



PVS 2021 Long Course Junior Championships

Hosted for PVS by:

July 15 - 18, 2021

Sanction # PVS-21-08

VSI Sanction # VS-21-219DS



MEET DIRECTOR	MEET REFEREE	ENTRY COORDINATOR
Evan Stiles estile@arlingtonva.us	Dave DiNardo dave.dinardo@gmail.com Officials Signup	Angela Davis jrchamps@pvsxim.org

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-21-08 and Virginia Swimming, Inc: VS-21-. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Arlington Aquatic Club, and the Claude Moore Recreation 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;">Claude Moore Recreation Center 46105 Loudoun Park Lane Sterling, VA 20164 (571) 258-3600</p> <ul style="list-style-type: none"> The pool at Claude Moore is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 50 meters, running from wall to bulkhead at the eastern end of the pool. Continuous warm-up/cool-down will not be available. Water depth of 12'6" at the starting end and 4'6" 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;">Wednesday, June 30, 2021, 5:00pm</p> <ul style="list-style-type: none"> 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. 						
SCHEDULE	<p style="text-align: center;">Thursday, Friday, Saturday, Sunday, July 15-18</p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">Warm Up</td> <td style="text-align: center;">Events</td> </tr> <tr> <td style="text-align: center;">Timed Finals</td> <td style="text-align: center;">12:00 – 1:00 pm</td> <td style="text-align: center;">1:05 pm</td> </tr> </table> <ul style="list-style-type: none"> The Meet Director, in coordination with the Senior Chair, reserves the right to adjust times/sessions after entries are received. 		Warm Up	Events	Timed Finals	12:00 – 1:00 pm	1:05 pm
	Warm Up	Events					
Timed Finals	12:00 – 1:00 pm	1:05 pm					
ELIGIBILITY	<ul style="list-style-type: none"> Open to all Potomac Valley Swimming registered athletes, 15-18 years old as of the first day of the meet, who are not entered in the PVS 2021 Long Course Senior Championships. 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 must meet the applicable Qualifying Times listed. 						
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 Senior Chair will work with the facility manager to make any necessary changes. Information will be posted on the PVS web site and/or a Flash Mail will be sent out.
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., ARLINGTON AQUATIC CLUB, CLAUDE MOORE RECREATION 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 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 Loudoun 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. • Athletes must shower prior to arrival at the pool. • Some outside seating may be required. Exact plans will be provided after the entry deadline. • All attendees (athletes, coaches, officials, volunteers, spectators) should wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. • 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. • Coaches, officials, and volunteers will use the family bathrooms for restroom purposes. Athletes will use the locker rooms for restroom purposes. • Spectators will not be permitted into the facility. The meet will be live-streamed; live-streaming details will be provided before the meet on the Potomac Valley Swimming website. • Swimmers will be assigned to a seating area. • Entry and exit for all participants, volunteers, and coaches will be through the side entrance.

- Before entering the facility, participants are required to be able to answer the following questions and will only be permitted entrance if answering with 'no':
 - Have you experienced any of the following symptoms in the past 48 hours:
 - fever or chills cough nausea or vomiting shortness of breath or difficulty breathing
 - fatigue headache muscle or body aches new loss of taste or smell
 - sore throat diarrhea congestion or runny nose
 - Are you isolating or quarantining because you tested positive for COVID-19 or are worried that you may be sick with COVID-19?
 - If not fully vaccinated OR recovered from a documented COVID-19 infection in the last 3 months:
 - ◇ Have you been in close physical contact in the last 14 days with anyone who is known to have laboratory-confirmed COVID-19 or anyone who has any symptoms consistent with COVID-19?
 - ◇ Are you currently waiting on the results of a COVID-19 test (other than for pre-travel or post-travel)?
 - ◇ Have you traveled overnight AND on public transportation or overnight AND with people who are not in your household in the past 10 days?
- Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines.
- One-way traffic flow will be implemented. Swimmers will enter the pool deck from the start end of the pool. Stairwells will be one-way traffic only.
- All swimmers must remain in their designated area until they are called for their event and they must return to their area immediately following their event.
- 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.
- Staging for swimmers during competition will be:
 - Heat 1 is at the blocks and will swim
 - Heat 2 is staged behind the blocks, near the wall
 - Heat 3 is staged in the stairwell at the start end of the course until directed to move to where Heat 2 is standing (after Heat 1 has started and Heat 2 steps forward to the starting blocks).
- 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.
- For 50m events, runners will transport swimmers' masks to the finish end of the pool.
- Counters for 800m and 1500m Freestyle events will be provided by swimmers already entered in the meet session.
- Limited hospitality may be offered for coaches and officials.
- Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.
- Chlorine is used to disinfect the water and adjacent surfaces constantly.
- 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 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.

