



Foxes Forty-Niner

March 20-21, 2021

Sanction # PVI-21-167

VSI Sanction # VS-21-149DS



MEET DIRECTOR Matt Salerno fairfaxfoxes@gmail.com	MEET REFEREE Tim Husson tim.husson@gmail.com	CLUB OFFICIALS CHAIR Nancy Bailey nsbailey@yahoo.com Officials Signup
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-167 and Virginia Swimming: VS-21-149DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Fairfax Foxes Swimming, and the Warrenton Aquatic and 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.
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FACILITY	Warrenton Aquatic and Fitness Center 800 Waterloo Road Warrenton, VA 20186
	<ul style="list-style-type: none"> The pool has 11, 25 yard lanes. 10 lanes will be used for warm-ups. 8 lanes will be used for competition. Water depth range of 4' 5" (lane 1) – 11' 8" (lane 8). 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	March 10, 2021
	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.

SCHEDULE	Saturday, March 20 <table border="1" style="margin: 10px auto;"> <thead> <tr> <th>Age Group</th> <th>Session #</th> <th>Warm Up</th> <th>Meet Start</th> </tr> </thead> <tbody> <tr> <td>13&Over Girls Prelims</td> <td style="text-align: center;">1</td> <td style="text-align: center;">8:00am</td> <td style="text-align: center;">9:00am</td> </tr> <tr> <td>13&Over Boys Prelims</td> <td style="text-align: center;">2</td> <td style="text-align: center;">11:00am</td> <td style="text-align: center;">Noon</td> </tr> <tr> <td>13 & Over Girls Finals</td> <td style="text-align: center;">3</td> <td style="text-align: center;">3:30pm</td> <td style="text-align: center;">4:15pm</td> </tr> <tr> <td>13 & Over Boys Finals</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5:45pm</td> <td style="text-align: center;">6:30pm</td> </tr> </tbody> </table> <p style="text-align: center;">Sunday, March 21</p> <table border="1" style="margin: 10px auto;"> <thead> <tr> <th>Age Group</th> <th>Session #</th> <th>Warm Up</th> <th>Meet Start</th> </tr> </thead> <tbody> <tr> <td>11-12 Mixed Timed Finals</td> <td style="text-align: center;">5</td> <td style="text-align: center;">7:00am</td> <td style="text-align: center;">7:50am</td> </tr> <tr> <td>13 & Over Girls Timed Finals</td> <td style="text-align: center;">6</td> <td style="text-align: center;">9:45am</td> <td style="text-align: center;">10:35am</td> </tr> <tr> <td>13 & Over Boys Timed Finals</td> <td style="text-align: center;">7</td> <td style="text-align: center;">12:10pm</td> <td style="text-align: center;">1pm</td> </tr> <tr> <td>10 & Under Mixed Timed Finals</td> <td style="text-align: center;">8</td> <td style="text-align: center;">2:55pm</td> <td style="text-align: center;">3:35pm</td> </tr> </tbody> </table>	Age Group	Session #	Warm Up	Meet Start	13&Over Girls Prelims	1	8:00am	9:00am	13&Over Boys Prelims	2	11:00am	Noon	13 & Over Girls Finals	3	3:30pm	4:15pm	13 & Over Boys Finals	4	5:45pm	6:30pm	Age Group	Session #	Warm Up	Meet Start	11-12 Mixed Timed Finals	5	7:00am	7:50am	13 & Over Girls Timed Finals	6	9:45am	10:35am	13 & Over Boys Timed Finals	7	12:10pm	1pm	10 & Under Mixed Timed Finals	8	2:55pm	3:35pm
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	<ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 																																								

ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Fairfax Foxes members and other invited teams from PVS. Teams wishing to receive an invitation should contact the meet director. 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.
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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.
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 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 & Under events per Rule 205.3.1F. • Deck entries will not be accepted.
EVENT RULES	<ul style="list-style-type: none"> • Athletes shall compete at the age attained on the first day of the meet. Athletes may only compete in events of his/her own age group. • All 13-14 and 15&Over events on Saturday, March 20, are prelims/finals with the exception of the 500 yard freestyle which will be swum as timed finals during the preliminary sessions. • The top 9 swimmers from each preliminary event qualify for Finals. The "A" Final will be the top 4 qualifying swimmers. The "B" final will be the next 5 qualifying swimmers. Finals will be swum in the order of "B" then "A". • All events on Sunday, March 21, are timed finals. • Events will be pre-seeded. Athletes will be notified of their individual warm-up sessions along with a heat and lane for warm-up. • Athletes 13& over may enter a maximum of three (3) individual events on Saturday, March 20, and (4) individual events on Sunday, March 21, and no more than 7 for the meet. Athletes 12 & under athletes may enter a maximum of four (4) events. • Swimmers in Session 1-4 may designate one (1) counter for the 500 Freestyle, but the counter must be either (i) a swimmer already entered in the meet; or (ii) a coach or volunteer already present at the session.
COVID-19 CONSIDERATIONS	<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.

	<ul style="list-style-type: none"> • 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 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., FAIRFAX FOXES SWIMMING, AND WARRENTON AQUATICS AND 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 Fauquier County.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • All attendees (athletes, coaches, officials, volunteers, spectators) must wear a mask to enter the facility and throughout the facility, except for athletes when competing or warming up/down. • Athletes must arrive and depart in their suits. Locker room use is minimized to emergency use. • Spectators will not be permitted into the facility. • The meet will be live streamed on the Foxes Facebook page. Check the “events” tab for live streaming, which will be shared with participating families. • Before registering 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. • Each session will be limited to 65 swimmers. Swimmers will be assigned to a seating area. Seating areas are marked to allow for social distancing. • Athletes will enter the facility using the main entrance. After being cleared to enter the facility by a temperature check administered by a coach or volunteer, athletes will be directed to their seating area by their coach. These areas include the stands, dance room, upstairs hallway, or downstairs recreational pool area. Areas have been marked for athletes to distance 6 – 10 feet while in the building. Areas have been marked for up to 75 athletes, however sessions are limited to 65 athletes. • Coaches, officials, and designated volunteers will enter the facility using the main entrance where they will receive a health screening and touchless temperature check. Once cleared, they will receive a wristband for the day so they will not need to be rescreened upon reentry should they exit the building at any point. • Prior to WARF entry, all attendees (athletes, coaches, officials, and designated volunteers) will receive a touchless temperature screening and respond to health screening questions. Any person who returns a higher-than-normal temperature reading (100.4°F or higher) from the

	<p>thermal camera will not be permitted further access to the facility. Any person experiencing any of the following symptoms will not be permitted entry into the WARF:</p> <ul style="list-style-type: none"> ○ Fever (temperature of 100.4°F or higher) or Chills ○ Shortness of Breath or Difficulty Breathing ○ Muscle or Body Aches ○ New Loss of Taste or Smell ○ Congestion or Runny Nose ○ Nausea or Vomiting ○ Cough or Fatigue ○ Headache ○ Sore Throat <ul style="list-style-type: none"> ● For warm-ups, swimmers for each session will be assigned to one of two warmup groups, no more than 40 swimmers in each group (4 swimmers per lane). Each group will be assigned an arrival time with a corresponding number of lanes. ● Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines. ● One timer will be assigned to each lane as a backup timer. Markings on the ground will separate the swimmers from the timers while staging and entering/exiting the pool. ● A designated staff member, official, or volunteer will be in place to observe/marshal COVID-19 guidelines and report back to the coaches and officials on concerns or improvements. ● Only swimmers, coaches, officials, and designated volunteers will be permitted in the facility. ● During warm-ups, swimmers will wear their masks until they arrive at their lane. They will put it in a plastic zipper bag behind their lane. Once warm-ups are completed, swimmers will immediately put their masks back on. ● During competition, swimmers will wear their masks until they arrive at their lane and they will take them off and place them in a bag behind the starting block in their lane. A meet marshal, wearing protective gloves, will gather the bags containing the swimmers' masks and place them at the opposite end of the lane that the swimmer is competing in. ● For events 50 yd and longer, swimmers will swim 25 yards for warm down upon completion of a race. Swimmers 13 & Older have the option of swimming a 75-yard warm down. Swimmers will arrive at the opposite end of the pool upon completion of their race to exit the pool and retrieve their masks. Swimmers will immediately put their masks back on before they exit the deck. ● 25 yd events will start at the turn end of the course. A meet marshal, wearing protective gloves, will gather the bags containing the swimmers' masks and place them at the opposite end of the lane that the swimmer is competing in. ● Swimmers must follow all directions as posted and adhere to all marshals' directions. ● 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, coach, official and/or designated volunteer not following meet protocols will be subject to immediate removal from the meet. ● Contact information for all volunteers will be collected. ● 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.
POSITIVE CHECK IN	<ul style="list-style-type: none"> ● All events will be pre-seeded. Swimmers unable to participate should contact the meet director.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> ● If swimmers do not want to swim in their qualifying and subsequent finals race(s), they may "scratch" from the event by following this procedure: <ul style="list-style-type: none"> ○ Email scratchfx@gmail.com within 30 minutes of the completion of the last preliminary event of the session. ○ Email must include swimmer's first and last name, club, coach's name, and event being scratched. It is recommended that you include your coach in the email.

