



NCAP November Gold Rush

November 14-15, 2020

Sanction # PVD-21-118



MEET DIRECTOR	MEET REFEREE	ENTRY COORDINATOR
Jeremy Cochran jcochran@nationscapitalswimming.com	Kelly Rowell kmcr.pvs@gmail.com	Karyn McCannon kmccannon@nationscapitalswimming.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVD-21-118. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swimming, 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 and Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"> The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool. Water depth of 7'4" at the starting end and 4' at the turning end of the competition course. 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;">Monday November 9, 2020, 5:00pm</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;">Saturday, November 14 and Sunday, November 15</p> <p style="text-align: center;">Session #1, #4: Warm up 7:00-7:50am, Events 8:00am Session #2, #5: Warm up 10:15-11:05am, Events 11:15am Session #3, #6: Warm up 1:30-2:20pm, Events 2:30pm</p> <ul style="list-style-type: none"> Meet Director and Staff reserve the right to adjust times/sessions after entries are received. There may not be continuous warm up/ warm down space. If time allows, the competition pool may open for a brief warm down.
ELIGIBILITY	<ul style="list-style-type: none"> Open to Registered athletes from NCAP and AAC in specific practice groups. 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.
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.

<p>COVID-19 CONSIDERATIONS</p>	<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, NATION’S CAPITAL SWIMMING, INC, AND THE ST. JAMES: SPORTS WELLNESS & ENTERTAINMENT COMPLEX 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 Fairfax County.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> ● Athletes must arrive and depart in their suits. Locker room use will be for emergency use only and will be cleaned between each use by the St. James. ● All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks, with the exception of athletes when warming up, cooling down, and competing. ● All attendees (athletes, coaches, volunteers, officials, etc.) will submit to a health screening and temperature check before they are permitted in the facility. Non-members of The St. James must complete the St. James Self-Health Assessment and Participation Terms & Conditions no earlier than 12 hours before attending (specify STJ Swimming Rental as “Sport”). 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 NCAP’s Director of Operations, KARYN MCCANNON (kmccannon@nationscapitalswimming.com, (716) 868-6611), as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID19 after attending the meet. ● Each session will be limited to no more than 60 swimmers. ● Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. ● Swimmers will wear their masks until they arrive at their lane and they will take it off and hang it on the hook on the starting block. Swimmers will immediately put their masks back on at the completion of their swims before they leave the bulkhead. ● Swimmers must follow all directions as posted and adhere to all marshal directions.

	<ul style="list-style-type: none"> ● Swimmers will walk around the pool deck and line back up in the designated area with proper social distancing until they are cleared to go up the stairs back to their seated area. ● 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. ● Swimmers may not enter another swimmer’s “square” of seating. ● Any swimmer not following the meet protocols will be subject to immediate removal from the meet. ● All coaches, officials, and volunteers must bring their own water bottle and snacks. Hospitality is not permitted per the facility. ● No spectators will be permitted. Competition will be live-streamed via the St. James Swimming Facebook page (https://www.facebook.com/stjswimming).
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 will be accepted.
EVENT RULES	<ul style="list-style-type: none"> ● All events are timed finals, swimming slow to fast. ● All events are open and mixed gender. ● Athletes may enter no more than 4 events. Athletes may only compete DURING THEIR ASSIGNED SESSION. ● Athletes may enter a maximum of 1 event in each of the following groups: <ul style="list-style-type: none"> Group 1: Event #2-5, #102-105 Group 2: Event #6-8, #106-108 Group 3: Event #11-14, #111-114 Group 4: Event #15-17, #115-117 ● Event 121, 500 Freestyle, and Event 122, 400 Individual Medley, will have a maximum of 16 entries (2 heats) each. ● Events of the same distance in sessions based on entries.
POSITIVE CHECK IN	<ul style="list-style-type: none"> ● All events will be pre-seeded. No positive check in.

