

# Loughmiller Memorial Meet, hosted by FXXF

**November 7-8, 2020**

**Sanction # PVI-21-115**

**VSI Sanction # VS-21-51DS**

<b>MEET DIRECTOR</b> Matt Salerno <a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a>	<b>MEET REFEREE</b> Tim Husson <a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>	<b>CLUB OFFICIALS CHAIR</b> Nancy Bailey <a href="mailto:nsbailey85@yahoo.com">nsbailey85@yahoo.com</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-21-115</b> and Virginia Swimming: <b>VS-21-51DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Fairfax Foxes Swimming, and the Warrenton Aquatic and 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.</li> </ul>																																				
<b>FACILITY</b>	<p style="text-align: center;"><b>Warrenton Aquatic and Fitness Center</b> 800 Waterloo Road Warrenton, VA 20186</p> <ul style="list-style-type: none"> <li>The pool has 11, 25 yard lanes. 10 lanes will be used for warm-ups. 8 lanes will be used for competition. Two 25 yard lanes will be available for continuous warm-up and cool down.</li> <li>Water depth range of 4.5' (lane 1) – 11.8' (lane 8).</li> <li>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.</li> </ul>																																				
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>October 29, 2020</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>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2"></th> <th style="text-align: center;">Warm Ups</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="4"><b>Saturday, November 7, 2020</b></td> </tr> <tr> <td style="text-align: center;">Session 1</td> <td>Mixed 15 &amp; Over</td> <td style="text-align: center;">7am – 7:50am</td> <td style="text-align: center;">8am</td> </tr> <tr> <td style="text-align: center;">Session 2</td> <td>Mixed 13&amp;14</td> <td style="text-align: center;">10:30am - 11:20am</td> <td style="text-align: center;">11:30am</td> </tr> <tr> <td style="text-align: center;">Session 3</td> <td>Mixed 11-12</td> <td style="text-align: center;">2pm - 2:40pm</td> <td style="text-align: center;">2:50pm</td> </tr> <tr> <td colspan="4"><b>Sunday, November 8, 2020</b></td> </tr> <tr> <td style="text-align: center;">Session 4</td> <td>Mixed 15 &amp; Over</td> <td style="text-align: center;">7am – 7:50am</td> <td style="text-align: center;">8am</td> </tr> <tr> <td style="text-align: center;">Session 5</td> <td>Mixed 13&amp;14</td> <td style="text-align: center;">10:30am - 11:20am</td> <td style="text-align: center;">11:30am</td> </tr> <tr> <td style="text-align: center;">Session 6</td> <td>Mixed 10 &amp; Under</td> <td style="text-align: center;">2pm - 2:40pm</td> <td style="text-align: center;">2:50pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>11 and 12 year old swimmers will compete on Saturday, November 7 only.</li> <li>10 &amp; Under Swimmers will compete on Sunday, November 8 only.</li> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>			Warm Ups	Events	<b>Saturday, November 7, 2020</b>				Session 1	Mixed 15 & Over	7am – 7:50am	8am	Session 2	Mixed 13&14	10:30am - 11:20am	11:30am	Session 3	Mixed 11-12	2pm - 2:40pm	2:50pm	<b>Sunday, November 8, 2020</b>				Session 4	Mixed 15 & Over	7am – 7:50am	8am	Session 5	Mixed 13&14	10:30am - 11:20am	11:30am	Session 6	Mixed 10 & Under	2pm - 2:40pm	2:50pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming registered swimmers from invited teams from Fairfax Foxes Swimming, The St. James Swim Club, Patuxent Aquatics Club, and Tollefson Swimming. Teams wishing to receive an invitation should contact the meet director. 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 &amp; 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>• Automatic timing (touchpads 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 will not be used at this meet.</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; Under events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Events will be pre-seeded. Athletes will be notified of their individual sessions along with a heat and lane for warm-up.</li> <li>• Athletes may enter a maximum of seven <b>(7) individual events. 13 and Older athletes may enter no more than (3) individual events on Saturday, November 7 and no more than 4 individual events on Sunday, November 8, 2020. 11 and 12 athletes along with 10 and Unders may swim 4 events on their respective days of competition.</b></li> <li>• All events are timed finals.</li> <li>• Deck entries will not be accepted.</li> </ul>
<b>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>