<p>RULES</p>	<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-S registration is permitted. • Swimmers shall compete at the age attained on the first day of the meet. • 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 (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. • Dive-over starts may be used. • 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.
<p>EVENT RULES</p>	<ul style="list-style-type: none"> • A swimmer may enter a maximum of 6 individual events and no more than 3 individual events per day. • Times achieved prior to September 1, 2020 will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets. • 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. • Long Course Meters seed times are conforming for this meet. Short Course Yard entry times will be seeded after Long Course entry times. • NT entries will not be accepted. • All events are timed finals. • Entries in the 800m & 1500m Freestyle events may be limited to the 10 top-seeded swimmers to maintain manageable timelines. If time allows, additional heats may be added. If additional heats of the 800m & 1500m Freestyle events are added, the events will be swum fastest to slowest, alternating women and men. Swimmers in the 800m and 1500m are responsible for providing their own timer and counter (if desired). • Entries in the 400m Freestyle & 400m Individual Medley events may be limited to the 20 top-seeded swimmers to maintain manageable timelines. If time allows, additional heats may be added. • Swimmers who are removed from the 400m, 800m, 1500m Freestyle, or the 400 Individual Medley events due to entry limitations will be offered the opportunity to enter a replacement event(s). Swimmers must meet the applicable qualifying times for all replacement events. • Late entries will only be accepted for swimmers who achieve a qualifying time for the first time between July 1, 2021 and July 12, 2021. • No deck entries will be accepted. • Distance Entries: Any swimmer who qualifies for the 800m and/or 1500m freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle.

SEEDING and POSITIVE CHECK IN	<ul style="list-style-type: none"> All events will be seeded at 6:00 pm the night prior to the event. Scratches are requested before this time and should be emailed to scratch@pvswim.org. <ul style="list-style-type: none"> Subject of email: SCRATCH: PVS LC Junior Champs <event>, <swimmer name>. For example: SCRATCH: PVS LC Junior Champs, Event 21, Women’s 200m Backstroke, Jane Smith. Body of email should include swimmer’s first and last name, club, coach’s name, and event being scratched. It is recommended that your coach is included on the email. The 800m and 1500m Freestyle events are positive check-in events. Swimmers must complete the 2021 PVS LC Junior Championships Positive Check-In to check-in for those events. Swimmers who do not check-in will not be seeded into that event. Swimmers who have checked in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee. The check-in deadline for Thursday’s 800m and 1500m Freestyle events is 30 minutes prior to the beginning of Thursday’s events. The check-in deadline for Sunday’s 1500m and 800m Freestyle events is 30 minutes prior to the beginning of Sunday’s events. If the size of the PVS LC Junior Championships warrants, positive check-in for additional events may be announced.
TIME TRIALS	<ul style="list-style-type: none"> There are no Time Trials.
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-ups, times and lane assignments.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. Meet Marshals will be used to patrol the facility as well as help with crowd control and COVID regulation compliance. No personal chairs are allowed on deck.
SCORING	<ul style="list-style-type: none"> The meet will not be scored.
AWARDS	<ul style="list-style-type: none"> There are no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> 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.
OFFICIALS	<ul style="list-style-type: none"> Officials wishing to volunteer should complete the Officials Signup by July 8, 2021. Interested officials may also contact the Meet Referee, Dave DiNardo (dave.dinardo@gmail.com). Walk-on officials are welcome. Officials who have volunteered for this meet should check in at the recording table upon arrival. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. Each participating club is requested to provide at least one table worker or official (Referee, Starter, Chief Judge or Stoke & Turn Judge) per session if entering 25 or more splashes. An officials’ meeting will precede each session during warm-ups.

