



# SNOW 2020 Fall Sprint Challenge

November 21, 2020

Sanction # PVQ-21-124

VSI Sanction # VS-21-63DS

Hosted by:



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
<p>Angela Davis  <a href="mailto:snowswimming.entries@gmail.com">snowswimming.entries@gmail.com</a>            571-888-1157</p>	<p>Lynn Oliver  <a href="mailto:lynn.r.oliver@verizon.net">lynn.r.oliver@verizon.net</a>            703-220-8664</p>	<p>Eric Ramey  <a href="mailto:rameyeric20105@gmail.com">rameyeric20105@gmail.com</a>            571-449-1956</p>
SANCTION	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVQ-21-124</b> and Virginia Swimming, Inc: <b>VS-21-63DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., SNOW Swimming, and Dulles South Recreation and Community 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>	
FACILITY	<p style="text-align: center;"><b>Dulles South Recreation and Community Center</b>  <b>24950 Riding Center Drive</b>  <b>South Riding, VA 20152</b>  <b>571-258-3456</b></p> <ul style="list-style-type: none"> <li>The pool at Dulles South is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in eight (8) lanes, 25-yards, running from wall to bulkhead at the southern end of the pool. Two (2) cool-down lanes will be available throughout the meet.</li> <li>Water depth is 12'6" at the starting end and 6'8" at the turning end.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). A copy of such certificate is on file with USA Swimming.</li> </ul>	
ENTRY DEADLINE	<p style="text-align: center;"><b>Thursday, November 12, 2020 at 5pm</b>  <b>or when the meet has reached capacity, whichever is earlier</b></p>	
SCHEDULE	<p style="text-align: center;"><b>Saturday, November 21, 2020</b></p> <p style="text-align: center;">Session 1: Warm-up: 7:30 - 8:15am; Events: 8:25am            Session 2: Warm-up: 10:45 - 11:15am; Events: 11:25            Session 3: Warm-up: 1 - 1:30pm; Events: 1:40pm</p> <ul style="list-style-type: none"> <li>The Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>	
ELIGIBILITY	<ul style="list-style-type: none"> <li>Open to registered and invited SNOW swimmers. No swimmer will be permitted to compete in this 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> <li>Athletes shall compete at the age attained on <b>November 21, 2020</b>.</li> </ul>	
DISABILITY SWIMMERS	<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>	
TIMING SYSTEM	<ul style="list-style-type: none"> <li>Automatic timing (touchpads primary) will be used.</li> </ul>	

<p><b>COVID-19 CONSIDERATIONS</b></p>	<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> <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., SNOW SWIMMING, DULLES SOUTH RECREATION AND COMMUNITY 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 Loudoun County.</li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<ul style="list-style-type: none"> <li>• Before entering your young swimmer, please consider that they can manage themselves for the duration of the meet with only their swim coach and meet staff overseeing them, including being able to visit the bathroom independently.</li> <li>• Athletes must arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed.</li> <li>• Athletes must shower prior to arrival the pool.</li> <li>• Athletes should bring one (1) full water bottle to the meet.</li> <li>• Face masks should remain dry; therefore, all athletes should bring multiple masks.</li> <li>• All attendees (athletes, coaches, officials, volunteers) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when competing or warming up/cooling down.</li> <li>• Each athlete should bring a small, plastic Ziplock or similar bag to place each mask in while the athlete is in the water.</li> <li>• All coaches, officials and volunteers will be required to wear both a face mask and face shield (to be provided) at all times when on the pool deck.</li> <li>• All attendees should maintain a minimum of six (6) feet distance from all other participants whenever possible.</li> <li>• Session 1 will be limited to a maximum of seventy (70) swimmers. Sessions 2 and 3 will be limited to a maximum of forty-five (45) swimmers.</li> </ul>

	<ul style="list-style-type: none"> <li>● All attendees will be required to complete and submit a health attestation prior to entering the facility. <ul style="list-style-type: none"> <li>● <a href="#">Athletes Health Attestation</a></li> <li>● <a href="#">Officials, Timers, Volunteers Health Attestation</a></li> </ul> </li> <li>● Prior to facility 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 to enter the facility.</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> <li>● 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.</li> <li>● An athlete’s failure to comply with these Protocols will result in his/her being scratched from the entire meet.</li> <li>● No spectators will be permitted. The meet will be live-streamed via Facebook Live via the following link: <a href="#">SNOW Swimming Facebook Live</a></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</a> (“MAAPP”), 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; U events per Rule 205.3.1F.</li> <li>● No deck entries will be accepted.</li> <li>● No late entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>● All events are timed finals.</li> <li>● All events will be mixed age and mixed gender</li> <li>● An athlete may participate in only one (1) session over the entire meet.</li> <li>● Athletes may enter no more than three (3) events over the entire meet.</li> <li>● The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability and COVID-19 Considerations and COVID-19 Protocols, as set forth above.</li> </ul>

