



**Arlington Aquatic Club
Summer LC Splash & Dash
September 6, 2020**



Sanction # PVQ-21-101

MEET DIRECTOR Evan Stiles, estile@arlingtonva.us , 703-228-1814	MEET REFEREE Ellen Colket, eacolket@gmail.com	CLUB OFFICIALS CHAIR Phyllis Cuttino, pcuttino@icloud.com
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SANCTION	<ul style="list-style-type: none"> ● Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-21-101. ● In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Arlington Aquatic Club, and The St. James Sports, Wellness & Entertainment Complex 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;">The St. James Sports, Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"> ● 10 lanes, 50 meters ● Water depth of 6' 8" at the starting end and 4' at the turning end. ● The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, September 2, 2020, 9:00 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	<p style="text-align: center;">Warm-up 6:00-6:50 am, 1st Event 7:00 am</p> <ul style="list-style-type: none"> ● Meet Director reserves the right to adjust times/sessions after entries are received. ● The races will be held in 3 lanes of the 10 lane course. ● There will be 20-30 minutes of warm down time in between events.
ELIGIBILITY	<ul style="list-style-type: none"> ● Open to select AAC swimmers registered as USA Swimming Athletes. 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 & Regulations</i> Article 302. ● All athletes shall compete at the age attained on the first day of the meet.
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 for this meet.
RULES	<ul style="list-style-type: none"> ● 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 <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. ● 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 not 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 & U events per Rule 205.3.1F. ● No deck entries accepted.
EVENT RULES	<ul style="list-style-type: none"> ● All events are timed finals. ● All events are open age group, mixed gender.
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 an extremely 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. ● This meet will be conducted in compliance with Fairfax County, Commonwealth of Virginia, and USA Swimming COVID-19 restrictions. ● USA Swimming, Potomac Valley Swimming, The St. James Sports, Wellness & Entertainment Complex, and the Arlington Aquatic Club 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, THE ST. JAMES SPORTS, WELLNESS & ENTERTAINMENT COMPLEX, AND THE ARLINGTON AQUATIC CLUB AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, AND EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITIES 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, FORSEEN OR UNFORESEEN, IN

	<p>CONNECTION WITH EXPOSURE, INFECTION, AND OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</p> <ul style="list-style-type: none"> 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 Fairfax County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> Athletes should arrive and depart in their suits. Locker room use will be limited. All attendees (athletes, coaches, officials, volunteers, spectators) must wear a mask to enter the Complex and throughout the Complex, with the exception of athletes when competing or warming up/cooling down. All attendees will be required to complete a health attestation. Members of the St. James may complete this via The St. James app. Non-members will be required to fill out a form. Prior to Complex entry, all attendees will receive a touch-less temperature screening. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the Complex. 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. Spectators, outside of family members of competing athletes, are not permitted.
POSITIVE CHECK IN	<ul style="list-style-type: none"> No Positive Check in at this meet. All events will be pre-seeded
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. Warm up will be an open warm up.
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"> All events will be pre-seeded.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will not be available.
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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> There will be no spectator entry fee
OFFICIALS	<ul style="list-style-type: none"> All officials will be provided by the host club. A comprehensive official's briefing will be conducted the night prior to the meet via Zoom.
TIMERS	<ul style="list-style-type: none"> Swimmers must provide their own timer.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries will be managed by the Meet Director, Evan Stiles estile@arlingtonnva.us. 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	<ul style="list-style-type: none">● There will be no entry fees for this meet.

AAC Summer LC Splash & Dash

Sunday, September 6, 2020

Event #	Events
1	Open 100 Fly
2	Open 50 Free
3	Open 200 IM

The pool will be open in between events for warm-up/warm-down.
The warm-up/warm-down period will be 20-30 minutes.

