



# Frozen 5 Meet

December 14, 2019  
Sanction # PVI-20-36

Hosted by:



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Paris Jacobs <a href="mailto:paris@machineaquatics.com">paris@machineaquatics.com</a> 571.238.7657	Courtney Johnston <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a>	Courtney Johnston <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-20-36</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Machine Aquatics, and The St. James 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>The St. James</b> 6805 Industrial Rd. Springfield, VA 22151 Tel: 703-239-6870</p> <ul style="list-style-type: none"> <li>8 lanes, 25 yards</li> <li>Water depth range of 6'9" at start end – 7'9" at the turn end.</li> <li>Separate warm up/warm down lanes will be available throughout the meet.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Friday, December 6<sup>th</sup>, 2019</b></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>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Saturday, December 14<sup>th</sup>, 2019</b></p> <p style="text-align: center;">Warm Up: 7:15- 7:55 AM/ Events: 8:05 AM</p> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered swimmers from PVS/USAS teams. 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.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Semi-Automatic timing (buttons primary) will be used.</li> </ul>

<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy (“MAAPP”)</a>, shall govern this meet.</li> <li>• No on-deck USA-S registration is permitted.</li> <li>• 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts may be used at this meet during 9&amp;Over events.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• Swimmers may participate in up to 5 events.</li> <li>• All events are timed finals.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• Meet Management reserves the right to positive check-in all 200 yard events if needed for timeline purposes.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Medals will be given for places 1-6 in each individual event.</li> <li>• Medals will be given for places 1-3 for relay events.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Programs will not be sold for this meet. The meet will be published to meet mobile.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>• There is no spectator entry fee for this meet.</li> </ul>

<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>• Please contact Courtney Johnston at <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a> to work the meet.</li> <li>• 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.</li> </ul>				
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> </ul>				
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director.</li> <li>• Include in the subject of the email, "2019 Frozen 5- ****" 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.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• 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.</li> <li>• 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.</li> </ul>				
<b>ENTRY FEES</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Per Swimmer Surcharge: No Charge</td> <td style="width: 50%;">Relay event fee: \$12.00</td> </tr> <tr> <td>Individual event fee: \$5.50</td> <td>Deck entries: \$10.00</td> </tr> </table> <ul style="list-style-type: none"> <li>• Make checks payable to Machine Aquatics, LLC. Checks may be mailed to: <ul style="list-style-type: none"> <li>• Machine Aquatics, LLC 204-D Mill Street, NE Vienna, VA 22180</li> </ul> </li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>	Per Swimmer Surcharge: No Charge	Relay event fee: \$12.00	Individual event fee: \$5.50	Deck entries: \$10.00
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Saturday, December 14, 2019

Warm Up: 7:15- 7:55 AM/ Events: 8:05 AM

Girls Event #	Event	Boys Event #
1	10 Year Old 200 Individual Medley	2
3	9 Year Old 200 Individual Medley	4
5	8 Year Old 100 Individual Medley	6
7	7 Year Old 100 Individual Medley	8
9	6 & Under 100 Individual Medley	10
11	10 Year Old 50 Freestyle	12
13	9 Year Old 50 Freestyle	14
15	8 Year Old 25 Freestyle	16
17	7 Year Old 25 Freestyle	18
19	6 & Under 25 Freestyle	20
21	10 Year Old 50 Backstroke	22
23	9 Year Old 50 Backstroke	24
25	8 Year Old 25 Backstroke	26
27	7 Year Old 25 Backstroke	28
29	6 & Under 25 Backstroke	30
31	10 Year Old 50 Breaststroke	32

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
33	9 Year Old 50 Breaststroke	34
35	8 Year Old 25 Breaststroke	36
37	7 Year Old 25 Breaststroke	38
39	6 & Under 25 Breaststroke	40
41	10 Year Old 50 Butterfly	42
43	9 Year Old 50 Butterfly	44
45	8 Year Old 25 Butterfly	46
47	7 Year Old 25 Butterfly	48
49	6 & Under 25 Butterfly	50
51	9-10 Year Old 100 Freestyle	52
53	7-8 Year Old 100 Freestyle	54
55	6 & Under 100 Freestyle	56
57	7-8 Year Old 50 Freestyle	58
59	6 & Under 50 Freestyle	60
61	9-10 100 Freestyle Relay	62
63	7-8 100 Freestyle Relay	64
65	6 & Under 100 Freestyle Relay	66