



# PM Spring Fever Championships

March 5-7, 2021

Sanction # PVI-21-175

VSI Sanction # VS-21-161DS



<b>MEET DIRECTOR</b> Bill Marlin 571-334-0987 <a href="mailto:Bill.Marlin@verizon.net">Bill.Marlin@verizon.net</a>	<b>MEET REFEREE</b> John Kost 571-226-7155 <a href="mailto:MarlinsOfficials@gmail.com">MarlinsOfficials@gmail.com</a>	<b>CLUB OFFICIALS CHAIR</b> John Kost 571-226-7155 <a href="mailto:MarlinsOfficials@gmail.com">MarlinsOfficials@gmail.com</a> <a href="#">Officials Signup</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-21-175</b> and Virginia Swimming <b>VS-21-161DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Potomac Marlins, Virginia Swimming Inc., and the PWCS Aquatic 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>PWCS Aquatics Center</b>          Colgan High School          13833 Dumfries Rd. Door #25          Manassas, VA 20112          (571) 374-6333</p> <ul style="list-style-type: none"> <li>8 lanes, 25 yards.</li> <li>Water depth ranges from 12.5' (Lane 1) to 7' (Lane 8) at both the start and turn ends.</li> <li>Seven lanes of continuous warm-up/cool down will be available during the meet Each lane will be limited to 3 swimmers.</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>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>February 23, 2021 by 5:00 p.m.</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>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Friday</b>          warm-up 3:50 - 4:50 p.m. / Events at 5:00 p.m.</p> <p style="text-align: center;"><b>Saturday</b>          13-14 warm-up 6:50-7:50 am / Events at 8:00 am          15&amp;Over warm-up 10:20-11:20 am / Events at 11:30 am          11-12 warm-up 1:40-2:20 pm / Events at 2:40 pm          10&amp;U warm-up 5:10-5:50 / Events at 6:00 p.m.</p> <p style="text-align: center;"><b>Sunday</b>          13-14 warm-up 6:50-7:50 am / Events at 8:00 am          15&amp;Over warm-up 10:00-11:00 am / Events at 11:10 am          11-12 warm-up 1:20-2:10 pm / Events at 2:20 pm          10&amp;U warm-up 4:20-5:00 / Events at 5:10 pm</p> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>

<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>● Open to all registered Potomac Valley Swimmers from Potomac Marlins, All Star Aquatics, Fairland Aquatics Swim Team, Fort Belvoir Swim Team, Moon Aquatics, Maryland Suburban Swim Club, Hydro-Sonic Tiburones, and York Swim Club. 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>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, VIRGINIA SWIMMING, INC., POTOMAC MARLINS, AND PWCS AQUATICS 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.</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 the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.</li> <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 Prince William County.</li> </ul>
<b>COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>● Athletes should arrive and depart in their suits. Locker rooms are currently closed but there is a hall bathroom that is open plus three family changing areas.</li> <li>● Athletes must shower prior to arrival at the pool. There is also an on-deck shower that can be used.</li> <li>● All attendees (athletes, coaches, officials, volunteers) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when warming up, cooling down, and competing.</li> <li>● All attendees (athletes, coaches, officials, volunteers) are required to fill out the health questionnaire no more than 8 hours before their arrival to the pool and turn it in before entering the facility. All attendees will submit to a temperature check before they are permitted in the facility.</li> <li>● Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the facility.</li> </ul>

