



# FFFX LC Ocean Commotion

April 24 & 25, 2021

Sanction #PVI-21-182

VSI Sanction #



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>OFFICIALS CONTACT</b>
Matt Salerno <a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a>	Tim Husson <a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>	Tim Husson <a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a> <a href="#">Officials Signup</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-21-182</b> and Virginia Swimming: <b>VSI-21-XXX</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Fairfax Foxes Swimming, and the Claude Moore Recreation 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>Claude Moore Recreation Center</b> 46105 Loudoun Park Lane Sterling, VA 20164 (571) 258-3600</p> <ul style="list-style-type: none"> <li>The pool at Claude Moore is a 50m x 25yd pool with a moveable bulkhead. 10 lanes will be used for warm-ups. Competition will be held in 8 lanes, with 2 lanes available for continuous cool-down.</li> <li>Water depth of 12'6" at the starting end and 6'8" 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). A copy of such certificate is on file with USA Swimming. <i>Lanes are 51.8 meters long which is over USA Swimming's recommendation of 50.03m long max.</i></li> </ul>																																				
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Friday, April 9, 11:00 pm</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>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2"></th> <th style="text-align: center;">Warm-Ups</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="4"><b>Saturday, April 24, 2021</b></td> </tr> <tr> <td style="text-align: center;">Session 1</td> <td style="text-align: center;">Mixed 15 and Over</td> <td style="text-align: center;">8:00am – 8:25am</td> <td style="text-align: center;">8:30am</td> </tr> <tr> <td style="text-align: center;">Session 2</td> <td style="text-align: center;">Mixed 13 &amp; 14</td> <td style="text-align: center;">11:30am – 11:55am</td> <td style="text-align: center;">Noon</td> </tr> <tr> <td style="text-align: center;">Session 3</td> <td style="text-align: center;">Mixed 12 and Under</td> <td style="text-align: center;">3:00pm – 3:20pm</td> <td style="text-align: center;">3:25pm</td> </tr> <tr> <td colspan="4"><b>Sunday, April 25, 2021</b></td> </tr> <tr> <td style="text-align: center;">Session 4</td> <td style="text-align: center;">Mixed 15 and Over</td> <td style="text-align: center;">8:00am – 8:25am</td> <td style="text-align: center;">8:30am</td> </tr> <tr> <td style="text-align: center;">Session 5</td> <td style="text-align: center;">Mixed 13 &amp; 14</td> <td style="text-align: center;">11:30am – 11:55am</td> <td style="text-align: center;">Noon</td> </tr> <tr> <td style="text-align: center;">Session 6</td> <td style="text-align: center;">Mixed 12 and Under</td> <td style="text-align: center;">3:00pm – 3:20pm</td> <td style="text-align: center;">3:25pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>			Warm-Ups	Events	<b>Saturday, April 24, 2021</b>				Session 1	Mixed 15 and Over	8:00am – 8:25am	8:30am	Session 2	Mixed 13 & 14	11:30am – 11:55am	Noon	Session 3	Mixed 12 and Under	3:00pm – 3:20pm	3:25pm	<b>Sunday, April 25, 2021</b>				Session 4	Mixed 15 and Over	8:00am – 8:25am	8:30am	Session 5	Mixed 13 & 14	11:30am – 11:55am	Noon	Session 6	Mixed 12 and Under	3:00pm – 3:20pm	3:25pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to USA Swimming Registered Athletes from invited teams. 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>RULES</b>	<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 up, competition and cool down periods.</li> <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; Under 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>• 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.</li> <li>• Events will be pre-seeded.</li> <li>• Athletes will be notified of their individual sessions along with a heat and lane for warm-up.</li> <li>• All athletes may enter a maximum of seven <b>(7) individual events for the meet and up to four events on either Saturday or Sunday of competition.</b></li> <li>• All events are timed finals.</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 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., FAIRFAX FOXES SWIMMING, AND CLAUDE MOORE RECREATION 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</li> </ul>

	<p>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.</p> <ul style="list-style-type: none"> <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, Virginia Swimming, Inc., the Commonwealth of Virginia, and Loudoun County.</li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<ul style="list-style-type: none"> <li>• All attendees (athletes, coaches, officials, volunteers, spectators) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.</li> <li>• Athletes must arrive and depart in their suits. Locker room use must be minimized to emergency use only.</li> <li>• Spectators will not be permitted into the facility.</li> <li>• The meet will be live streamed on the Fairfax Foxes Facebook page. The link will be shared with participating families.</li> <li>• Before registering 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.</li> <li>• Each session will be limited to 100 swimmers plus 50 additional officials, volunteers, and coaches. Swimmers will be assigned to a seating area. Seating areas are marked to allow for social distancing.</li> <li>• Before entering the facility, all attendees (athletes, coaches, and volunteers) are required to be able to answer the following questions on an online <a href="#">Health Attestation</a> and will only be permitted entrance if answering appropriately and with no symptoms of COVID-19. These include: <ul style="list-style-type: none"> <li>○ Fever (temperature of 100.4°F or higher) or Chills</li> <li>○ Shortness of Breath or Difficulty Breathing</li> <li>○ Muscle or Body Aches</li> <li>○ New Loss of Taste or Smell</li> <li>○ Congestion or Runny Nose</li> <li>○ Nausea or Vomiting</li> <li>○ Cough or Fatigue</li> <li>○ Headache</li> <li>○ Sore Throat</li> </ul> </li> <li>• Entry for all attendees (athletes, volunteers, and coaches) will be through the side entrance.</li> <li>• A designated staff member, official, or volunteer will be in place to observe/marshal COVID-19 guidelines and report back to the coaches and officials on concerns or improvements.</li> <li>• Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines.</li> <li>• One-way traffic flow will be implemented. Swimmers will enter the pool deck from the start end of the pool. Stairwells will be one-way traffic only.</li> <li>• Each swimmer should bring a plastic zipper bag in which to place their mask when in the pool.</li> <li>• 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.</li> </ul>

