



# February Distance Meet

February 20<sup>th</sup>, 2021

9 & Over Meet

Sanction # PVI-21-169



Hosted by:

<p><b>MEET DIRECTOR</b>  Paris Jacobs (571)238-7657  <a href="mailto:paris@machineaquatics.com">paris@machineaquatics.com</a>  <b>Meet Entry Email:</b>  <a href="mailto:paris@machineaquatics.com">paris@machineaquatics.com</a></p>	<p><b>MEET REFEREE</b>  Courtney Johnston  <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a></p>	<p><b>CLUB OFFICIALS CHAIR</b>  Courtney Johnston  <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a></p>
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<p><b>SANCTION</b></p>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-21-169</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Machine Aquatics, and The St. James: Sports, Wellness &amp; 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.</li> </ul>				
<p><b>FACILITY</b></p>	<p><b>The St. James: Sports and Wellness &amp; Entertainment Complex</b>  6805 Industrial Road  Springfield, VA 22151  (703) 239-6870</p> <ul style="list-style-type: none"> <li>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 bulkhead to wall at the southern end of the pool.</li> <li>Water depth of 7'4" at the starting end and 4' at the turning end of the competition course.</li> <li>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.</li> </ul>				
<p><b>ENTRY DEADLINE</b></p>	<p><b>Tuesday, February 16<sup>th</sup>, 2021</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>				
<p><b>SCHEDULE</b></p>	<p><b>SATURDAY, FEBRUARY 20<sup>TH</sup>, 2021</b></p> <table border="1" data-bbox="386 1335 1507 1940"> <tr> <td data-bbox="386 1335 824 1495"> <p><b>1650 FREESTYLE SESSION</b>  WARM UP: 6:30- 7:15AM  EVENTS: 7:20 AM</p> </td> <td data-bbox="880 1335 1507 1604"> <p><b>500 FREESTYLE /400 IM SESSION- SESSION ONE</b>  <b>Heats 1-5</b>  WARM UP: 9:10- 9:40AM  EVENTS: 9:45 AM  <b>Heats 6-10</b>  WARM UP: 10:40- 11:10 AM  EVENTS: 11:15 AM</p> </td> </tr> <tr> <td data-bbox="386 1621 824 1785"> <p><b>1000 FREESTYLE SESSION</b>  WARM UP: 4:00- 4:45 PM  EVENTS: 4:50 PM</p> </td> <td data-bbox="880 1621 1507 1940"> <p><b>500 FREESTYLE /400 IM SESSION- SESSION TWO</b>  <b>Heats 1-5</b>  WARM UP: 12:50- 1:20PM  EVENTS: 1:25 PM  <b>Heats 6-10</b>  WARM UP: 2:15- 2:45 PM  EVENTS: 2:50 PM</p> </td> </tr> </table>	<p><b>1650 FREESTYLE SESSION</b>  WARM UP: 6:30- 7:15AM  EVENTS: 7:20 AM</p>	<p><b>500 FREESTYLE /400 IM SESSION- SESSION ONE</b>  <b>Heats 1-5</b>  WARM UP: 9:10- 9:40AM  EVENTS: 9:45 AM  <b>Heats 6-10</b>  WARM UP: 10:40- 11:10 AM  EVENTS: 11:15 AM</p>	<p><b>1000 FREESTYLE SESSION</b>  WARM UP: 4:00- 4:45 PM  EVENTS: 4:50 PM</p>	<p><b>500 FREESTYLE /400 IM SESSION- SESSION TWO</b>  <b>Heats 1-5</b>  WARM UP: 12:50- 1:20PM  EVENTS: 1:25 PM  <b>Heats 6-10</b>  WARM UP: 2:15- 2:45 PM  EVENTS: 2:50 PM</p>
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	<ul style="list-style-type: none"> <li>● <b>CLUBS/SITES IN SESSION ONE OF THE 500 FREE/400 IM ARE: NCAP (Tysons, Claude Moore, Dulles South), MACHINE (AMR, Maderia, Tuckahoe)</b></li> <li>● <b>CLUBS/SITES IN SESSION TWO OF THE 500 FREE/400 IM ARE: NCAP (Georgetown Prep, Marymount), MACHINE (Oak Marr, Tysons, Fairland, UMD), ST. JAMES, POTOMAC MARLINS</b></li> <li>● <b>Meet Director will add warm up breaks where allowed in timeline.</b></li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>● Open to all invited registered Potomac Valley Teams. Teams wishing to attend should contact the meet director to confirm which session to register for. 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>QUALIFYING TIMES</b>	<p><b>Qualifying provable times for 13&amp;Over Swimmers:</b></p> <ul style="list-style-type: none"> <li>● The athlete must have a provable time for 1000 yd Freestyle of 14:00 or faster for the 1000y/800M Freestyle or must have a provable time of 6:30 or faster in the 500y/400M Freestyle.</li> <li>● The athlete must have a provable time for the 1650 yd Freestyle of 23:00 or faster for the 1650y/1500M Freestyle or a provable time of 14:00 or faster in the 1000y/800M Freestyle</li> <li>● Coaches of 13&amp;O athletes that can complete the event(s) faster than the QT's, but do not satisfy the entry rule, should petition Paris Jacobs at <a href="mailto:paris@machineaquatics.com">paris@machineaquatics.com</a> for entry.</li> </ul> <p><b>Qualifying provable times for 12&amp;Under Swimmers:</b></p> <ul style="list-style-type: none"> <li>● A provable qualifying time in the event as listed above or the athlete must meet the following stepping stone progression: <ul style="list-style-type: none"> <li>○ A provable time of 7:20 or faster must have been swum in the 500y/400M Freestyle before entering the 1000yd Freestyle</li> <li>○ A provable time of 15:00 or faster must have been swum in the 1000y/800M Freestyle before entering the 1650yd Freestyle.</li> </ul> </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>
<b>COVID-19 CONSIDERATIONS</b>	<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, MACHINE AQUATICS, AND THE ST. JAMES: SPORTS WELLNESS &amp; 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.</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</li> </ul>