	<ul style="list-style-type: none"> <li>• 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., FAIRFAX FOXES SWIMMING, AND WARRENTON AQUATICS AND 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.</li> <li>• 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.</li> <li>• 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 Fauquier County.</li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<ul style="list-style-type: none"> <li>• All attendees (athletes, coaches, officials, volunteers, spectators) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.</li> <li>• Athletes must arrive and depart in their suits. Locker room use is minimized to emergency use only.</li> <li>• Spectators will not be permitted into the facility.</li> <li>• The meet will be live streamed on YouTube. The link will be shared with participating families.</li> <li>• Before registering 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.</li> <li>• Each session will be limited to 80 swimmers. Swimmers will be assigned to a seating area. Seating areas are marked to allow for social distancing.</li> <li>• All participating athletes will complete an <a href="#">electronic waiver</a> that outlines the risks associated with the competition and acknowledges their full cooperation with WARF.</li> <li>• Entry for all participants, volunteers and coaches will be through the main facility entrance.</li> <li>• Prior to WARF entry, all attendees (athletes, coaches, officials, and designated volunteers) will receive a touchless temperature screening and respond to health screening questions. Any person experiencing <b>any</b> of the following symptoms will not be permitted entry into the WARF: <ul style="list-style-type: none"> <li>○ Fever (temperature of 100.4°F or higher) or Chills</li> <li>○ Nausea or Vomiting</li> <li>○ Shortness of Breath or Difficulty Breathing</li> <li>○ Cough or Fatigue</li> <li>○ Muscle or Body Aches</li> <li>○ Headache</li> <li>○ New Loss of Taste or Smell</li> <li>○ Sore Throat</li> <li>○ Congestion or Runny Nose</li> </ul> <p>Any person who returns a higher-than-normal temperature reading from the thermal camera of 100.4°F or higher will not be permitted further access to the facility.</p> </li> <li>• For warm-ups, swimmers for each session will be assigned to one of two warmup groups, no more than 44 swimmers in each group (4 swimmers per lane). Each group will be assigned an arrival time.</li> </ul>

