



2021 NCAP Hibernation Celebration

January 23-24, 2021

Sanction #PVQ-21-153

VS-21-



MEET DIRECTOR

Jeremy Cochran

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MEET REFEREE

Chris Chmielenski

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ENTRY COORDINATOR

Karyn McCannon

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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-21-153 and Virginia Swimming Inc: VS-21-. 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 & 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.
FACILITY	<p style="text-align: center;">Freedom Aquatic & Fitness Center 10900 University Boulevard Manassas, Virginia 20110-2203 (703) 993-8350</p> <ul style="list-style-type: none"> Competition: 10 Lanes, 25 yards. 21 lanes available for warmup Water depth ranges from 13.5’ at the starting end to 6’ at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, January 19th at 1:00pm</p> <p>IMPORTANT: The above date is the deadline for sites to submit entries to ENTRY COORDINATOR.</p>
SCHEDULE	<p style="text-align: center;">Saturday, January 23, 2021</p> <p style="text-align: center;">Session 1: Warm up 6:30-7:20 am. Events 7:30am</p> <p style="text-align: center;">Sunday, January 24, 2021</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: Distance - see attached schedule and arrival instructions</p> <ul style="list-style-type: none"> Meet Staff reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> 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.
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, VIRGINIA SWIMMING INC, NATION’S CAPITAL SWIMMING, INC., AND THE FREEDOM AQUATIC & 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. • 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 Prince William County.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • 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. • 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. • Coaches, officials, volunteers, and athletes must wear masks at all times, with the exception of athletes warming up, cooling down, or competing. • Swimmers should bring a minimum of 2 masks, and a container or Ziploc style bag to put them in when swimming. • All athletes will complete the NCAP wellness check link (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. • All coaches, officials, and volunteers must complete this health screening form no more than 8 hours prior to arriving at the facility and will have their temperature checked upon entering the facility. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • Timers for Session 4 (Distance Session) will complete the health screen upon arrival. • Sessions 2 & 3 will be limited to 100 athletes/session. Session 4 will be limited to 190 athletes, however, no more than 100 athletes will be in attendance at any point in time.

	<ul style="list-style-type: none"> ● During Session 4, athletes must enter the pool no more than 10 minutes prior to either their warm up session or their assigned counting session. Athletes must LEAVE THE POOL at the end of their cool down period. ● 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 masks back on at the completion of their swims before they leave the start end. ● Traffic on the pool deck, including the bleachers, will be in one direction only. ● Swimmers must follow all directions as posted and adhere to all marshal directions. ● No spectators will be allowed inside the facility. This event will be livestreamed on the NCAP Livestreams Facebook page. ● We request that all attendees notify the NCAP Director of Operations, KARYN MCCANNON, (kmccannon@nationscapitalswimming.com) 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. <p style="text-align: center;">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.</p>
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. ● 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 & 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. ● All events are mixed gender, combined age groups. ● Athletes may only compete in the session for their practice group. ● Entry limits are SESSION SPECIFIC: <ul style="list-style-type: none"> ○ Sessions 1, 2, and 3: <ul style="list-style-type: none"> ◇ Athletes may 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. ◇ 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.

	<ul style="list-style-type: none"> ○ Session 4: 500 FR/ 400 IM Session <ul style="list-style-type: none"> ◇ Athletes may enter 1 event. Athletes from Bronze 2 can only enter the 500 FR; Athletes from Bronze 1 can enter either the 500 FR or the 400 IM. ◇ Counters for the 500 FR for this session will be assigned from other heats scheduled that session.
WARM-UP	<ul style="list-style-type: none"> ● The prescribed PVS warm-up procedures and safety policies will be followed. ● 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.
SUPERVISION	<ul style="list-style-type: none"> ● Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> ● All events will be pre-seeded.
PROGRAMS	<ul style="list-style-type: none"> ● 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, Chris Chmielenski. Officials interested in volunteering should contact him directly at chmielenski@comcast.net. ● 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 site will be responsible for providing its share of timers. Lane assignments will be made in advance. ● For Session 4 (Distance) Timers will be assigned for the entire session, in 2 shifts
ENTRY PROCEDURES	<ul style="list-style-type: none"> ● Entries should be submitted by email to the ENTRY COORDINATOR, Karyn McCannon (kmccannon@nationscapitalswimming.com). ● Include in entry email: entry file, report of entries by name, report of entries by event. ● In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). ● Entries directly from individual team members will not be accepted. ● Entries by phone or fax 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: \$10.00 Individual event fee: \$6.00 Session 4 Distance fee: \$9.00</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.