	<ul style="list-style-type: none"> If an athlete fails to properly scratch from an event and does not appear for the “Final” event, he/she shall be removed from their next scheduled individual event.
WARM-UP	<ul style="list-style-type: none"> 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. No more than 4 swimmers per lane.
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 preliminary and timed finals events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> This meet will not be scored.
AWARDS	<ul style="list-style-type: none"> Heat winners will receive a Bag Tag. First place finishers per age per event will receive a gold cap.
PROGRAMS	<ul style="list-style-type: none"> Meet programs 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 interested in volunteering should complete the Officials Signup or contact the Meet Referee, Tim Husson (tim.husson@gmail.com). Walk-on officials cannot be accommodated. Officials volunteering for this meet should report to the meet referee upon arrival. A comprehensive officials briefing will take place prior to the meet. The Meet Referee will contact all officials with meeting details.
TIMERS	<ul style="list-style-type: none"> One Timer per lane. Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. All sessions, including Session 4, will have assigned timers. Clubs are strongly encouraged to have family members volunteer based on their child’s meet participation.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to fairfaxfoxes@gmail.com Include in the subject of the email, “FXFX Forty Niner, ****” with the club’s initials in place of the asterisks. 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 Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director (fairfaxfoxes@gmail.com). 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>Per Swimmer Surcharge: \$12.00 Individual event fee: \$8.00</p> <ul style="list-style-type: none"> Make checks payable to Fairfax Foxes Swimming. Checks may be mailed to: Fairfax Foxes Swimming 7932 Ellet Road Springfield, VA 22151 Each club is requested to remit one check to cover the entry fees for the entire team. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

Foxes Forty-Niner

March 20-21, 2021

Saturday, March 20, 2021

Session 1 – 13 & Over Girls Prelims		
Warm-up at 8am / Events begin at 9:00am		
Event #	AGE	EVENT
1	Girls 13 & 14	100 Butterfly
7	Girls 15 and Over	100 Butterfly
2	Girls 13 & 14	200 Breaststroke
8	Girls 15 and Over	200 Breaststroke
3	Girls 13 & 14	100 Backstroke
9	Girls 15 and Over	100 Backstroke
4	Girls 13 & 14	500 Freestyle*
10	Girls 15 and Over	500 Freestyle*
5	Girls 13 & 14	200 IM
11	Girls 15 and Over	200 IM
6	Girls 13 & 14	50 Freestyle
12	Girls 15 and Over	50 Freestyle

Session 2 – 13 & Over Boys Prelims		
Warm-up at 11am / Events begin at Noon		
Event #	AGE	EVENT
13	Boys 13 & 14	100 Butterfly
19	Boys 15 and Over	100 Butterfly
14	Boys 13 & 14	200 Breaststroke
20	Boys 15 and Over	200 Breaststroke
15	Boys 13 & 14	100 Backstroke
21	Boys 15 and Over	100 Backstroke
16	Boys 13 & 14	500 Freestyle*
22	Boys 15 and Over	500 Freestyle*
17	Boys 13 & 14	200 IM
23	Boys 15 and Over	200 IM
18	Boys 13 & 14	50 Freestyle
24	Boys 15 and Over	50 Freestyle

*All 500 yard Freestyle events are TIMED FINALS

Foxes Forty-Niner

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Saturday, March 20, 2021 (cont.)