WARM-UP	<ul style="list-style-type: none"> ● The prescribed PVS warm-up procedures and safety policies will be followed. ● Warm up lanes will be assigned for each Team/Site. No more than 5 swimmers will be permitted in each warm up lane.
SUPERVISION	<ul style="list-style-type: none"> ● Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. ● Marshals will be used to ensure proper social distancing and mask protocol. Any person not following directions will be removed from the facility.
SEEDING	<ul style="list-style-type: none"> ● All events will be pre-seeded. No Deck entries will be accepted
PROGRAMS	<ul style="list-style-type: none"> ● Meet programs will be posted on the Nation's Capital Swimming website. 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 will be identified in advance and coordinated by the Meet Referee, Kelly Rowell (kmcr.pvs@gmail.com). Officials interested in volunteering should contact the Meet Referee. ● 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 the night prior to the meet via Zoom. ● Walk on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> ● One timer per lane. Each participating Team/Site will be responsible for providing its share of timers. Lane assignments will be made in advance.
ENTRY PROCEDURES	<ul style="list-style-type: none"> ● Entries should be submitted by email to KARYN MCCANNON (kmccannon@nationscapitalswimming.com). ● 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. ● The Entry Coordinator will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. ● 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	<p style="text-align: center;">Per Swimmer Surcharge: \$5.00 Individual event fee: \$7.00</p> <ul style="list-style-type: none"> ● Make checks payable to NCAP. Checks may be mailed to: 8101 Wolftrap Rd, Vienna VA 22182 ● Entry fees are due with meet entry.

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Saturday, November 14

PRACTICE GROUPS

Burke – National

AAC Senior – Group 1

Session 1, Session 4

Warm up: 7:00 – 7:50am

Competition: 8:00-10:00am

Sunday, November 15

PRACTICE GROUPS

Burke- Senior 2

AAC Senior- Group 2

SESSION 1		SESSION 4
EVENT #	EVENT	EVENT #
1	400 IM	101
2	100 BACKSTROKE	102
3	100 BREASTSTROKE	103
4	100 BUTTERFLY	104
5	100 FREESTYLE	105
6	200 BACKSTROKE	106
7	200 BREASTSTROKE	107
8	200 BUTTERFLY	108
9	200 IM	109
10	50 FREESTYLE	110
11	100 BACKSTROKE	111
12	100 BREASTSTROKE	112
13	100 BUTTERFLY	113
14	100 FREESTYLE	114
15	200 BACKSTROKE	115
16	200 BREASTSTROKE	116
17	200 BUTTERFLY	117

SESSION SPECIFIC RULES, SESSIONS 1 AND 4:

1. Athletes may enter a maximum of 1 event in each of the following groups:
Group 1: Event #2-5, #102-105 Group 3: Event #11-14, #111-114
Group 2: Event #6-8, #106-108 Group 4: Event #15-17, #115-117
2. Events of the same distance may be combined, based on entries.

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PRACTICE GROUPS

Marymount SR/SR Prep
GP Gold 2, Gold 3

Session 2, Session 5

Warm up: 10:15 – 11:05am
Competition: 11:15 – 1:15pm

Sunday, November 15

PRACTICE GROUPS

AU Gold, North Gold,
J&M Senior

SESSION 2

EVENT #	EVENT
18	200 FREESTYLE
19	100 BACKSTROKE
20	200 BREASTSTROKE
21	100 BUTTERFLY
22	200 IM
23	100 FREESTYLE
24	200 BACKSTROKE
25	100 BREASTSTROKE
26	200 BUTTERFLY
27	50 FREESTYLE

SESSION 5

EVENT #	EVENT
118	50 FREESTYLE
119	200 BREASTSTROKE
120	100 BACKSTROKE
121	500 FREESTYLE
122	400 IM
123	100 BUTTERFLY
124	200 FREESTYLE
WARM UP BREAK	
125	100 BREASTSTROKE
126	200 BACKSTROKE
127	100 FREESTYLE
128	200 BUTTERFLY

SESSION SPECIFIC RULES, SESSION 2: None

SESSION SPECIFIC RULES: SESSION 5:

1. Event 121, 500 Freestyle, and Event 122, 400 Individual Medley, will have a maximum of 16 entries (2 heats) for each event.

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Saturday, November 14

PRACTICE GROUPS

CM Gold 2

TY Gold 1

Session 3, Session 6

Warm up: 1:30 – 2:20pm
Competition: 2:30 – 4:30pm

Sunday, November 15

PRACTICE GROUPS

CM Gold 3

TY Gold 2

SESSION 3		SESSION 6
EVENT #	EVENT	EVENT #
29	200 FREESTYLE	129
30	100 BACKSTROKE	130
31	200 BREASTSTROKE	131
32	100 BUTTERFLY	132
33	200 IM	133
34	100 FREESTYLE	134
35	200 BACKSTROKE	135
36	100 BREASTSTROKE	136
37	200 BUTTERFLY	137
38	50 FREESTYLE	138

SESSION SPECIFIC RULES, SESSIONS 3 AND 6:

1. Events of the same distance may be combined, based on entries.