NCAP Hibernation Celebration

January 23 - 24, 2021

~~Saturday, January 23, 2021~~

~~Session 1: Warm Up 6:30-7:20am. Events 7:30am.
North Silver, GP Silver 2, CM Silver 1-2-3, DS Silver 1-2-3~~

Sunday, January 24, 2021

Session 2: Warm up 6:00-6:50am. Events 7:00am.
West Silver & Gold 2, TY Silver 1, MM Gold, MM Senior Prep, North Silver,
CM Silver 1-2-3, DS Silver 1-2-3

Session 3: Warm up 9:00-9:50pm. Events 10:00am.
J&M Silver level, MM Senior, GP Silver 2

~~Session 1~~

Session 2

Session 3

EVENT #	EVENT #	EVENT #	EVENT
1	13	25	200 FREESTYLE
2	14	26	100 BACKSTROKE
3	15	27	200 BREASTSTROKE
4	16	28	100 BUTTERFLY
5	17	29	200 IM
6	18	30	100 FREESTYLE
7	19	31	200 BACKSTROKE
8	20	32	100 BREASTSTROKE
9	21	33	200 BUTTERFLY
10	22	34	50 FREESTYLE
11	23	35	400 IM
12	24	36	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.

NCAP Hibernation Celebration

January 23 - 24, 2021

Sunday, January 24, 2021

Session 4: Warmups begin at 12:00pm

Proposed schedule

****THIS WILL CHANGE ONCE FINAL HEATS OF EACH PRACTICE GROUP/EVENT ARE DETERMINED BASED ON ENTRIES****

Event # 37 West Bronze 2 500 FR

Event #38 West Bronze 1 500 FR

Event #39 West Bronze 1 400 IM

Bronze Distance Planning							
Bronze 2 500 Free 10:00							
Bronze 1 500 Free 9:00							
Bronze 1 400 IM 8:00							
		Warming Up	Warming Up	Warming Up	Swimming	Counting	Cooling Down
12:00-12:30pm	12:00-12:10	Heat 1	Heat 2				
Bronze 2- 11 heats	12:10-12:20	Heat 1	Heat 2				
	12:20-12:30	Heat 1	Heat 2	Heat 3			
	12:30-12:40	Heat 2	Heat 3	Heat 4	Heat 1	Heat 4	
	12:40-12:50	Heat 3	Heat 4	Heat 5	Heat 2	Heat 5	Heat 1
	12:50-1:00	Heat 4	Heat 5	Heat 6	Heat 3	Heat 6	Heat 2
	1:00-1:10	Heat 5	Heat 6	Heat 7	Heat 4	Heat 7	Heat 3
	1:10-1:20	Heat 6	Heat 7	Heat 8	Heat 5	Heat 8	Heat 4
	1:20-1:30	Heat 7	Heat 8	Heat 9	Heat 6	Heat 9	Heat 5
	1:30-1:40	Heat 8	Heat 9	Heat 10	Heat 7	Heat 10	Heat 6
	1:40-1:50	Heat 9	Heat 10	Heat 11	Heat 8	Heat 11	Heat 7
	1:50-2:00	Heat 10	Heat 11	Heat 12	Heat 9	Heat 5	Heat 8
Bronze 1 (500)- 5 Heats	2:00-2:10	Heat 11	Heat 12	Heat 13	Heat 10	Heat 6	Heat 9
	2:10-2:20	Heat 12	Heat 13	Heat 14	Heat 11	Heat 7	Heat 10
	2:20-2:29	Heat 13	Heat 14	Heat 15	Heat 12	Heat 8	Heat 11
	2:29-2:38	Heat 14	Heat 15	Heat 16	Heat 13	Heat 9	Heat 12
	2:38-2:47	Heat 15	Heat 16	Heat 17	Heat 14	Heat 10	Heat 13
Bronze 1 (400)- 3 heats	2:47-2:56	Heat 16	Heat 17	Heat 18	Heat 15	Heat 11	Heat 14
	2:56-3:05	Heat 17	Heat 18	Heat 19	Heat 16	Heat 12	Heat 15
	3:05-3:13	Heat 18	Heat 19		Heat 17		Heat 16
Warm up: 2:40-3:15pm	3:13-3:21	Heat 19			Heat 18		Heat 17
	3:21-3:29				Heat 19		Heat 18
	3:29-3:45						Heat 19

Session Specific Rules:

- Athletes may only enter 1 event- Bronze 2 can only enter the 500 FR, Bronze 1 can enter either the 500 FR or the 400 IM. All events in Session 4 will swim FAST TO SLOW
- Athletes must enter the pool no more than 10 minutes prior to either their warm up session, or their assigned counting session. Athletes must LEAVE THE POOL at the end of their cool down period