- All attendees should maintain a minimum of ten (10) feet distance from all other participants whenever possible.
- 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, put it in their plastic bag, and place it on the chair behind their starting block. Swimmers will immediately put their masks back on at the completion of their swims before they leave the starting area.
- Staging for competition will be as follows. Traffic will move in a clockwise rotation:
  - Heat 1 will be at the blocks and will swim
  - Heat 2 will be under the mezzanine
  - Heat 3 will be on the side of the pool
- Swimmers must follow all directions as posted and adhere to all marshal 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. Most athletes will sit upstairs in the bleacher area with a few select seats on pool level. Seating areas have been marked to ensure social distancing.
- To access the pool deck from the bleachers, swimmers will go down the stairs on the opposite side of the stands from where they came up and then enter the pool deck through the door on the deep end (turning end) of the pool, underneath the bleachers.
- To return to the bleachers from the pool deck, swimmers will exit the starting area to their right (clockwise flow). Swimmers will exit the pool deck on the other side of the guard office, below the bleachers, from where they came in, turn left to go to the lobby and then go up the lobby stairs. This ensures one-way traffic flow. (see facility map). There will also be traffic flow signs posted.
- 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 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 Potomac Marlins Facebook page (<https://www.facebook.com/Potomac-Marlins-Swim-Team-116514645119255>).

**RULES**

- 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 USA Swimming Rules and Regulations, 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

	<p>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.</p> <ul style="list-style-type: none"> <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 and will be pre-seeded.</li> <li>● Friday events will be swum Fastest to Slowest. Saturday and Sunday will be swum slowest to fastest.</li> <li>● All swimmers must provide their own counter (if desired) for the 500 yd Freestyle events. Counters must be swimmers, coaches, or volunteers already present for the session.</li> <li>● All events will be swum by gender but if timelines become an issue they will be swum as mixed gender.</li> <li>● Athletes age 9 and Over may enter no more than three (3) events per session with a maximum of seven (7) events for the meet.</li> <li>● Swimmers may only participate in the sessions with their age group.</li> <li>● The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability and COVID-19 Considerations and COVID-19 Protocols.</li> <li>● The following events will be swum combined, fastest to slowest: <ul style="list-style-type: none"> <li>○ Girls 13&amp;14 and 15-18 500 Freestyle (Events 1&amp;3)</li> <li>○ Boys 13&amp;14 and 15-18 500 Freestyle (Events 2&amp;4)</li> <li>○ Girls 11-12 and 9-10 500 Freestyle (Events 5&amp;7)</li> <li>○ Boys 11-12 and 9-10 500 Freestyle (Events 6&amp;8)</li> <li>○ Girls 11-12, 13-14, and 15-18 400 IM (Events 9, 11, &amp;13)</li> <li>○ Boys 11-12, 13-14, and 15-18 400 IM (Events 10, 12, &amp;14)</li> <li>○ Girls 11-12 and 9-10 200 IM (Events 15&amp;17)</li> <li>○ Boys 11-12 and 9-10 200 IM (Events 16&amp;18)</li> </ul> </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.</li> <li>● The Meet Director may determine the structure of warm-up, including times/lane assignments.</li> <li>● No more than 3 swimmers will be permitted in each warm-up lane.</li> <li>● There will be two thirty (30) minute warm-up session for each session.</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 individual events will be pre-seeded.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>● There are no awards at this meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>● Programs will be available free of charge via Meet Mobile and will be posted to the Potomac Marlins website and emailed out to participating club's coaches.</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 always have proof of active USA Swimming membership with them at all times.</li> </ul>



# Spring Fever Championships

Friday, March 5, 2021

Warm-up 3:50-4:50 pm / Events 5:00 pm

Qualifying Time	Girls Event #	EVENT	Boys Event #	Qualifying Time
6:47.79	1	13-14 500 Free	2	6:26.59
6:11.99	3	15-18 500 Free	4	5:44.09
7:08.79	5	11-12 500 Free	6	6:57.29
8:25.39	7	9-10 500 Free	8	8:16.69
6:24.19	9	11-12 400 IM	10	6:13.09
6:03.59	11	13-14 400 IM	12	5:41.49
5:30.49	13	15-18 400 IM	14	5:03.69
3:00.19	15	11-12 200 IM	16	2:57.29
3:38.49	17	9-10 200 IM	18	3:35.49

