



# 2021 NCAP “Ice to See You” Meet

January 9-10, 2021

Sanction # PVQ-21-147

VS-21-108DS



<b>MEET DIRECTOR</b> Jeremy Cochran <a href="mailto:jcochran@nationscapitalswimming.com">jcochran@nationscapitalswimming.com</a>	<b>MEET REFEREE</b> Chris Chmielenski <a href="mailto:cchmielenski@comcast.net">cchmielenski@comcast.net</a>	<b>ENTRY COORDINATOR</b> Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.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>PVQ-21-147</b> and Virginia Swimming Inc: <b>VS-21-108DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Nation’s Capital Swimming, and the Freedom Aquatic &amp; 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>Freedom Aquatic &amp; Fitness Center</b> 10900 University Boulevard Manassas, Virginia 20110-2203 (703) 993-8350</p> <ul style="list-style-type: none"> <li>Competition: 10 Lanes, 25 yards. 21 lanes available for warmup</li> <li>Water depth ranges from 13.5’ at the starting end to 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>Tuesday January 5th at 1:00pm</b></p> <p>IMPORTANT: The above date is the deadline for sites to submit entries to ENTRY COORDINATOR.</p>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Saturday, January 9, 2021</b></p> <p style="text-align: center;">Session 1: Distance- see attached schedule and arrival instructions</p> <p style="text-align: center;"><b>Sunday, December 13, 2020</b></p> <p style="text-align: center;">Session 2: Warm up 6:00-6:50 am. Events 7:00am Session 3: Warm up 9:00-9:50 am. Events 10:00am Session 4: Warm up 12:00-12:50 pm. Events 1:00pm</p> <ul style="list-style-type: none"> <li>Meet Staff 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 registered NCAP Athletes in specific training groups (as noted on the event schedule). 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 and 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, VIRGINIA SWIMMING INC, NATION’S CAPITAL SWIMMING, INC., AND THE FREEDOM AQUATIC &amp; 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 Prince William County.</li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<ul style="list-style-type: none"> <li>● <b>Before signing up 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.</b></li> <li>● Athletes must arrive and depart in their suits. Locker room use must be minimized. All athletes will be escorted to the restroom for emergency use only. Facility housekeeping will be on site to clean as necessary.</li> <li>● Coaches, officials, volunteers, and athletes must wear masks at all times, with the exception of athletes warming up, cooling down, or competing.</li> <li>● Swimmers should bring a minimum of 2 masks, and a container or Ziploc style bag to put them in when swimming.</li> <li>● All athletes will complete the <a href="#">NCAP wellness check link</a> (same as practices) after 8 pm the night prior to swimming. It can be completed no earlier than 8pm each night prior to arrival at the facility for competition. Coaches will be on hand to assist with athlete check in. Green Check from the health screening must be shown before they are permitted in the facility.</li> <li>● All coaches, officials, and volunteers must complete this <a href="#">health screening form</a> no more than 8 hours prior to arriving at the facility and will have their temperature checked upon entering the facility.</li> <li>● Timers for the Session 1 (Distance Session) will complete the health screen upon arrival</li> <li>● Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.</li> <li>● This meet will be limited to 100 athletes per session.</li> <li>● Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a plastic bag or container on the chair behind their lane. Swimmers will immediately put their</li> </ul>

	<p>masks back on at the completion of their swims before they leave the start end.</p> <ul style="list-style-type: none"> <li>● Traffic on the pool deck, including the bleachers, will be in one direction only.</li> <li>● Swimmers must follow all directions as posted and adhere to all marshal directions.</li> <li>● No spectators will be allowed inside the facility. This event will be livestreamed on the NCAP <a href="#">Facebook page</a>.</li> <li>● We request that all attendees notify the NCAP Director of Operations, KARYN MCCANNON, (<a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>) 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> <p><b>ANY ATHLETE, COACH OR VOLUNTEER FOUND TO BE WILLFULLY DISREGARDING ANY OF THESE PROCEDURES OR NOT FOLLOWING MARSHAL DIRECTIONS WILL BE REMOVED FROM THE FACILITY WITHOUT RECOURSE.</b></p>
<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.</li> <li>● The Meet Directors 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>● All events are mixed gender, combined age groups.</li> <li>● Athletes may only compete in the session for their practice group.</li> <li>● Entry limits are SESSION SPECIFIC: <ul style="list-style-type: none"> <li>○ Session 1: 1650 Session <ul style="list-style-type: none"> <li>◇ Athletes enter in the 1 event, but will automatically receive times from both the 1650 and the 1000 FR Initial Split. Athletes can request the 500 Free Initial Split if it is a best time- coaches should request this from the Admin PRIOR TO LEAVING THE POOL SATURDAY.</li> <li>◇ Counters for the 1650 have been assigned from other heats scheduled that session.</li> </ul> </li> <li>○ Sessions 2, 3, and 4: <ul style="list-style-type: none"> <li>◇ Athletes may enter a MAXIMUM 3 EVENTS</li> <li>◇ Entries for 500 FR and 400 IM may be limited based on timelines. Coaches will be notified if entries need to be removed.</li> </ul> </li> </ul> </li> <li>● All swimmers must provide their own counter (if desired) for the 500 yd Freestyle. Counters must be swimmers, coaches, or volunteers already present for the session.</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.</li> <li>• All lanes will be available for warm up during the pre-session warm up time. We will evaluate if cool down lanes are needed on a session by session basis. ALL LANES WILL MAINTAIN THE 5 ATHLETE PER LANE LIMIT AT ALL TIMES.</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>• All events will be pre-seeded</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• The meet 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> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Officials will be identified in advance and coordinated by the Meet Referee, Chris Chmielenski. Officials interested in volunteering should contact him directly at <a href="mailto:cchmielenski@comcast.net">cchmielenski@comcast.net</a>.</li> <li>• 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.</li> <li>• Walk-on officials cannot be accommodated.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• One timer per lane. Each participating site will be responsible for providing its share of timers. Lane assignments will be made in advance.</li> <li>• For Session 1 (Distance), there will be 2 shifts of timers, assigned in advance.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the ENTRY COORDINATOR, Karyn McCannon (<a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>).</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 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.</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 style="text-align: center;">Per Swimmer Surcharge: \$10.00                      Individual event fee: \$6.00  <span style="background-color: yellow;">1650 EVENT FEE ONLY: \$12.00</span></p> <ul style="list-style-type: none"> <li>• Make checks payable to NCAP. Checks may be mailed to 8101 Wolftrap Rd, Vienna VA 22182.</li> <li>• Entry fees are due with meet entry.</li> </ul>