Session 3 – 13 and Over Girls Finals

Warm-up at 3:30pm / Events begin at 4:15pm

Event #	AGE	EVENT
1	Girls 13 & 14	100 Butterfly
7	Girls 15 & Over	100 Butterfly
2	Girls 13 & 14	200 Breaststroke
8	Girls 15 & Over	200 Breaststroke
3	Girls 13 & 14	100 Backstroke
9	Girls 15 & Over	100 Backstroke
5	Girls 13 & 14	200 IM
11	Girls 15 & Over	200 IM
6	Girls 13 & 14	50 Freestyle
12	Girls 15 & Over	50 Freestyle

Session 4 – 13 and Over Boys Finals

Warm-up at 5:45pm / Events begin at 6:30pm

Event #	AGE	EVENT
13	Boys 13 & 14	100 Butterfly
19	Boys 15 & Over	100 Butterfly
14	Boys 13 & 14	200 Breaststroke
20	Boys 15 & Over	200 Breaststroke
15	Boys 13 & 14	100 Backstroke
21	Boys 15 & Over	100 Backstroke
17	Boys 13 & 14	200 IM
23	Boys 15 & Over	200 IM
18	Boys 13 & 14	50 Freestyle
24	Boys 15 & Over	50 Freestyle

Foxes Forty-Niner

March 20-21, 2021

Sunday, March 21, 2021

All sessions on Sunday are timed finals.

Session 5 – 11 and 12s Timed Finals

Warm-up at 7am / Events begin at 7:50am

Event #	AGE	EVENT
25	Mixed 11 and 12	200 IM
26	Mixed 11 and 12	100 Freestyle
27	Mixed 11 and 12	50 Breaststroke
28	Mixed 11 and 12	50 Backstroke
29	Mixed 11 and 12	100 IM
30	Mixed 11 and 12	50 Butterfly
31	Mixed 11 and 12	50 Freestyle

Session 7 - Boys 13 and Over Timed Finals

Warm-up at 12:10pm / Events begin at 1pm

Event #	AGE	EVENT
38	Boys 13 and Older	200 Freestyle
39	Boys 13 and Older	200 Butterfly
40	Boys 13 and Older	100 Breaststroke
41	Boys 13 and Older	200 Backstroke
42	Boys 13 and Older	400 IM
43	Boys 13 and Older	100 Freestyle

Session 6 – Girls 13 and Over Timed Finals

Warmup at 9:45am / Events begin at 10:35am

Event #	AGE	EVENT
32	Girls 13 and Older	200 Freestyle
33	Girls 13 and Older	200 Butterfly
34	Girls 13 and Older	100 Breaststroke
35	Girls 13 and Older	200 Backstroke
36	Girls 13 and Older	400 IM
37	Girls 13 and Older	100 Freestyle

Session 8 - Mixed 10 and Under Timed Finals

Warm-ups at 2:55pm / Events begin at 3:35pm

Event #	AGE	EVENT
44	Mixed 8 and Under	25 Backstroke
45	Girls 10 and Under	50 Breaststroke
46	Boys 10 and Under	50 Breaststroke
47	Mixed 8 and Under	25 Freestyle
48	Girls 10 and Under	50 Butterfly
49	Boys 10 and Under	50 Butterfly
50	Girls 10 and Under	100 Freestyle
51	Boys 10 and Under	100 Freestyle
52	Girls 10 and Under	100 IM
53	Boys 10 and Under	100 IM
54	Girls 10 and Under	50 Backstroke
55	Boys 10 and Under	50 Backstroke
56	Girls 10 and Under	50 Freestyle
57	Boys 10 and Under	50 Freestyle