



PVS 2021 SC Championship Series – Wave IV

Hosted for PVS by:

March 18 – 21, 2021

Sanction # PVS-21-05

VSI Sanction # VS-21-160DS



MEET DIRECTOR	MEET REFEREE
Aaron Dean meets@swimoccs.org	Nathan Dean ndean75@gmail.com Officials Signup

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-21-05 and Virginia Swimming, Inc.: VS-21-160DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Occoquan Swimming, and Freedom 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	<p style="text-align: center;">Freedom Aquatic & Fitness Center 9100 Freedom Center Blvd. Manassas, VA 20110 (703) 993-8444</p> <ul style="list-style-type: none"> The pool at Freedom Center is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from wall to bulkhead at the western end of the pool. 10 lanes will be available for continuous cool-down. Water depth of 13' at the starting end and 6'5" at the turning end of the competition course. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 																					
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, March 2, 2021 5:00 p.m.</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 Up</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3">Thursday, Saturday</td> </tr> <tr> <td style="text-align: center;">10&Under Girls Timed Finals</td> <td style="text-align: center;">3:00 – 3:20 pm</td> <td style="text-align: center;">3:30 pm</td> </tr> <tr> <td colspan="3">Friday</td> </tr> <tr> <td style="text-align: center;">10&Under Boys Timed Finals</td> <td style="text-align: center;">3:00 – 3:20 pm</td> <td style="text-align: center;">3:30 pm</td> </tr> <tr> <td colspan="3">Sunday</td> </tr> <tr> <td style="text-align: center;">10&Under Boys Timed Finals</td> <td style="text-align: center;">3:45 – 4:05 pm</td> <td style="text-align: center;">4:15 pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> The Meet Director, in coordination with the Age Group chair, reserves the right to adjust times/sessions after entries are received. Session times may be adjusted based on the timelines of the PVS 2021 SC Championship Series – Wave II meet. 		Warm Up	Events	Thursday, Saturday			10&Under Girls Timed Finals	3:00 – 3:20 pm	3:30 pm	Friday			10&Under Boys Timed Finals	3:00 – 3:20 pm	3:30 pm	Sunday			10&Under Boys Timed Finals	3:45 – 4:05 pm	4:15 pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all Potomac Valley Swimming registered athletes age 10&Under who meet the published qualifying standards. 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 must have equaled or bettered the applicable Qualifying Time listed. Qualifying times must have been achieved on or after March 1, 2019. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets. 																					

	<ul style="list-style-type: none"> • To maximize the number of swimmers able to participate in a championship meet, PVS has implemented a “one Champs meet in March” policy. This means every swimmer is only allowed to participate in one short course championship meet in PVS in the month of March. Swimmers entering the PVS 2021 SC Championship Series - Wave IV meet are certifying that this is the only championship meet they will participate in in March.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used.
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.
INCLEMENT WEATHER	<ul style="list-style-type: none"> • In the event of inclement weather, the Meet Director, Meet Referee, and the Age Group Chair will work with the facility managers to make any necessary changes. Information will be posted on the PVS website and communicated via email.
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 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., OCCOQUAN SWIMMING, AND THE FREEDOM AQUATIC & FITNESS 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 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. • By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Prince William County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • Athletes must arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed. • Athletes must shower prior to arrival the pool. • All attendees should bring a filled, reusable water bottle to the meet. • All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when warming up, cooling down, and competing. Masks must be affixed to the face without hands and must cover nose and mouth. • Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to

visit the bathroom independently.