TIMERS & VOLUNTEERS	<ul style="list-style-type: none"> • Two timers per lane. • Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to all COVID-19 mitigation processes as well as MAAPP policies. • Each club will be required to provide timers and volunteers in proportion to the number of entries. The Meet Director will assign timer requirements to each club after entries have been received. The Meet Director will notify clubs of their timer and volunteer requirements by email. • Lane assignments will be made in advance.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries MUST be submitted by email to the Meet Entry Coordinator, Angela Davis (jrchamps@pvswim.org). • Include in the subject of the email, "2021 LC Junior Champs - ****" 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), and coach's cell phone number. • Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry. • Proof for times annotated as unproven (*) must be provided to the Meet Director prior to the event, or the swimmer will be scratched from that event. • 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 Entry Coordinator for payment instructions. • Please contact the Meet Entry Coordinator for instructions on entering late qualifiers. • 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 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: \$20.00 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 payment.

PVS 2021 Long Course Junior Championships

July 15-18, 2021

Warm up: 12:00 – 1:00 pm, Events 1:05 pm

Thursday, July 15, 2021

Women's Event #	SCY QT		LCM QT		Event	LCM QT		SCY QT		Men's Event #
	NFT	NST	NFT	NST		NFT	NST	NFT	NST	
1	2:10.70	2:18.59	2:28.40	2:37.29	15-18 200m Individual Medley	2:16.20	2:24.39	1:59.40	2:06.59	2
3	53.10	56.29	1:00.70	1:04.39	15-18 100m Freestyle	55.50	58.89	48.50	51.49	4
5	1:08.20	1:12.29	1:17.90	1:22.59	15-18 100m Breaststroke	1:09.70	1:13.89	1:01.50	1:05.19	6
7	10:39.00	11:17.39	9:30.00	10:04.19	15-18 800m Freestyle					
					15-18 1500m Freestyle	17:19.00	18:20.49	16:44.00	17:44.29	8
800m & 1500m Freestyle If multiple heats are swum, they will be swum fastest to slowest alternating women and men. Swimmers must provide their own timer and counter (if desired). Positive check-in deadline Thursday, July 15, 2021, 30 minutes prior to the start of events										

Friday, July 16, 2021

Women's Event #	SCY QT		LCM QT		Event	LCM QT		SCY QT		Men's Event #
	NFT	NST	NFT	NST		NFT	NST	NFT	NST	
9	1:55.00	2:01.89	2:10.90	2:18.79	15-18 200m Freestyle	2:01.30	2:08.59	1:46.30	1:52.69	10
11	58.50	1:02.09	1:06.30	1:10.29	15-18 100m Butterfly	1:00.20	1:03.89	53.20	56.39	12
13	4:38.40	4:55.09	5:20.50	5:39.79	15-18 400m Individual Medley	4:49.90	5:07.29	4:15.10	4:30.49	14

Saturday, July 17, 2021

Women's Event #	SCY QT		LCM QT		Event	LCM QT		SCY QT		Men's Event #
	NFT	NST	NFT	NST		NFT	NST	NFT	NST	
15	2:12.10	2:20.09	2:29.10	2:38.09	15-18 200m Butterfly	2:16.30	2:24.49	2:01.20	2:08.49	16
17	59.30	1:02.89	1:07.90	1:11.99	15-18 100m Backstroke	1:02.00	1:05.79	54.50	57.79	18
19	5:08.80	5:27.39	4:37.70	4:54.39	15-18 400m Freestyle	4:17.60	4:33.09	4:47.40	5:04.69	20

PVS 2021 Long Course Junior Championships

July 15-18, 2021

Warm up: 12:00 – 1:00 pm, Events 1:05 pm

Sunday, July 18, 2021

Women's Event #	SCY QT		LCM QT		Event	LCM QT		SCY QT		Men's Event #
	NFT	NST	NFT	NST		NFT	NST	NFT	NST	
21	2:08.90	2:16.69	2:26.20	2:34.99	15-18 200m Backstroke	2:14.80	2:22.89	1:58.60	2:05.79	22
23	24.80	26.29	28.30	29.99	15-18 50m Freestyle	25.50	27.09	22.40	23.79	24
25	2:29.40	2:38.39	2:49.40	2:59.59	15-18 200m Breaststroke	2:32.60	2:41.79	2:15.00	2:23.09	26
27	17:49.40	18:53.59	18:16.80	19:22.69	15-18 1500m Freestyle					
					15-18 800m Freestyle	8:58.40	9:30.69	9:59.50	10:35.49	28
<p>800m & 1500m Freestyle</p> <p>If multiple heats are swum, they will be swum fastest to slowest alternating women and men. Swimmers must provide their own timer and counter (if desired). Positive check-in deadline Sunday, July 18, 2021, 30 minutes prior to the start of events</p>										