



PAC Penguin Mini Champs (12 & Under)

Saturday, March 6, 2021

Sanction # PVI-21-172

Hosted by:



MEET DIRECTORS	MEET REFEREE	CLUB OFFICIALS CHAIR
Cherlynn & John Venit dpws@aol.com	Bill McMahon wjmcmahon@verizon.net	Cherlynn Venit dpws@aol.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-172. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Patuxent Aquatics Club, LLC, 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 and 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 bulkhead to wall at the southern end of the pool. 8 lanes will be used for competition. Water depth of 7'4" at the starting end and 4' at the turning end 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;">March 1, 2021 at 10:00 AM</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>Girls Warm-Ups: First Session 9:00- 9:20 am; Second Session 9:25-9:45 am. – Events at 9:50 am</p> <p>Boys Warm-Ups: First Session 12:30- 12:50 pm; Second Session 12:55-1:15 pm. – Events at 1:20 pm</p> <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 USA Swimming registered swimmers from invited teams. Teams wishing to attend 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.
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. ● No deck entries will 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. ● Events will be pre-seeded. Athletes will be notified of their individual sessions along with a heat and lane for warm-up. ● Athletes may enter a maximum of four (4) individual events for the meet ● Swimmers competing in the 8 and Under events (25 yds) will start from the far end of the pool. ● All events are timed finals.
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, PATUXENT AQUATICS CLUB, THE ST. JAMES: SPORTS, WELLNESS & 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.

	<ul style="list-style-type: none"> ● 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.
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<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 will be for emergency use only and no showering or changing will be allowed. ● Athletes must shower prior to arrival at the pool. ● All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks, 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”). Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the facility. Members of the St. James may complete this via the St. James app. ● Each session will be limited to no more than 90 swimmers. ● Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. ● 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 it off and put it in a plastic zipper bag. The zipper bag will be placed beneath their block. Swimmers will immediately put their masks back on at the completion of their swims before they leave the bulkhead. ● For the 25 yd events, which will start at the far end, the swimmers will put their masks in a plastic zipper bag. The bags will be collected by a marshal who will walk to the finish end of the race and place the masks and zipper bags behind the lanes for the swimmer. Upon completion of the race swimmers will retrieve their masks and immediately put their masks back on. ● Swimmers must follow all directions as posted and adhere to all marshal directions. ● Swimmers seated in the stands will enter the pool deck through the stairwell on the shallow end of the pool. They will return to their assigned area via the same stairwell. Volunteers will ensure one-way traffic on the stairwell at all times. 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. ● Swimmers will 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 seated area or walk back against the scoreboard wall to the splash area seating. ● All swimmers must remain in their designated area for their group until they are called for their
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	<p>event and they must return to their area immediately following their event.</p> <ul style="list-style-type: none"> 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. <p>No spectators will be permitted. The meet will be live-streamed on the Patuxent Aquatics Club Facebook Page.</p>
POSITIVE CHECK IN	<ul style="list-style-type: none"> All events will be pre-seeded. Swimmers unavailable to participate in the meet should contact the meet director as soon as they are aware of their absence.
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 five (5) 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. Each team MUST assign a certified Coach to remain in the assigned Team Area at ALL times to ensure COVID-19 guidelines are being followed and to assist with Clerk of Course. No spectators will be permitted in the facility. Swimmers and coaches may not bring personal chairs.
SEEDING	<ul style="list-style-type: none"> All events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> N/A
AWARDS	<ul style="list-style-type: none"> N/A
PROGRAMS	<ul style="list-style-type: none"> Meet programs will be emailed to teams and 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 by Cherlynn Venit (dpws@aol.com). Walk-on officials cannot be accommodated. Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. A comprehensive officials' briefing will take place on the evening of Friday, March 5, 2021.
TIMERS	<ul style="list-style-type: none"> One timer per lane. There will be two Head Timers. Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be emailed no later than Monday, March 1, 2021 and will also be emailed to the contact person of each team.

ENTRY PROCEDURES	<ul style="list-style-type: none"> ● Entries should be submitted by email to dpws@aol.com using Hy-Tek or Team Unify. ● Include in the subject of the email, “2021 PAC Penguin Mini Champs Meet - ****” with the club’s initials in place of the asterisks. If your club submits multiple entry files, please note as such in your entry. ● 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 (dpws@aol.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: \$10.00 Individual event fee: \$6.00</p> <ul style="list-style-type: none"> ● Make checks payable to Patuxent Aquatics Club. Checks may be mailed to: Patuxent Aquatics Club 414 Forest Bridge Ct Laurel, MD 20724 ● 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.

2021 PAC Penguin Mini Champs

Saturday, March 6, 2021

Girls: Warmups 9:00 am Events: 9:50 am

Boys: Warmups 12:30 pm Events: 1:20 pm

Girls	Event	Boys
1	11-12 100 Freestyle	2
3	9-10 100 Freestyle	4
5	8 & Under 50 Freestyle	6
7	11-12 50 Butterfly	8
9	9-10 50 Butterfly	10
11	8 & Under 25 Butterfly	12
13	11-12 50 Backstroke	14
15	9-10 50 Backstroke	16
17	8 & Under 25 Backstroke	18
19	11-12 50 Breaststroke	20
21	9-10 50 Breaststroke	22
23	8 & Under 25 Breaststroke	24
25	11-12 50 Freestyle	26
27	9-10 50 Freestyle	28
29	8 & Under 25 Freestyle	30
31	11-12 100 Individual Medley	32
33	9-10 100 Individual Medley	34
35	8 & Under 100 Individual Medley	36