranges from 12 1/2' – 7' at both the start and turn ends. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming. 	<p>Fairland Aquatics Center 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060</p> <ul style="list-style-type: none"> The pool at Fairland Aquatics Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 10 lanes, 25 yards, running from wall to wall. 18 lanes are available for warm-ups. Continuous warm-up/cool-down will be available. Water depth ranges from 5' – 13' at both the start and turn ends. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 	<p>Audrey Moore Rec Center 8110 Braddock Road Annandale, VA 22003 (703) 321-7080</p> <ul style="list-style-type: none"> The pool at Audrey Moore Rec Center is a 50m x 25yd pool. Competition will be held in 10 lanes, 25 yards. 20 lanes will be available for warm-ups. Water depth range of 4.5' – 5.0' at both the starting and turning ends. The competition course has not been certified in accordance with <i>USA Swimming Rules and Regulations</i> Article 104.2.2(C).
TEAM ASSIGNMENTS	AAC, BWST, FAA, GWU, HACC, MAKO, NCAP (Alexandria, Burke, Marymount, West), OCCS, PM, RY, STJS, TRA, VLAC, YORK	ASA, APAC, ASTS, AU, FAST, HEAL, JFD, MACH (MD sites), MSSC, NCAP (AU, Georgetown Prep, Holton Arms, North, Prince George's), PAC, PGPR, RMSC, RWST, TIBU, TOLL, WEA	CSC, DCPR, DRAG, ERSC, FISH, FXFX, GMU, LIFE, MAC, MACH (VA Sites), NCAP (Claude Moore, Dulles South, Tysons), RIPS, SDS, SNOW, SSCT, TANK, WSH

NOTE: Assignments of clubs to pool sites will be reviewed by the PVS LSC Services Manager after all entries are received. If necessary to achieve reasonable balance, clubs may be reassigned.

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-22-51 and VSI: VS-22-xx. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Audrey Moore Rec Center, Fairland Aquatics Center, PWCS Aquatics Center, Potomac Marlins, All Star Aquatics, and Fairfax Foxes shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
ENTRY DEADLINE	<p style="text-align: right;">Tuesday, January 11, 2022 11:59 PM Due 1/9/22</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, January 22 & Sunday, January 23, 2022</p> <p style="text-align: center;">11-12: Warmup 6:30am – 7:20am; Events 7:30am</p> <p style="text-align: center;">9-10: Warmup 10:00am – 10:50pm; Events 11:00am</p> <p style="text-align: center;">13 & Over Boys: Warmup 1:00pm – 1:50pm; Events 2:00pm</p> <p style="text-align: center;">13 & Over Girls: Warmup 4:00 – 4:50pm; Events 5:00pm</p> <ul style="list-style-type: none"> The PVS Services Manager and the Age Group and Senior Chairs reserve the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all Potomac Valley Swimming registered athletes. 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 shall compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints.
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 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. 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, VIRGINIA SWIMMING, INC, POTOMAC MARLINS SWIM TEAM, ALL STAR AQUATICS, FAIRFAX FOXES, PWCS AQUATICS CENTER, AUDREY MOORE REC CENTER, 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

	<p>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.</p> <ul style="list-style-type: none"> • By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., the Commonwealth of Virginia, the State of Maryland, Fairfax County, Prince William County or Prince George’s County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • Athletes should arrive and depart in their suits. Locker room use is minimized to emergency use only. • Before entering the facility, participants are required assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering “no” to the following questions: <ul style="list-style-type: none"> ○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? ○ Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days? ○ Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has within the past 14 days? • All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. Masks must be affixed to the face without hands and must cover the nose and mouth. • All attendees should bring a filled, reusable (non-glass) water bottle to the meet. • Athletes should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming. • Spectators will not be permitted into the facility. Competition will be live streamed. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool. • During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area. • All swimmers must remain in their designated area until they are called for their events, and they must return to their area immediately following their event. • Counters for the 500 Freestyle will be athletes, coaches, or volunteers already present during the session. • Limited hospitality may be offered for coaches and officials. • Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet. • We request that all attendees notify the appropriate meet director as soon as possible if they have tested positive for COVID-19 or shown symptoms after attending the meet.
PWCS SPECIFIC PROTOCOLS	<ul style="list-style-type: none"> • All participants (coaches, officials, volunteers, swimmers, etc.) will arrive at the PWCS Aquatic Center through the main entrance at Door #25 where they will submit to a health screening before they are permitted in the facility. • The meet will be limited to a maximum of 350 swimmers per session.

