



Sprint to Summer Showdown

April 6-7, 2019

Sanction # PVI-19-79 and VA_XX-XX



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Matt Salerno fairfaxfoxes@gmail.com	Jan van Nimwegen jnimwegen@earthlink.net	Lisa Gillen gillenlisaj@hotmail.com Officials Sign Up

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-19-79 and Virginia Swimming: VS-xx-xx In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Fairfax Foxes Swimming, and the PWCS 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 style="text-align: center;">PWCS Aquatics Center 13833 Dumfries Road (Door #25) Manassas, VA 20112 / (571) 374-6333</p> <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth is 12' at the starting end and 4' at the turning end. Three (3) lanes of continuous warmup will be available. The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). The copy of such certification is on file with USA Swimming. Spectators are not allowed on the pool deck; swimmers may not bring personal chairs on the pool deck; coaches may bring a personal chair on the pool deck. 																											
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, March 19, 2019</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	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%; text-align: center;">Warm Ups</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3">Saturday, April 6, 2019</td> </tr> <tr> <td>13&Over Prelims</td> <td style="text-align: center;">6:45am – 7:35am</td> <td style="text-align: center;">7:45am</td> </tr> <tr> <td>11-12 Prelims</td> <td style="text-align: center;">11:00am – 11:50am</td> <td style="text-align: center;">12pm</td> </tr> <tr> <td>10&Under Timed Finals</td> <td style="text-align: center;">2:30pm – 3pm</td> <td style="text-align: center;">3:10pm</td> </tr> <tr> <td>FINALS</td> <td style="text-align: center;">5:30pm – 6:10pm</td> <td style="text-align: center;">6:20pm</td> </tr> <tr> <td colspan="3">Sunday, April 7, 2019</td> </tr> <tr> <td>13&Over Timed Finals</td> <td style="text-align: center;">6:45am – 7:35am</td> <td style="text-align: center;">7:45am</td> </tr> <tr> <td>12&Under Timed Finals</td> <td style="text-align: center;">11:00am – 12:00pm</td> <td style="text-align: center;">12:10pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 		Warm Ups	Events	Saturday, April 6, 2019			13&Over Prelims	6:45am – 7:35am	7:45am	11-12 Prelims	11:00am – 11:50am	12pm	10&Under Timed Finals	2:30pm – 3pm	3:10pm	FINALS	5:30pm – 6:10pm	6:20pm	Sunday, April 7, 2019			13&Over Timed Finals	6:45am – 7:35am	7:45am	12&Under Timed Finals	11:00am – 12:00pm	12:10pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to all USA Swimming registered swimmers from invited teams listed below. Teams wishing to receive an invitation should contact the meet director. • Invited teams: PVS: BWST, CSC, DCPS, DRAG, FBST, HACC, MAC, MAKO, OCCS, PAC, RIPS, SNOW, YORK *** Teams not on initial invitation list can contact meet director for availability. • Entries will be processed in the order they are received.
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.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • No on-deck USA-S registration is permitted. • 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. Per PVS policy, the use of equipment capable of taking pictures (i.e., 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 at this meet. • 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 & Under events per Rule 205.3.1F.
EVENT RULES	<ul style="list-style-type: none"> • Athletes shall compete at the age attained on the first day of the meet. Athletes may only compete in events of his/her own age group. • Athletes may enter a maximum of seven (7) individual events and no more than (3) individual events on Saturday, April 6 and no more than 4 individual events on Sunday, April 7. • All 10&Under events are timed finals. They will be swum independently as timed finals on Saturday, April 6 and will be swum as part of the 12&Under sessions on Sunday, April 7. • 13&Over and 11-12 events on Saturday are prelims and finals. All events on Sunday, April 7 are Timed Finals. • 11-12 events on Saturday and 13&Over events on Saturday will have two (2) heats, "B" final and "A" final in the finals session. The "B" final will swim first, followed by the "A" final. • No Time Trials will be conducted.

EVENT RULES (continued)	<ul style="list-style-type: none"> • Deck entries will be accepted if space is available in existing heats. Deck entries must be submitted no later than 45 minutes prior to the first event of each session. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. In the event of a significantly over-subscribed session, the Meet Director reserves the right to not accept deck entries. • Evidence of current USA-S registration required for deck entries.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • The 200yd Individual Medley events will be positive check in. All other events will be pre-seeded. • Meet Director reserves the right to make all events positive check in to manage timelines. • Athletes who check in and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • PVS Scratch Rules apply for swimmers scratching from finals. • If you do not want to swim in the Final, you may “scratch” from the event by following this procedure: <ul style="list-style-type: none"> □ You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A” and “B” finals, if scheduled. □ You may declare intent to “scratch”. You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of announcement of qualifiers, marking the appropriate space for “intent”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event. □ If an athlete fails to properly scratch from an event and does not appear for the “Final” event, he/she “shall be barred from further competition of the remainder of the meet.”
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments. • Three lanes of continuous warm up will be available.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> • The 200yd Individual Medley events will be positive check in. All other events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> • N/A
AWARDS	<ul style="list-style-type: none"> • Medals for 1st through 3rd place; Ribbons for 4th – 8th place.
PROGRAMS	<ul style="list-style-type: none"> • Meet programs will not be sold. The meet will be 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. • All swimmers will receive a bag tag which they will display for entry into the meet.
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