# NCAP “Ice to See You” Meet

January 9, 2021

January 9, 2021- 1650 Distance Session					
	Warming up	Warming Up	Swimming	Counting	Cooling Down
6:00-6:20am	Heat 1				
6:20-6:40am	Heat 1	Heat 2			
6:40-7:00am	Heat 2	Heat 3	Heat 1	Heat 4	
7:00-7:20am	Heat 3	Heat 4	Heat 2	Heat 5	Heat 1
7:20-7:40am	Heat 4	Heat 5	Heat 3	Heat 6	Heat 2
7:40-8:00am	Heat 5	Heat 6	Heat 4	Heat 7	Heat 3
8:00-8:25am	Heat 6	Heat 7	Heat 5	Heat 8	Heat 4
8:25-8:50am	Heat 7	Heat 8	Heat 6	Heat 9	Heat 5
8:50-9:15am	Heat 8	Heat 9	Heat 7	Heat 10	Heat 6
9:15-9:40am	Heat 9	Heat 10	Heat 8	Heat 11	Heat 7
9:40-10:05am	Heat 10	Heat 11	Heat 9	Heat 12	Heat 8
10:05-10:30am	Heat 11	Heat 12	Heat 10	Heat 13	Heat 9
10:30-10:55am	Heat 12	Heat 13	Heat 11	Heat 9	Heat 10
10:55-11:20am	Heat 13		Heat 12	Heat 10	Heat 11
11:20-11:45am			Heat 13	Heat 11	Heat 12
11:45-12:00pm					Heat 13

## Session Specific Rules:

- Event #1- 1650 Entry Qualifying Time: 22:00.00
- Athletes should arrive NO MORE THAN 10 minutes prior to their warm-up time in the above schedule. This will allow time to check in athletes and direct to their appropriate area.
- Heats 1, 2, and 3 will report to the bleacher area, and then the warm up pool. Heats 4 and ON will report to the window side of the pool to count, and then head to the bleachers to their scheduled warm up session.
- ALL HEATS SHOULD LEAVE UPON THE COMPLETION OF EITHER THEIR COOL DOWN PERIOD or their last ASSIGNED COUNTING SLOT.

# NCAP "Ice to See You" Meet

January 10, 2021

Session 2: Warm Up 6:00-6:50am. Events 7:00am.  
Burke National Prep, Burke Prep, North Gold

Session 3: Warm up 9:00-9:50am. Events 10:00am.  
TY Gold 1, TY Gold 2, J&M Senior, GP Silver 1

Session 4: Warm up 12:00-12:50pm. Events 1:00pm.  
CM Gold 1, CM Gold 2, CM Gold 3, GP Gold 1, GP Gold 2

Session 2	Session 3	Session 4	
EVENT #	EVENT #	EVENT #	EVENT
2	14	26	200 FREESTYLE
3	15	27	100 BACKSTROKE
4	16	28	200 BREASTSTROKE
5	17	29	100 BUTTERFLY
6	18	30	200 IM
7	19	31	100 FREESTYLE
8	20	32	200 BACKSTROKE
9	21	33	100 BREASTSTROKE
10	22	34	200 BUTTERFLY
11	23	35	50 FREESTYLE
12	24	36	400 IM
13	25	37	500 FREESTYLE

## Session Specific Rules:

- Athletes can enter a MAXIMUM 3 EVENTS
- Entries for 500 FR and 400 IM may be limited based on timelines. Coaches will be notified if entries need to be removed.