



Hearts to Heart Meet

Monday, February 22, 2021

Sanction # PVQ-21-168



MEET DIRECTOR Ryan Westhafer Ncap.burke@gmail.com	MEET REFEREE Al Betts 8507betts@gmail.com	CLUB OFFICIALS CHAIR Karyn McCannon kmccannon@nationscapitalswimming.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-21-168. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swim Club, and The St. James: Sports, Wellness & Entertainment Complex 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;">The St. James: Sports Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"> The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from wall to wall at the northern end of the pool. Water depth of 6'8" to 7'6" at both the start and turn ends of the competition course. 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	<p style="text-align: center;">Tuesday, February 16, 5:00 PM</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>									
SCHEDULE	<p style="text-align: center;">Monday February 22, 2021</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Up</th> <th style="text-align: center;">Event Start</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Session 1</td> <td style="text-align: center;"> 12:00-12:50pm Warm-up A: 12:00-12:20 PM Warm-up B: 12:25-12:50 PM </td> <td style="text-align: center;">1:00 PM</td> </tr> <tr> <td style="text-align: center;">Session 2</td> <td style="text-align: center;"> 3:05-3:50 pm Warm-up A: 3:05-3:50 PM Warm-up B: 3:30-3:50 PM </td> <td style="text-align: center;">4:00 PM</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. There may not be continuous warm-up/warm down space. If times allows, the Meet Director may open the competition pool for a brief warm down. 		Warm Up	Event Start	Session 1	12:00-12:50pm Warm-up A: 12:00-12:20 PM Warm-up B: 12:25-12:50 PM	1:00 PM	Session 2	3:05-3:50 pm Warm-up A: 3:05-3:50 PM Warm-up B: 3:30-3:50 PM	4:00 PM
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all invited and registered swimmers from NCAP Burke and NCAP Alexandria. 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.
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. ● 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, NATION’S CAPITAL SWIMMING, INC., AND THE ST. JAMES: SPORTS WELLNESS AND ENTERTAINMENT COMPLEX 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 Fairfax County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> ● Athletes must arrive and depart in their suits. Locker room use will be for emergency use only and will be cleaned between each use by the St. James. ● All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks at all times, with the exception of athletes when warming up, cooling down, and competing. ● All attendees (athletes, coaches, volunteers, officials, etc.) will submit to a health screening and temperature check before they are permitted in the facility. Non-members of The St. James must complete the St. James Self-Health Assessment and Participation Terms & Conditions no earlier than 12 hours before attending (specify STJ Swimming Rental as “Sport”). ● Each session will be limited to 80 swimmers. ● Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. ● Swimmers will wear their masks until they arrive at their lane and they will take it off and hang it on the hook on the starting block. Swimmers will immediately put their masks back on at the completion of their swims before they leave the start area. Following marshal directions, swimmers will return to their seating areas (bleachers or Splash Park) via the

	<p>bulkhead.</p> <ul style="list-style-type: none"> ● Swimmers must follow all directions as posted and adhere to all marshal directions. ● Swimmers will walk around the pool deck and line back up in the designated area with proper social distancing until they are cleared to return to their seating areas. ● All swimmers must remain in their designated area for their group (bleachers or Splash Park) 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 not following the meet protocols will be subject to immediate removal from the meet. ● All coaches, officials, and volunteers must bring their own water bottle and snacks. Hospitality is not permitted per the facility. ● 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. ● No spectators will be permitted. Competition will be live-streamed via the streamed by the St. James via the St. James Swimming Facebook page. (www.facebook.com/stjswimming)
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 & 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. ● Athletes may enter only 1 session and no more than 3 events for the meet.
POSITIVE CHECK IN	<ul style="list-style-type: none"> ● All events will be pre-seeded.
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. ● Warm Up will be assigned per group to ensure no more than 5 swimmers per lane for warm-up.

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.
SCORING	<ul style="list-style-type: none"> n/a
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, Al Betts, 8507betts@gmail.com. Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Officials volunteering for this meet should report to the meet referee upon arrival. A comprehensive officials briefing will be held via Zoom on Sunday, February 21, 2021 at 7:30 PM. The Meet Referee will contact all officials with meeting details. Walk-on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> One (1) timer per lane. Lane assignments will be made in advance. All timers are required to wear masks while timing.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director, Ryan Westhafer (ncap.burke@gmail.com). Include in the subject of the email, "Hearts to Heart Meet" – [SITE NAME]. Include in entry email: entry file, report of entries by name, report of entries by event. 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. 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	<ul style="list-style-type: none"> Swimmer Meet Charge: \$30.00 Make checks payable to Burke Racquet & Swim Club. Checks mailed to: Burke Racquet and Swim Club attn: Pete Morgan 6001 Burke Commons Rd Burke, VA 22015 Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. Please notate on check "Hearts to Heart" Meet.

Hearts to Heart Meet

February 22, 2021

Session 1 (NCAP Burke/Alexandria) 11-14 year olds

Warm-ups: 12:00-12:50 PM. Events: 1:00 PM.

EVENT	EVENT #
200 FREESTYLE	1
100 BREASTSTROKE	2
100 BACKSTROKE	3
200 IM	4
100 BUTTERFLY	5
200 BACKSTROKE	6
200 BREASTSTROKE	7
100 IM	8
200 BUTTERFLY	9

Session 2 (NCAP Burke/Alexandria) 12 & Under

Warm-ups: 3:05-3:50 PM. Events: 4:00 PM

EVENT	EVENT #
100 BUTTERFLY	16
100 FREESTYLE	17
50 BREASTSTROKE	18
50 BACKSTROKE	19
100 IM	20
50 BUTTERFLY	21
50 FREESTYLE	22
100 BACKSTROKE	23
100 BREASTSTROKE	24