	<p>the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.</p> <ul style="list-style-type: none"> <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>● 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.</li> <li>● All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks, with the exception of athletes when warming up, cooling down, and competing.</li> </ul>
	<ul style="list-style-type: none"> <li>● 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 <a href="#">St. James Self-Health Assessment and Participation Terms &amp; Conditions</a> no earlier than 12 hours before attending (specify STJ Swimming Rental as “Sport”). Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the Complex.</li> <li>● Each session will be limited to no more than 90 swimmers.</li> <li>● Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.</li> <li>● 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 bulkhead.</li> <li>● Swimmers must follow all directions as posted and adhere to all marshal directions.</li> <li>● Upon completion of their race, swimmers seated in the stands will turn left after leaving the bulkhead, walk around the pool deck and line back up in the designated area with proper social distancing until they are cleared to go up the stairs back to their seating area.</li> <li>● Swimmers seated in the splash park area will access the competition area while walking against the “scoreboard” wall and merge into the staging area by walking behind the turn end of the competition pool. Upon completion of their race, upon leaving the bulkhead, swimmers will return to the splash park area while walking against the scoreboard wall. The marshal at the end of the bulkhead will ensure that there are no swimmers walking in both directions at the scoreboard wall.</li> <li>● All swimmers must remain in their designated area for their group (stands, splash area or hallway) until they are called for their event and they must return to their area immediately following their event.</li> <li>● Swimmers may not enter another swimmer’s “square” of seating.</li> <li>● Any swimmer not following the meet protocols will be subject to immediate removal from the meet.</li> <li>● All coaches, officials, and volunteers must bring their own water bottle and snacks. Hospitality is not permitted per the facility.</li> <li>● 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.</li> <li>● No spectators will be permitted. Competition will be live-streamed via the MACHINE AQUATICS Facebook page (<a href="https://www.facebook.com/Machineaquatics">https://www.facebook.com/Machineaquatics</a>).</li> </ul>
<p><b>RULES</b></p>	<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</li> </ul>