<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</li> </ul>
<b>WARM-UP/COOL-DOWN</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>Warm-up lanes will be assigned by the Meet Director. No more than five (5) swimmers will be permitted in each warm-up lane at any time.</li> <li><b>No continuous warm-up lanes will be available. The Competition Pool will be available for a 15-minute warm-up after Events 3 and 6, and for a 10-minute warm-up after Events 13 and 23.</b></li> <li><b>Four (4) lanes will be available for cool-down for the duration of Session 1.</b></li> <li><b>Two (2) lanes will be available for cool-down for the duration of Sessions 2 and 3.</b></li> <li>No more than five (5) swimmers will be permitted in each continuous cool-down lane at any time.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas.</li> <li>Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</li> <li>All events will be swum slow to fast.</li> <li>The Meet Director reserves the right to modify the format of the meet after entries are received to best facilitate timelines and space availability and COVID-19 Considerations and COVID-19 Protocols, as set forth below.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>This meet will not be scored.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Printed meet programs will not be available.</li> <li>The meet program will be posted to the SNOW Swimming website no later than November 18, 2020.</li> <li>The Meet Director will use best efforts to make the meet program and results 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.</li> <li>Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck.</li> <li>Coaches and Officials should have proof of active USA Swimming membership with them at all times.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>This meet will have no spectators.</li> <li>The meet will be livestreamed via Facebook Live via the following link: <a href="#">SNOW Swimming Facebook Live</a></li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>In order to adhere to the CDC Guidelines of maintaining social distancing, we only have space for a limited number of Certified Officials. Walk-on officials will not be accommodated.</li> <li>Certified Officials that are interested in volunteering for this meet should contact Eric Ramey at <a href="mailto:rameyeric20105@gmail.com">rameyeric20105@gmail.com</a> (cell: 571-449-1956).</li> </ul>

	<ul style="list-style-type: none"> <li>• A comprehensive Officials briefing will be conducted via Zoom (or other web platform) <b>at 7pm on Friday November 20th</b>. Details and login information will be sent out the week of <b>November 16th</b>.</li> <li>• Officials who have volunteered for this meet should check-in at the time and location designated by the Meet Referee.</li> <li>• All officials working this meet must wear masks and face shields at all times.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• One (1) timer per lane will be used for this meet.</li> <li>• Timers will be identified in advance and coordinated by the Meet Referee/Meet Director.</li> <li>• Lane assignments will be made in advance.</li> <li>• All timers must wear masks and face shields at all times.</li> <li>• A comprehensive timers' briefing will be conducted via Zoom (or other web platform) <b>at 6pm on Friday November 20th</b>. Details and login information will be sent out the week of <b>November 16th</b>.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries will be coordinated by the Meet Director.</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>• If SNOW 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 SNOW until the said fine is paid.</li> </ul>
<b>ENTRY FEES</b>	<ul style="list-style-type: none"> <li>• Entry fees will be billed to each swimmer via the SNOW Swimming Team Unify website. <ul style="list-style-type: none"> <li>Per Swimmer Surcharge:       \$2.50</li> <li>Facilities Surcharge:           \$10</li> <li>Individual Event Fee:           \$13</li> </ul> </li> </ul>

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## SESSION 1

Warm-up: 7:30 - 8:15am; Events: 8:25am

*\*The competition pool will be available for a 15-minute warm-up after Events 3 and 6.*

	EVENT
1	Mixed 13&Over 200 IM
2	Mixed 13&Over 100 Butterfly
3	Mixed 13&Over 50 Freestyle*
4	Mixed 13&Over 200 Freestyle
5	Mixed 13&Over 100 Backstroke
6	Mixed 13&Over 100 Breaststroke*
7	Mixed 13Over 100 Freestyle
8	Mixed 13&Over 400 IM

## SESSION 2

Warm-up: 10:45 - 11:15am; Events: 11:25am

*\*The competition pool will be available for a 10-minute warm-up after Events 13 and 23.*

	EVENT
9	Mixed 12&Under 100 IM
10	Mixed 13&Over 200 IM
11	Mixed Open 50 Freestyle
12	Mixed 12&Under 50 Butterfly
13	Mixed 13&Over 100 Butterfly*
14	Mixed 13&Over 100 Backstroke
15	Mixed 12&Under 50 Backstroke
16	Mixed 13&Over 100 Breaststroke
17	Mixed 12&Under 50 Breaststroke
18	Mixed 13&Over 100 Freestyle

## SESSION 3

Warm-up: 1 – 1:30pm; Events: 1:40pm

	EVENT
19	Mixed 12&Under 100 IM
20	Mixed 13&Over 200 IM
21	Mixed Open 50 Freestyle
22	Mixed 12&Under 50 Butterfly
23	Mixed 13&Over 100 Butterfly*
24	Mixed 13&Over 100 Backstroke
25	Mixed 12&Under 50 Backstroke
26	Mixed 13&Over 100 Breaststroke
27	Mixed 12&Under 50 Breaststroke
28	Mixed 13&Over 100 Freestyle