



TANK LC Time Trials Qualifier

Sunday, March 7, 2021

Sanction # PVC-21-176



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Priya Aurora manager@sharktankracingsquad.com (703) 531-7781	Jan van Nimwegen jnimwegen@earthlink.net (571) 244-4588	Priya Aurora manager@sharktankracingsquad.com (703) 531-7781

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-21-176. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Shark Tank Racing Squad, 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	The St. James: Sports Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703) 239-6870
ENTRY DEADLINE	Friday, March 5, 2021, 12:00 p.m. 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	March 7, 2021 Warm-up: 3:00pm – 4:00pm Events Begin - 4:10pm
ELIGIBILITY	<ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. Open to all registered Potomac Valley Swimmers. 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, SHARK TANK RACING SQUAD, AND 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.
- 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

- Athletes should arrive and depart in their suits. Locker rooms 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, officials, volunteers, spectators) must wear a mask to enter the Complex and throughout the Complex, with the exception of athletes when competing or warming up/cooling down.
- All attendees (athletes, coaches, officials, volunteers) 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 and Conditions](#) no earlier than 12 hours before attending (specify STJ Swimming Rental as “Sport”). Per CDC guideline, 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.
- All attendees should maintain a minimum of ten (10) feet distance from all other participants whenever possible.
- This meet will be limited to no more than 40 swimmers.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- Swimmers will proceed down the stairs and across the pool deck to the splash park area. The splash park area will have seating for 40 swimmers. The splash park area will have individual chairs per swimmer and each chair will have a taped off area and ensure proper social distancing.
- 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.
- Swimmers must follow all directions as posted and adhere to all marshal directions.

	<ul style="list-style-type: none"> ● Swimmers will exit the splash park area using the doors closest to the women’s locker room. Swimmers will exit the pool deck from the door facing the starting blocks closest to the pool and return to the splash park area. ● All swimmers must remain in their designated area 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. ● 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. ● Spectators will NOT be permitted. Competition will be live streamed via Shark Tank Racing Squad Facebook page.
<p>RULES</p>	<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. ● 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. ● Dive-over starts will not be used. ● No deck entries will be accepted.
<p>EVENT RULES</p>	<ul style="list-style-type: none"> ● All events are timed finals. ● All events are open age, mixed gender. ● Swimmers may enter up to two (2) events. ● All athletes shall compete at the age attained on the first day of the meet. ● Swimmers must have equaled or bettered the applicable Qualifying Time listed. ● Entry times achieved prior to March 8, 2019, will not be permitted. ● Qualifying times must have been achieved in USA Swimming sanctioned, observed or approved meets. ● Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event will result in the swimmer being scratched from that event. ● Swimmers entered in the 800/1500 M Freestyle may designate one (1) counter if desired. The counter must be a swimmer, coach, or volunteer already on deck at 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. No more than 8 swimmers will be permitted in each warm up 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 events will be pre-seeded. After receiving entries, the meet director may rearrange the order and/or combine events to maximize the pool usage.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will be posted on Shark Tank's website on the evening of Saturday, March 6.
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, Jan van Nimwegen, jnimwegen@earthlink.net. Officials interested in volunteering should contact the Meet Referee. Walk-on officials cannot be accommodated. A comprehensive officials briefing will be held prior to the start of the meet.
TIMERS	<ul style="list-style-type: none"> One timer per lane. Each participating club will be responsible for providing its share of timers. Lane assignments will be made in advance.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director, Priya Aurora (manager@sharktankingquad.com). Include in the subject of the email, "TANK LC Time Trials Qualifier- ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. 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). 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	<p style="text-align: center;">Per Swimmer Surcharge: \$20.00 Individual Event Fee: \$10.00</p> <ul style="list-style-type: none"> Make checks payable to Shark Tank Racing Squad. Checks may be mailed to: 5428 Rilian Court 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.

TANK Olympic Qualifier Time Trials

Sunday, March 7, 2021

Women QT		EVENTS	Men QT	
SCY	LCM		LCM	SCY
23.35	26.29	50 Freestyle	24.10	20.89
50.55	57.99	100 Freestyle	52.38	45.55
1:47.99	2:04.99	200 Freestyle	1:54.29	1:38.99
4:51.99	4:25.99	400/500 Freestyle	4:07.99	4:29.99
10:35.99	9:18.99	800/1000 Freestyle	8:42.99	9:44.99
17:38.99	17:55.99	1500/1650 Freestyle	16:47.99	16:22.99
55.25	1:04.99	100 Back	57.99	49.29
1:58.99	2:19.99	200 Back	2:09.32	1:47.99
1:04.99	1:14.29	100 Breast	1:05.99	55.99
2:15.99	2:40.99	200 Breast	2:25.99	2:01.99
54.33	1:01.99	100 Fly	56.54	48.99
2:00.3	2:18.99	200 Fly	2:04.99	1:48.99
2:01.59	2:21.99	200 IM	2:07.99	1:47.99
4:21.79	5:02.99	400 IM	4:06.46	3:57.59

- Meet Director reserves the right to adjust times/sessions/event order after entries are received.
- The event order will be determined after entries are received.