	<p>up, competition and cool down periods.</p> <ul style="list-style-type: none"> <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 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>● All events are mixed gender.</li> <li>● <b>Swimmers in Session 1 may swim one (1) event only.</b></li> <li>● <b>Swimmers may enter up to three (3) events.</b></li> <li>● <b>Swimmers age 12&amp;Under may only enter 1 session.</b></li> <li>● All swimmers must provide their own counter (if desired) for the 500, 1000, and 1650 yd Freestyle events. Counters must be swimmers, coaches, or volunteers already present for the session.</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.</li> <li>● Warm Up will be assigned per group to ensure no more than 5 swimmers per lane for warm-up.</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>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>● Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>● Officials will be identified in advance and coordinated by the Meet Referee, Courtney Johnston, <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a>. Officials interested in volunteering should contact the Meet Referee.</li> <li>● Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups.</li> <li>● An officials meeting will be held Friday, February 19<sup>th</sup>, 2021 via Zoom.</li> <li>● Walk-on officials cannot be accommodated.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>● We will have one (1) volunteer parent timer per lane.</li> <li>● There will be (2) head timers.</li> <li>● All timers are required to wear masks while timing. Swimmers who are timing will remove their mask AFTER the current heat has concluded must hang their mask on the block hook or in provided plastic baggie for their event.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>● Entries for this meet will be submitted through the Machine Aquatics entry system.</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>	Per Swimmer Surcharge: \$9.00      Individual Event Fee: \$5.00 <ul style="list-style-type: none"> <li>• Make checks payable to Machine Aquatics. Checks may be mailed to: 204-D Mill Street, NE Vienna, VA 22180</li> <li>• Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.</li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>
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## February Distance Meet

**Saturday, February 20<sup>th</sup>, 2021**

**1650 FREESTYLE SESSION**  
 WARM UP: 6:30- 7:15AM  
 EVENTS: 7:20 AM

MIXED	EVENT
<b>1</b>	1650 FREESTYLE

**500 FREESTYLE /400 IM SESSION- SESSION ONE**  
**Heats 1-5**  
 WARM UP: 9:10- 9:40AM  
 EVENTS: 9:45 AM  
**Heats 6-10**  
 WARM UP: 10:40- 11:10 AM  
 EVENTS: 11:15 AM

**CLUBS/SITES IN SESSION ONE OF THE 500 FREE/400 IM ARE: NCAP (Tysons, Claude Moore, Dulles South), MACHINE (AMR, Maderia, Tuckahoe)**

MIXED	EVENT
<b>2</b>	500 FREESTYLE
<b>4</b>	400 INDIVIDUAL MEDLEY

# February Distance Meet

Saturday, February 20<sup>th</sup>, 2021

## 500 FREESTYLE /400 IM SESSION- SESSION TWO

### Heats 1-5

WARM UP: 12:50- 1:20PM

EVENTS: 1:25 PM

### Heats 6-10

WARM UP: 2:15- 2:45 PM

EVENTS: 2:50 PM

**CLUBS/SITES IN SESSION TWO OF THE 500 FREE/400 IM ARE: NCAP (Georgetown Prep, Marymount), MACHINE (Oak Marr, Tysons, Fairland, UMD), ST. JAMES, POTOMAC MARLINS**

MIXED	EVENT
2A	500 FREESTYLE
4A	400 INDIVIDUAL MEDLEY

## 1000 FREESTYLE SESSION

WARM UP: 4:00- 4:45 PM

EVENTS: 4:50 PM

MIXED	EVENT
3	1000 FREESTYLE