	<p>Starter, Chief Judge or Stoke & Turn Judge) per session if entering 25 or more splashes.</p> <ul style="list-style-type: none"> All certified officials wishing to volunteer please use the Officials Sign Up or contact the Fairfax Foxes Officials Chair, Lisa Gillen (gillennisaj@hotmail.com), prior to March 30, 2019. 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"> Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be posted on the Fairfax Foxes website and emailed no later than Wednesday, April 3, 2019 and will also be emailed to the contact person of each of the individual clubs. 								
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to fairfaxfoxes@gmail.com Include in the subject of the email, "SPRINT TO SUMMER - ****" 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 (fairfaxfoxes@gmail.com) 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	<table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">Per Swimmer Surcharge:</td> <td style="width: 16.5%;">N/A</td> <td style="width: 33%;">Relay event fee:</td> <td style="width: 16.5%;">N/A</td> </tr> <tr> <td>Individual event fee:</td> <td>\$8.00</td> <td>Deck entries:</td> <td>\$10.00</td> </tr> </table> <ul style="list-style-type: none"> Make checks payable to Fairfax Foxes Swimming. Checks may be mailed to: Fairfax Foxes Swimming 7932 Ellet Road Springfield, VA 22151 Each club is requested to remit one check to cover the entry fees for the entire team. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. 	Per Swimmer Surcharge:	N/A	Relay event fee:	N/A	Individual event fee:	\$8.00	Deck entries:	\$10.00
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April 6-7, 2019 / PWCS Aquatics Center

Saturday, April 6, 2019

13&Over Prelims Warmup 6:45am Events 7:45am		
GIRLS	EVENT	BOYS
1	13-14 100 Back	2
3	15 & Over 100 Back	4
5	13-14 50 Breast	6
7	15 & Over 50 Breast	8
9	13-14 100 Fly	10
11	15 & Over 100 Fly	12
13	13-14 50 Free	14
15	15 & Over 50 Free	16
17	13-14 200 IM	18
19	15 & Over 200 IM	20
<i>Positive check in for 13 and over 200 IM by 7:30am</i>		

Sunday, April 7, 2019

13&Over Timed Finals Warmup 6:45am Events 7:45am		
GIRLS	EVENT	BOYS
41	13-14 50 Back	42
43	15 & Over 50 Back	44
45	13-14 100 Breast	46
47	15 & Over 100 Breast	48
49	13-14 50 Fly	50
51	15 & Over 50 Fly	52
53	13-14 100 Free	54
55	15 & Over 100 Free	56
57	13-14 100 IM	58
59	15 & Over 100 IM	60

11-12 Prelims Warmup 11:00am Events 12pm		
GIRLS	EVENT	BOYS
21	11-12 100 Back	22
23	11-12 50 Breast	24
25	11-12 100 Fly	26
27	11-12 50 Free	28
29	11-12 200 IM	30
<i>Positive Check-in for 11-12 200 IM by 11:30am</i>		

12&U Timed Finals Warmup 11:00am Events 12:10pm		
GIRLS	EVENT	BOYS
61	11-12 50 Back	62
63	10 & Under 100 Back	64
65	11-12 100 Breast	66
67	10 & Under 100 Breast	68
69	11-12 50 Fly	70
71	10 & Under 100 Fly	72
73	11-12 100 Free	74
75	10 & Under 100 Free	76
77	11-12 100 IM	78
79	10 & Under 100 IM	80

10&Under Timed Finals Warmup 2:30pm Events 3:10pm		
GIRLS	EVENT	BOYS
31	10&U 50 Back	32
33	10&U 50 Breast	34
35	10&U 50 Fly	36
37	10&U 50 Free	38
39	10&U 200 IM	40
<i>Positive check in for 10 and under 200 IM by 4pm</i>		

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PWCS Aquatics Center

Saturday, April 6, 2019

FINALS Warmup 5:30pm Events 6:20pm		
GIRLS	EVENT	BOYS
	13-14 100 Back	
	15 & Over 100 Back	
	11-12 100 Back	
	13-14 50 Breast	
	15 & Over 50 Breast	
	11-12 50 Breast	
	13-14 100 Fly	
	15 & Over 100 Fly	
	11-12 100 Fly	
	13-14 50 Free	
	15 & Over 50 Free	
	11-12 50 Free	
	13-14 200 IM	
	15 & Over 200 IM	
	11-12 200 IM	