	<ul style="list-style-type: none"> <li>• 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.</li> <li>• One timer will be assigned to each lane as a backup timer. Markings on the ground will separate the swimmers from the timers while staging and entering/exiting the pool.</li> <li>• A designated staff member, official, or volunteer will be in place to observe/marshal COVID-19 guidelines and report back to the coaches and officials on concerns or improvements.</li> <li>• Only swimmers, coaches, officials, and designated volunteers will be permitted in the facility.</li> <li>• Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag behind the starting block in their lane. A meet marshal, wearing protective gloves, will gather the bags containing the swimmers' masks and place them at the opposite end of the lane that the swimmer is competing in. Upon completion of a heat, an official will direct the swimmers to swim to the opposite end and exit the pool. Swimmers will immediately put their masks back on before they exit the pool deck.</li> <li>• Swimmers must follow all directions as posted and adhere to all marshals' directions.</li> <li>• All swimmers must remain in their designated area for their group until they are called for their event and they must return to their area immediately following their event.</li> <li>• Swimmers may not enter another swimmer's "square" of seating.</li> <li>• Any swimmer, coach, official and/or designated volunteer not following meet protocols will be subject to immediate removal from the meet.</li> <li>• Contact information for all volunteers will be collected.</li> <li>• 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.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded. Swimmers unavailable to participate in the meet should contact the meet director as soon as they are aware of their absence.</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> <li>• No more than four (4) swimmers per lane.</li> <li>• Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag behind the starting block in their lane.</li> <li>• Two lanes of continuous warm up will be available.</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> <li>• No spectators will be permitted in the facility. Swimmers may not bring personal chairs on the pool deck; coaches may bring a personal chair on the pool deck.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Everyone that participates in the meet will receive a bag tag.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Meet programs will be available on 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> <li>All swimmers will receive a bag tag which they will display for entry into the meet.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials will be identified in advance by Nancy Bailey (<a href="mailto:nsbailey@yahoo.com">nsbailey@yahoo.com</a>) and Tim Husson.</li> <li>Walk-on officials cannot be accommodated.</li> <li>Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. A comprehensive officials briefing will take place on the evening of Friday, November 6, 2020. .</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>The number of timers required per club and their lane assignments will be posted on the <a href="#">Fairfax Foxes website</a> and emailed no later than Monday, November 2, 2020 and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to <a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a></li> <li>Include in the subject of the email, "2020 Loughmiller Memorial Meet ****" 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 (<a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a>).</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>	<p>Per Swimmer Surcharge: \$10.00                      Individual event fee: \$5.00</p> <ul style="list-style-type: none"> <li>Make checks payable to Fairfax Foxes Swimming. Checks may be mailed to:  Fairfax Foxes Swimming  7932 Ellet Road  Springfield, VA 22151</li> <li>Each club is requested to remit one check to cover the entry fees for the entire team.</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>

# Loughmiller Memorial Meet, hosted by FAFX

November 7-8, 2020

Session 1: Warm-up: 7:00am – 7:50am

Events: 8:00am

Session 2: Warm-up: 10:30am - 11:20am

Events: 11:30am

Session 3: Warm-up: 2:00pm - 2:40pm

Events: 2:50pm

## Saturday, November 7

### Session 1

Event #	AGE	EVENT
1	Mixed 15& Over	200 Freestyle
2	Mixed 15& Over	100 Breaststroke
3	Mixed 15& Over	100 Backstroke
4	Mixed 15& Over	200 Butterfly
5	Mixed 15& Over	50 Freestyle
6	Mixed 15& Over	400 IM

### Session 2

Event #	AGE	EVENT
7	Mixed 13-14	200 Freestyle
8	Mixed 13-14	100 Breaststroke
9	Mixed 13-14	100 Backstroke
10	Mixed 13-14	200 Butterfly
11	Mixed 13-14	50 Freestyle
12	Mixed 13-14	400 IM

### Session 3

Event #	AGE	EVENT
13	Mixed 11-12	100 IM
14	Mixed 11-12	100 Freestyle
15	Mixed 11-12	50 Breaststroke
16	Mixed 11-12	50 Backstroke
17	Mixed 11-12	50 Butterfly
18	Mixed 11-12	50 Freestyle
19	Mixed 11-12	200 Freestyle

## Sunday, November 8

### Session 1

Event #	AGE	EVENT
20	Mixed 15& Over	200 IM
21	Mixed 15& Over	100 Freestyle
22	Mixed 15& Over	200 Breaststroke
23	Mixed 15& Over	200 Backstroke
24	Mixed 15& Over	100 Butterfly
25	Mixed 15& Over	500 Freestyle

### Session 2

Event #	AGE	EVENT
26	Mixed 13-14	200 IM
27	Mixed 13-14	100 Freestyle
28	Mixed 13-14	200 Breaststroke
29	Mixed 13-14	200 Backstroke
30	Mixed 13-14	100 Butterfly
31	Mixed 13-14	500 Freestyle

### Session 3

Event #	AGE	EVENT
32	Mixed 10&U	100 Freestyle
33	Mixed 10&U	50 Breaststroke
34	Mixed 10&U	50 Backstroke
35	Mixed 10&U	50 Butterfly
36	Mixed 10&U	50 Freestyle
37	Mixed 10&U	100 IM