



# NCAP Ice Breaker

December 5, 2020

Sanction # PVQ-21-125

Hosted by:



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Kim Spina <a href="mailto:kspina@nationscapitalswimming.com">kspina@nationscapitalswimming.com</a> 703-250-1299	Rich McMillen <a href="mailto:padre1993@gmail.com">padre1993@gmail.com</a>	Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVQ-21-125</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swim Club, and Burke Racquet and Swim Club 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>Burke Racquet &amp; Swim Club</b>            6001 Burke Commons Road            Burke, Virginia            (703) 250-1299</p> <ul style="list-style-type: none"> <li>The pool at the Burke Racquet and Swim club is 25m x 25yd pool, with 12 available 25 yd lanes.</li> <li>Competition will be held in 4 lanes, 25 yards.</li> <li>Water depth range of 4' 5" – 5' at the starting end and 4' 5" – 4' 6" at the turning end.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>November 25, 2020 5:00 PM</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>	<p style="text-align: center;"><b>Saturday December 5, 2020</b></p> <p style="text-align: center;"><b>10 &amp; Under warm up 10:30am-10:50am</b>  <b>Events start 11:00am</b></p> <p style="text-align: center;"><b>11-12 warm up 2:30pm-3:00pm</b>  <b>Events start at 3:10pm</b></p> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to USA Swimming-registered NCAP Swimmers from the Burke, Germantown, and Alexandria practice sites. 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>

<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, NATION’S CAPITAL SWIM CLUB, AND BURKE RACQUET &amp; SWIM CLUB 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 Fairfax County.</li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<ul style="list-style-type: none"> <li>• Prior to facility 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 facility: <ul style="list-style-type: none"> <li>○ Fever (temperature of 100.4°F or higher) or Chills</li> <li>○ Shortness of Breath or Difficulty Breathing</li> <li>○ Muscle or Body Aches</li> <li>○ New Loss of Taste or Smell</li> <li>○ Congestion or Runny Nose</li> <li>○ Nausea or Vomiting</li> <li>○ Cough or Fatigue</li> <li>○ Headache</li> <li>○ Sore Throat</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>• Please consult the Facility Map for all for all traffic flow from entrance to race lanes to exit.</li> <li>• Athletes must arrive in their RACING suits. Locker rooms will remain closed. Swimmers will remain in their cars in the parking lot when not in the pool for warm-ups or competition.</li> <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>• When swimmers approach the blocks, they will place their masks in a plastic bag and hang it on a hook provided behind the block.</li> </ul>

	<ul style="list-style-type: none"> <li>● Swimmers will be pre-seeded and staged by heat assignment at the front entrance utilizing Socially Distance markings before entry and inside prior to each swim. These locations will be monitored by marshals, with the flow of traffic heading towards the 4 competitive lanes from the swimmer/official entrance. <ul style="list-style-type: none"> <li>○ 1 Entrance location on Pool deck closest to lane 12 and indicated on Facility Map</li> <li>○ The deck will have a queue of 3-4 heats waiting to race on pool deck socially distanced. Session 1 will have 4 heats queued and Session 2 will have 3 heats queued.</li> </ul> </li> <li>● Athletes and families are to remain outside the pool and must maintain proper social distancing. Participants and family members not adhering to this standard will be asked to leave the premises immediately. Participants asked to leave will not be allowed to race.</li> <li>● There will be no spectator seating. There will an outside “watch &amp; go” section through the pool window along Lane 1 outside of the facility. One spectator PER SWIMMER will be allowed to the “watch &amp; go” area while masked.</li> <li>● Restroom facilities are for EMERGENCY USE ONLY for all. Restroom access will also be controlled. Disinfecting products will be available at the doors and must be used on any touched surface by each user.</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> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>● All events are timed finals.</li> <li>● Swimmers may enter no more than three (3) events</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</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. During warm-ups, no more than four (4) swimmers will be allowed per lane.</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> </ul>

<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• Events will be seeded slow to fast.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• This meet will not be scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• There are no awards for this meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Meet programs, including an estimated timeline for reporting to the clerk of course, will be emailed to participating families.</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> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Officials will be identified in advance and coordinated by the Meet Referee, Rich McMillen, <a href="mailto:padre1993@gmail.com">padre1993@gmail.com</a>.</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 be conducted 1 hour events begin.</li> <li>• Walk-on officials cannot be accommodated.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• One timer per lane. Lane assignments will be made in advance.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries will be managed by the Meet Director, Kim Spina, <a href="mailto:kspina@nationscapitalswimming.com">kspina@nationscapitalswimming.com</a>.</li> </ul>
<b>ENTRY FEES</b>	<ul style="list-style-type: none"> <li>• Individual entry fee: \$15.00</li> <li>• Entry fees will be billed via Team Unify or paid by individual site.</li> </ul>

**NCAP Ice Breaker**  
**Saturday, December 5, 2020**

**10 & Under Warm Up 10:30-10:50 am**  
**Events 11:00 am**

<b>Event Number</b>	<b>Mixed EVENT</b>
1	10 &U 50 Backstroke
3	10&U 100 Free
5	8 &U 25 Butterfly
7	8 &U 25 Breaststroke
9	10 &U 50 Butterfly
11	10 &U 100 Backstroke
13	8 &U - 25 Backstroke
15	8 &U -25 Freestyle
17	10 &U - 100 Breaststroke
19	10 &U – 50 Breaststroke
21	10&U -50 Freestyle
23	10&U 100 Individual Medley
25	10&U 100 Butterfly

**11-12 Warm Up 2:30-3:00 pm**  
**Events 3:10 pm**

<b>Event Number</b>	<b>MIXED EVENT</b>
31	11-12 - 100 Freestyle
33	11-12 - 100 Backstroke
35	11-12 50 Fly
37	11-12 – 100 Breaststroke
39	11-12 – 50 Freestyle
41	11-12 100 Individual Medley
43	11-12 100 Butterfly