	<ul style="list-style-type: none"> <li>• During competition, swimmers will wear their masks until they arrive at their lane and they will take them off and place them in a bag behind the starting block in their lane. Swimmers will immediately put their masks back on before they exit the deck.</li> <li>• For 50M events, a meet marshal, wearing protective gloves, will gather the bags containing the swimmers' masks and place them at the opposite end of the lane that the swimmer is competing in.</li> <li>• Swimmers must follow all directions as posted and adhere to all marshals' directions.</li> <li>• All swimmers must remain in their designated space while in their seating area and while waiting in Clerk of Course.</li> <li>• Swimmers may not enter another swimmer's "square" of seating.</li> <li>• Any swimmer, coach, official and/or designated volunteer not following meet protocols will be subject to immediate removal from the meet.</li> <li>• Contact information for all volunteers will be collected.</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> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• 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.</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>• No more than ten (10) swimmers per lane.</li> <li>• Two lanes of continuous cool-down will be available after a swimmer's race.</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> <li>• No spectators will be permitted in the facility. Swimmers and coaches may not bring personal chairs.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• 13 and older swimmers who complete one 400 yd event, one 200 yd event, one Individual Medley event, and one event of each of the four strokes will receive an Ocean Commotion key chain. 12 and Under swimmers who complete either a 200 yd event or a 400 yd event as well as one event of each the four strokes will receive a Ocean Commotion keychain.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Meet programs will be available on Meet Mobile.</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>• Officials will be identified in advance by Tim Husson (<a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>). Officials interested in volunteering should fill out the <a href="#">Officials Signup</a>.</li> <li>• Walk-on officials cannot be accommodated.</li> <li>• 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 via Zoom on the evening of Friday, April 23.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• One timer per lane.</li> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be emailed no later than Tuesday, April 20, 2021 and will also be emailed to the contact person of each team.</li> </ul>

<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to <a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a></li> <li>• Include in the subject of the email, "2021 FXFX Ocean Commotion ****" with the club's initials in place of the asterisks. If your club submits multiple entry files, please note as such in your entry.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• 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 (<a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a>).</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>	<p>Per Swimmer Surcharge: \$10.00                      Individual event fee: \$8.00</p> <ul style="list-style-type: none"> <li>• Make checks payable to Fairfax Foxes Swimming. Checks may be mailed to:  Fairfax Foxes Swimming  7932 Ellet Road  Springfield, VA 22151</li> <li>• Each club is requested to remit one check to cover the entry fees for the entire team.</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>

# FXFX LC Ocean Commotion

April 24 & 25, 2021

Sessions 1 & 4: Warm-up: 8:00am – 8:25am

Events: 8:30am

Sessions 2 & 5: Warm-up: 11:30 – 11:55pm

Events: 12:00pm

Sessions 3 & 6: Warm-up: 3:00pm – 3:20pm

Events: 3:25pm

## SATURDAY, APRIL 24, 2021

Session 1 – 15 and older		
Event #	AGE	EVENT
1	Mixed 15 & Over	100 Freestyle
2	Mixed 15 & Over	200 Breaststroke
3	Mixed 15 & Over	100 Backstroke
4	Mixed 15 & Over	200 Butterfly
5	Mixed 15 & Over	200 IM
6	Mixed 15 & Over	400 Freestyle
Session 2 – 13 and 14s		
Event #	AGE	EVENT
7	Mixed 13 and 14	100 Freestyle
8	Mixed 13 and 14	200 Breaststroke
9	Mixed 13 and 14	100 Backstroke
10	Mixed 13 and 14	200 Butterfly
11	Mixed 13 and 14	200 IM
12	Mixed 13 and 14	400 Freestyle
Session 3 – 12 and under		
Event #	AGE	EVENT
13	Mixed 12 & Under	50 Backstroke
14	Mixed 12 & Under	100 Freestyle
15	Mixed 12 & Under	100 Breaststroke
16	Mixed 12 & Under	50 Butterfly
17	Mixed 12 & Under	200 Freestyle

## SUNDAY, APRIL 25, 2021

Session 4 – 15 and older		
Event #	AGE	EVENT
18	Mixed 15 & Over	100 Butterfly
19	Mixed 15 & Over	200 Freestyle
20	Mixed 15 & Over	200 Backstroke
21	Mixed 15 & Over	100 Breaststroke
22	Mixed 15 & Over	50 Freestyle
23	Mixed 15 & Over	400 IM
Session 5 – 13 and 14s		
Event #	AGE	EVENT
24	Mixed 13 and 14	100 Butterfly
25	Mixed 13 and 14	200 Freestyle
26	Mixed 13 and 14	200 Backstroke
27	Mixed 13 and 14	100 Breaststroke
28	Mixed 13 and 14	50 Freestyle
29	Mixed 13 and 14	400 IM
Session 6 – 12 and under		
Event #	AGE	EVENT
30	Mixed 12 & Under	200 IM
31	Mixed 12 & Under	50 Breaststroke
32	Mixed 12 & Under	50 Freestyle
33	Mixed 12 & Under	100 Butterfly
34	Mixed 12 & Under	100 Backstroke
35	Mixed 12 & Under	400 Freestyle