- All attendees will be required to complete and submit a health attestation prior to entering the facility. Health Attestation should be completed no more than four hours prior to entering the facility.
 - [Athlete Health Attestation](#)
 - [Coach, Official, Timer, and Volunteer Health Attestation](#)
- All attendees (athletes, coaches, officials, and volunteers) will enter and exit the facility via the patio entrances that lead directly to the pool deck. Athletes will enter using the second patio door (Entrance B). Coaches, officials, and volunteers will enter using the first patio door (Entrance A). Refer to map for additional details. Athletes will proceed directly to their assigned area.
- Confirmation of completion of the health attestation and a touchless temperature check will be conducted for all attendees prior to facility entry. Anyone answering “Yes” to any of the health attestation questions or with a temperature over 100.4° will not be admitted to the facility.
- Face masks should remain dry; therefore, all athletes should bring multiple masks.
- Each athlete should bring a small, plastic zipper bag (Ziplock or similar) clearly labeled with the athlete’s name to place each mask in while the athlete is in the water. Bags containing masks will be placed on chairs behind starting blocks during competition and warm-ups for swimmers in the competition course. During warm-ups for swimmers in the non-competition lanes and during continuous warm-ups during the meet, bags containing masks will be placed on benches at the edge of the continuous warm-up lanes.
- All attendees shall maintain a minimum of six (6) feet distance from all other participants whenever possible.
- Each session will be limited to **130** swimmers.
- The number of coaches allowed per team will be limited based on entries. The limit of total number of Coaches will be determined after entries are received.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- Swimmers must follow all directions as posted and adhere to all marshal directions. Any attendee failing or refusing to comply with any of these protocols will be prohibited from entering the facility and/or asked to leave the facility.
- One-way traffic flow will be implemented on the pool deck. Refer to map for additional details.
- Two heats will be staged along the pool deck on the scoreboard side of the pool.
- All swimmers must remain in their designated area until they are called for their event and they must return to their area immediately following cooling down after their event.
- Swimmers may not enter another swimmer’s “square” of seating.
- Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.
- Limited hospitality may be offered for coaches and officials.
- We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.
- No spectators will be permitted. Competition will be live-streamed. Live-streaming details will be provided prior to the meet on the [PVS website](#).

RULES

- Current USA Swimming rules, including the [Minor Athlete Abuse Prevention Policy](#) (“MAAPP”), 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

	<p>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.</p> <ul style="list-style-type: none"> • Deck changes are prohibited. • Effective September 1, 2020, Technical Suits may not be worn by any 12&Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet. • 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 not be used. • No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> • All events are Timed Finals. • NT entries will not be accepted. • A swimmer may enter a maximum of 6 events and no more than 3 events per day. • Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event will result in the swimmer being scratched from that event. • All swimmers must provide their own counter (if desired) for the 500 yd Freestyle. Counters must be swimmers, coaches, or volunteers already present for the session. • No late entries will be accepted.
BONUS EVENTS	<ul style="list-style-type: none"> • Athletes who qualify for and enter one individual event may enter up to three bonus events. Athletes who qualify for and enter two individual events may enter up to two bonus events. Athletes who qualify for and enter three or more individual events may enter one bonus event. • Athletes entering bonus events may compete in no more than the maximum number of individual events per day (3) or the meet (6). • Distance Bonus Events: Athletes may not contest the 500 yd Freestyle as one of their bonus events. • Bonus events may be limited or eliminated after entries have been received in order to comply with all COVID-19 protocols and maintain manageable timelines.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • The 500 yd Freestyle events are positive check-in events. Athletes who do not check-in by the check-in deadline will not be seeded into that event. • Complete the PVS 2021 PVS Championship Series - Wave IV Positive Check-In to check in for the 500 yd Freestyle events. • Positive check-in deadline for events 6 & 12, Girls & Boys 10&Under 500 yd Freestyle is at the beginning of the events of the session in which they are scheduled. • All other events will be pre-seeded.
TIME TRIALS	<ul style="list-style-type: none"> • There are no time trials as a part of this meet.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • The structure of warm-ups will be established by the Meet Director. Details of each warm-up session will be published no later than Monday, March 15, 2021. • No more than 5 swimmers will be permitted in each warm-up lane. • During the meet there will be 10 continuous cool-down lanes. Marshals will be assigned to monitor these areas. No more than 5 swimmers are permitted in a cool-down lane at any time. If at any time conditions become unsafe, the area will be closed for the remainder of the session.

SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. No personal chairs will be allowed on deck.
SCORING	<ul style="list-style-type: none"> The meet will not be scored.
AWARDS	<ul style="list-style-type: none"> There will be no individual or team awards.
PROGRAMS	<ul style="list-style-type: none"> Meet programs and results 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 or in the facility before, during, or after each meet session. 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.
OFFICIALS	<ul style="list-style-type: none"> Officials will be identified in advance and coordinated by the Meet Referee. Officials wishing to volunteer should complete the PVS 2021 PVS Championship Series - Wave IV Officials Sign-Up. Apprentice officials cannot be accommodated. Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. Certified officials working this meet will need to wear a mask for the duration of the meet. A comprehensive official's briefing will be conducted prior to the meet via Zoom. The Meet Referee will provide meeting details to all officials. Walk-on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> One timer per lane. Clubs will be required to provide timers in proportion to the number of entries they have in each session. The Meet Director will assign timer requirements to each club after entries have been received. The Meet Director will notify clubs of their timer requirements by email. Timers should report to the timers meeting 20 minutes before the start of each session.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director, Aaron Dean at meets@swimoccs.org Include in the subject of the email, "2021 PVS WAVE IV - ***" with the club's initials in place of the asterisks. Also include training site if your club submits multiple entry files. Include in entry email: entry file, report of entries by name, report of entries by event. 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. Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status. Individual Unattached Athletes may enter individually. <ul style="list-style-type: none"> Payment for unattached athletes is due in advance of the start of the meet. Contact the Meet Director for payment instructions. 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 per occurrence 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;">Per Swimmer Surcharge: \$15.00 Individual event fee: \$12.50</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 payments and where to send a check.

PVS Championship Series- Wave IV

March 18 – 21, 2021

Freedom Aquatics and Fitness Center

Thursday, March 18, 2021

Friday, March 19, 2021

10&Under Girls
Timed Finals

WARM UPS 3:00 – 3:20 pm
EVENTS 3:30 pm

10&Under Boys
Timed Finals

WARM UPS 3:00 – 3:20 pm
EVENTS 3:30 pm

GIRLS		Event	BOYS	
Event #	SCY QT		SCY QT	Event #
1	2:57.99	10 & Under 200 yd Individual Medley	2:57.99	7
2	1:12.29	10 & Under 100 yd Freestyle	1:11.29	8
3	43.09	10 & Under 50 yd Breaststroke	43.59	9
4	1:22.49	10 & Under 100 yd Backstroke	1:22.49	19
5	37.09	10 & Under 50 yd Butterfly	37.39	11
6	6:59.99	10 & Under 500 yd Freestyle	6:59.99	12

POSITIVE CHECK-IN DEADLINE FOR THE 500 yd Freestyle is at the beginning of events of the session in which they are scheduled.

Saturday, March 20, 2021

Sunday, March 21, 2021

10&Under Girls
Timed Finals

WARM UPS 3:00 – 3:20 pm
EVENTS 3:30 pm

10&Under Boys
Timed Finals

WARM UPS 3:45 – 4:05 pm
EVENTS 4:15 pm

GIRLS		Event	BOYS	
Event #	SCY QT		SCY QT	Event #
13	1:22.09	10 & Under 100 yd Individual Medley	1:21.79	19
14	38.29	10 & Under 50 yd Backstroke	38.49	20
15	1:33.99	10 & Under 100 yd Breaststroke	1:33.99	21
16	32.69	10 & Under 50 yd Freestyle	32.59	22
17	1:30.39	10 & Under 100 yd Butterfly	1:30.39	23
18	2:36.99	10 & Under 200 yd Freestyle	2:35.59	24

Session times may be adjusted based on the timelines of the PVS 2021 SC Championship Series – Wave II meet.