



**Nation's Capital Swimming
Winter Invitational
February 17-19, 2017**



Sponsored by NATION'S CAPITAL SWIM CLUB

Sanctioned by UNITED STATES SWIMMING
through POTOMAC VALLEY SWIMMING

and Virginia Swimming
Sanction # PVI-17-64 and # VS-17-16DS

Meet Director: Mark Faherty fahertyswim@yahoo.com

Meet Referee: Ray Nash raynashdvcc@aol.com

**Club Officials
Chair:** Ray Nash raynashdvcc@aol.com

Location: Warrenton Aquatic & Recreation Facility
800 Waterloo Road
Warrenton, Virginia 20186
(703)993-8350, (703)993-8444

Schedule: Friday Distance (500 Free & 400 IM)
Warm-up 4:30-5:20 PM First Event 5:30 PM

Saturday and Sunday
9-12 Yr Olds Warm-up 6:30-7:20 AM First Event 7:30 AM
13 & Older Warm-up 12:00-12:50 PM First Event 1:00 PM

Session Warm-Up and Start Times may be adjusted based on the number of entries received. The Meet Director reserves the right to make changes necessary to finish the session in a timely manner, including limiting entries. Please watch for any changes that will be posted on www.nationscapitalswimming.com and www.pvswim.org

Facility: Eight Lane 25 yard indoor pool, 4.5 (lane 1) to 11.8 feet in depth (lane 10); Non- Turbulent Lane Markers; Colorado Automatic Timing System. Two additional 25 yard lanes will be available for continuous warm-up and cool down. The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4).

Automatic timing (touch pads primary) will be used for this meet.

Eligibility: Open to all registered and invited Potomac Valley Swimming athletes and invited USA Swimming athletes. Swimmers shall compete at the age attained on the first day of the meet.

Awards: There will be no awards at this meet.

Rules:

Current United States Swimming rules shall govern the meet.

- A contestant may enter a maximum of seven (7) individual events and no more than three (3) individual events per day.
- All events will be timed finals.
- All events will be swum as Mixed Gender (boys and girls will be competing together).
- All events will be swum FASTEST to SLOWEST throughout the meet.
- Positive Check In: All events will be positive check in for the meet and all events will close 30 minutes prior to the start of each session.
- Friday Night Distance Events: Swimmers must provide their own timer for both events and their own counter for the 500 Free. It may be necessary to limit the number of entries/heats of the 500 Free/400 IM.
- Dive over starts will be used at all sessions.

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.

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. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition, and cool down periods.

Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy as adopted by the BOD](#). Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

Operation of drone or any other flying apparatus 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.

Warm-Up:

The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

Officials:

Certified Officials who have not been contacted should volunteer, please sign in with the Referee. An Officials meeting will be held no later than 10 minutes before the end of each warm-up session. If you wish to volunteer ahead of time, please contact Ray Nash raynashdvcc@aol.com

Supervision:

Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials permitted on the pool deck. Coaches and deck officials are required to display their current 2017 USA Swimming credentials.

Timers:

Participating clubs are required to provide timers in proportion to their entry. A timer is required for each 25 entries, (not swimmers, entries). The number of timers will be adjusted when the club

is providing other officials. Acceptance of the Club entry is based on compliance with the above. The host club will provide at least one (1) timer per lane.

Entries: Entries may be sent via e-mail.

1. Entries must arrive by the due date and time
2. Include with your entry file one (1) report by name and one (1) by event. Create these reports in Team Manager and save as Word for Windows files.
3. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).
4. Send e-mail to Mark Faherty fahertyswim@yahoo.com Please include the subject line as "2017 NCAP Winter Invite Entries - XXX" substituting XXX with your team name and site location if more than one site within your club. Otherwise my email filter may not let your e-mail through.
5. Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.

Entries may be sent via mail/express mail/ etc.

Computer entries (Hy-Tek) are encouraged. Electronic entries require one (1) meet entry report by **name** and one (1) by event from *Team Manager/Team Unify*. Entries may also be submitted on a PVS Master Entry Sheet. All entries must include a completed "**Entry Cover Sheet**". Paper entries require an additional \$20.00 processing fee.

Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

Fees: Fees are \$6.00 for individual events. Each participating Club is requested to remit one check to cover the entry fee for the entire team. **Please do not send cash.** Entry fees are due before the day of the meet.

Checks: Make checks payable to **Nation's Capital Swim Club.**

Send Checks To: Att: Karyn McCannon
Nation's Capital Swim Club
8120 Woodmont Ave #101
Bethesda, MD 20814

Entry Deadline: All entries must be submitted for this meet no later than:
Wednesday, February 8th, 2017 at 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.

Deck Entries: Deck entries are \$10.00 per individual event and must be submitted with cash payment no later than 30 minutes prior to the first event of each session.

Admission: There is no admission charge. The meet will be available on Meet Mobile. Attempts will be made to have programs available for each session. Working officials & coaches receive a complimentary program.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, the Nation's Capital Swim Club, and the Warrenton Aquatic & Recreation Facility shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Friday, February 17th 2017

Session I - Distance

Warm-up 4:30-5:20 PM

First Event 5:30 PM

*All Events will be swum as Mixed Gender (Boys and Girls competing together)

Event #	Age	Event
1	Open	500 Freestyle
2	11 & Over	400 IM

ALL events are positive check-in. Positive check-in for all events will close 5:00 PM

*Friday's events will be limited to a 2.5 hour session. 90 minutes will be allowed for the 500 Free (approximately 12 heats – 96 swimmers) and 60 minutes for the 400 IM (approximately 8 heats – 64 swimmers). If the session is longer, cuts may be made to stay within the timeline.

Saturday, February 18th 2017

Session II – 9-12 Yr Olds

Warm-up 6:30-7:20 AM

First Event 7:30 AM

*All Events will be swum as Mixed Gender (Boys and Girls competing together)

Event #	Age	Event
3	9-10	200 IM
4	11-12	200 IM
5	9-10	50 Backstroke
6	11-12	50 Backstroke
6	9-12	200 Butterfly
8	9-10	100 Freestyle
9	11-12	100 Freestyle
10	9-10	50 Breaststroke
11	11-12	50 Breaststroke
12	9-12	200 Backstroke
13	9-10	100 Butterfly
14	11-12	100 Butterfly

ALL events are positive check-in. Positive check-in for all events will close 7:00 AM

Saturday, February 18th 2017

Session III – 13 & Over

Warm-up 12:00-12:50 PM

First Event 1:00 PM

*All Events will be swum as Mixed Gender (Boys and Girls competing together)

Event	Age	Event #
15	13 & Over	200 Backstroke
16	13 & Over	100 Breaststroke
17	13 & Over	200 Butterfly
18	13 & Over	100 Freestyle
19	13 & Over	200 IM

ALL events will be positive check in. Positive check-in for all events will close 30 minutes prior to the start of Event #15

Sunday, February 19th 2017

Session IV – 9-12 Yr Olds

Warm-up 6:30-7:20 AM

First Event 7:30 AM

*All Events will be swum as Mixed Gender (Boys and Girls competing together)

Event #	Age	Event
20	9-10	200 Freestyle
21	11-12	200 Freestyle
22	9-10	50 Butterfly
23	11-12	50 Butterfly
24	9-12	200 Breaststroke
25	9-10	100 Backstroke
26	11-12	100 Backstroke
27	9-10	50 Freestyle
28	11-12	50 Freestyle
29	9-10	100 Breaststroke
30	11-12	100 Breaststroke
31	9-10	100 IM
32	11-12	100 IM

ALL events are positive check-in. Positive check-in for all events will close 7:00 AM

Sunday, February 19th 2017

Session V – 13 & Over

Warm-up 12:00-12:50 PM

First Event 1:00 PM

*All Events will be swum as Mixed Gender (Boys and Girls competing together)

Event	Age	Event #
33	13 & Over	200 Freestyle
34	13 & Over	100 Butterfly
35	13 & Over	50 Freestyle
36	13 & Over	100 Backstroke
37	13 & Over	200 Breaststroke

ALL events will be positive check in. Positive check-in for all events will close 30 minutes prior to the start of Event #33.