	<ul style="list-style-type: none"> • Coaches, officials, volunteers, and swimmers assigned to seating areas on the pool deck will proceed through the glass doors directly to the pool deck. Swimmers assigned to seating areas in the bleachers will proceed up the stairs next to the check-in desk to the bleachers. • To access the pool deck from the bleachers, swimmers will go down the stairs on the opposite side of the stands from where they came up and then enter the pool deck through the door on the deep end (turning end) of the pool, underneath the bleachers. • To return to the bleachers from the pool deck, swimmers will exit the starting area to their right (clockwise flow). Swimmers will exit the pool deck on the other side of the guard office, below the bleachers, from where they came in, turn left to go to the lobby and then go up the lobby stairs. This ensures one-way traffic flow (see attached facility map). There will also be traffic flow signs posted. • No spectators will be permitted. Competition will be live-streamed on the PWCS Aquatics Center YouTube channel (https://www.youtube.com/channel/UCs_04_ZanQHx0k76_ehNcnw).
FAIRLAND SPECIFIC PROTOCOLS	<ul style="list-style-type: none"> • All attendees (coaches, officials, volunteers and athletes) will enter and exit through the main facility entrance. Prior to entry, all attendees must turn in the required waiver. • Athletes will be seated throughout the facility with a coach. Athletes may not bring personal chairs. • All attendees should maintain a minimum of six (6) feet distance from all other participants whenever possible. • Each session will be limited to a maximum of 250 swimmers. • 18 lanes will be available for warm-up, with a maximum of six (6) swimmers per lane and maintaining appropriate distance as required by applicable local guidelines and in accordance with USA Swimming guidelines. A maximum of 108 swimmers is allowed in the pool during warmups. • A sufficient number of coaches must remain in the team areas to ensure that the athletes are following the COVID-19 protocols and to get them to the starting area. • Coaches will line up swimmers in their team areas 5 minutes before the start of their warmups. A coach will escort the swimmers to the deck for warmup with their athletes. Wearing face masks with cap and goggles only, swimmers will proceed clockwise to their warmup lanes. • Swimmers will place their mask in a plastic zipper bag and place it in the basket beside the block. • After warm-up, coaches will direct swimmers to exit the pool. Swimmers will immediately put on their masks, and proceed clockwise along the pool deck to return to their designated seating area to prepare for competition. • No spectators will be permitted. Live stream information will be sent out to participating clubs and PVS.
AUDREY MOORE SPECIFIC PROTOCOLS	<ul style="list-style-type: none"> • All attendees (athletes, coaches, officials, and volunteers) will enter the facility through the main entrance. Swimmers will immediately go downstairs and proceed to their assigned section in the bleachers. Parents will not be permitted into the bleachers or allowed on the pool deck. Only meet volunteers will be permitted on the pool deck. • Each session will be limited to a maximum of 400 swimmers. • Spectators are not permitted. The competition will be live streamed. Information will be sent out to participating clubs and PVS.
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.

	<ul style="list-style-type: none"> • 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, 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. • Seed times are short course yards. In the event that short course yard times are not available, coaches' times are preferred over "no times" for all events. • An athlete may enter no more than four (4) events per day, or seven (7) events for the meet. • Time constraints may require limiting the number of events that are swum.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • The Meet Directors will determine if positive check-in for events 200 yard or longer will be required. If used, positive check in will utilize a check in sheet organized by team. The check in will be due 30 minutes before the start of events. • If used, positive check in sheets will be handed out to each club. • Athletes who check into a positive check-in event, have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.
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 based upon the number of swimmers per session to accommodate the appropriate number of swimmers per lane.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.
AWARDS	<ul style="list-style-type: none"> • There will be no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> • Programs will be made 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 at all times.
SPECTATORS	<ul style="list-style-type: none"> • No spectators will be permitted.