# Spring Fever Championships

Saturday, March 6, 2021

## Warm-up 6:50-7:50 am / Events 8:00 am

Qualifying Time	Girls Event #	EVENT	Boys Event #	Qualifying Time
32.59	19	13-14 50 Free	20	29.89
2:46.79	21	13-14 200 Back	22	2:36.29
1:16.39	23	13-14 100 Fly	24	1:11.19
1:27.99	25	13-14 100 Breast	26	1:21.29
2:32.09	27	13-14 200 Free	28	2:22.99

## Warm-up 9:30-10:30 am / Events 10:40 am

Qualifying Time	Girls Event #	EVENT	Boys Event #	Qualifying Time
29.49	29	15-18 50 Free	30	26.39
2:31.39	31	15-18 200 Back	32	2:17.49
1:09.39	33	15-18 100 Fly	34	1:02.69
1:19.69	35	15-18 100 Breast	36	1:11.09
2:18.69	37	15-18 200 Free	38	2:06.79

## Warm-up 12:30-1:30 pm / Events 1:40 pm

Qualifying Time	Girls Event #	EVENT	Boys Event #	Qualifying Time
2:40.39	39	11-12 200 Free	40	2:34.59
38.09	41	11-12 50 Back	42	37.89
2:56.59	43	11-12 200 Back	44	2:51.99
1:24.39	45	11-12 100 Fly	46	1:22.89
42.99	47	11-12 50 Breast	48	42.89
3:20.89	49	11-12 200 Brest	50	3:14.09
33.59	51	11-12 50 Free	52	32.59

## Warm-up 3:45-4:25 pm / Events 4:30 pm

Qualifying Time	Girls Event #	EVENT	Boys Event #	Qualifying Time
3:18.99	53	9-10 200 Free	54	3:06.69
46.99	55	9-10 50 Back	56	47.49
1:53.99	57	9-10 100 Fly	58	1:51.39
53.19	59	9-10 50 Breast	60	52.09
38.89	61	9-10 50 Free	62	38.09

# Spring Fever Championships

Sunday, March 7, 2021

Warm-up 5:50-6:50 am / Events 7:00 a.m.

Qualifying Time	Girls Event #	EVENT	Boys Event #	Qualifying Time
2:48.99	63	13-14 200 Fly	64	2:38.19
2:49.79	65	13-14 200 IM	66	2:39.99
1:16.69	67	13-14 100 Back	68	1:11.49
1:10.59	69	13-14 100 Free	70	1:05.59
3:10.89	71	13-14 200 Breast	72	2:56.59

Warm-up 9:30-10:30 am / Events 10:40 am

Qualifying Time	Girls Event #	EVENT	Boys Event #	Qualifying Time
2:33.49	73	15-18 200 Fly	74	2:20.49
2:34.89	75	15-18 200 IM	76	2:20.89
1:09.39	77	15-18 100 Back	78	1:03.19
1:03.99	79	15-18 100 Free	80	57.89
2:52.79	81	15-18 200 Breast	82	2:36.19

Warm-up 12:30-1:30 pm / Events 1:40 pm

Qualifying Time	Girls Event #	EVENT	Boys Event #	Qualifying Time
36.49	83	11-12 50 Fly	84	37.09
2:59.99	85	11-12 200 Fly	86	2:53.19
1:24.09	87	11-12 100 IM	88	1:20.89
1:24.79	89	11-12 100 Back	90	1:22.19
1:13.59	91	11-12 100 Free	92	1:10.99
1:34.09	93	11-12 100 Breast	94	1:31.39

Warm-up 3:45-4:25 pm / Events 4:30 pm

Qualifying Time	Girls Event #	EVENT	Boys Event #	Qualifying Time
95	47.39	9-10 50 Fly	96	45.69
97	1:42.59	9-10 100 IM	98	1:38.79
99	1:41.99	9-10 100 Back	100	1:39.79
101	1:29.59	9-10 100 Free	102	1:27.79
103	1:58.09	9-10 100 Breast	104	1:53.39