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 complete the appropriate Officials Signup or contact the appropriate Meet Referee prior to January 8. <p style="text-align: center;"> PWCS Jorge Zamora zamjr4@gmail.com Officials Signup </p> <p style="text-align: center;"> FAIRLAND Kelly Oipari kellyopipari@gmail.com Officials Signup </p> <p style="text-align: center;"> AUDREY MOORE Tim Husson tim.husson@gmail.com Officials Signup </p> <ul style="list-style-type: none"> 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. The Meet Director may send out a request for timers based upon entries.
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, "2022 PVS JANUARY OPEN - ****" 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;"> Individual event fee: \$5.00 Athlete Surcharge: \$5.00 </p> <ul style="list-style-type: none"> Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payment and where to send a check. 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 PVS). The host club is responsible for reporting cash payments to PVS and delivering checks to PVS. Payment for unaccounted for deck entries or lost payments is the responsibility of the host club. 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 (payable to PVS).

PVS JANUARY OPEN

Saturday, January 22, 2022

11-12 Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
1	11-12 200 yd Breaststroke	2
3	11-12 50 yd Backstroke	4
5	11-12 200 yd Individual Medley	6
7	11-12 100 yd Butterfly	8
9	11-12 50 yd Breaststroke	10
11	11-12 100 yd Freestyle	12
13	11-12 200 yd Backstroke	14
15	11-12 500 yd Freestyle	16

9-10 Session		
Warmup 10:00pm – 10:50pm		
Events 11:00am		
GIRLS	EVENT	BOYS
17	9-10 50 yd Backstroke	18
19	9-10 200 yd Individual Medley	20
21	9-10 100 yd Butterfly	22
23	9-10 50 yd Breaststroke	24
25	9-10 100 yd Freestyle	26
27	9-10 500 yd Freestyle	28

13 & Over Boys Session	
Warmup 1:00pm – 1:50pm	
Events 2:00pm	
13 & O 100 yd Backstroke	30
13 & O 200 yd Individual Medley	32
13 & O 200 yd Butterfly	34
13 & O 100 yd Breaststroke	36
13 & O 50 yd Freestyle	38
13 & O 500 yd Freestyle	40

13 & Over Girls Session	
Warmup 4:00pm – 4:50pm	
Events 5:00pm	
29	13 & O 100 yd Backstroke
31	13 & O 200 yd Individual Medley
33	13 & O 200 yd Butterfly
35	13 & O 100 yd Breaststroke
37	13 & O 50 yd Freestyle
39	13 & O 500 yd Freestyle

Sunday, January 23, 2022

11-12 Session		
Warmup 6:30am – 7:20am		
Events 7:30am		
GIRLS	EVENT	BOYS
41	11-12 50 yd Butterfly	42
43	11-12 200 yd Freestyle	44
45	11-12 100 yd Breaststroke	46
47	11-12 100 yd Backstroke	48
49	11-12 50 yd Freestyle	50
51	11-12 100 yd Individual Medley	52
53	11-12 200 yd Butterfly	54

9-10 Session		
Warmup 10:00pm – 10:50pm		
Events 11:00am		
GIRLS	EVENT	BOYS
55	9-10 50 yd Butterfly	56
57	9-10 200 yd Freestyle	58
59	9-10 100 yd Breaststroke	60
61	9-10 100 yd Backstroke	62
63	9-10 50 yd Freestyle	64
65	9-10 100 yd Individual Medley	66

13 & Over Boys Session	
Warmup 1:00pm – 1:50pm	
Events 2:00pm	
13 & O 200 yd Freestyle	68
13 & O 100 yd Butterfly	70
13 & O 200 yd Breaststroke	72
13 & O 200 yd Backstroke	74
13 & O 100 yd Freestyle	76
13 & O 400 yd Individual Medley	78

13 & Over Girls Session	
Warmup 4:00pm – 4:50pm	
Events 5:00pm	
67	13 & O 200 yd Freestyle
69	13 & O 100 yd Butterfly
71	13 & O 200 yd Breaststroke
73	13 & O 200 yd Backstroke
75	13 & O 100 yd Freestyle
77	13 & O 400 yd Individual Medley

- If Positive Check-In is used for events 200 yd or more, it will close 30 minutes before the start of events.