



Chasing Waves Championships

April 16-18, 2021

9 & Over Meet

Sanction # PVD-21-187

VS-21

Hosted by:



MEET DIRECTOR Karyn McCannon (716) 868-6611 kmccannon@nationscapitalswimming.com	MEET REFEREE Rich McMillen padre1993@gmail.com	CLUB OFFICIALS CHAIR Karyn McCannon kmccannon@nationscapitalswimming.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVD-21-187 and Virginia Swimming: VS-21 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swimming Inc, and Freedom Center Aquatic & Fitness 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. 																					
FACILITY	<p style="text-align: center;">Freedom Center Aquatic & Fitness Center 9100 Freedom Center Blvd. Manassas, VA 20110 (703) 993-8444</p> <ul style="list-style-type: none"> The pool at Freedom Center is a 50m x 25yd pool with a movable bulkhead. Competition will be held in 10 lanes, 25 yards, running from wall to bulkhead at the western end of the pool. 10 lanes will be available for continuous cool-down. Water depth of 13'6" at the starting end and 6' at the turning end of the competition course. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 																					
ENTRY DEADLINE	<p style="text-align: center;">Friday April 9, 2021 at 12:00pm (noon)</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 style="text-align: center;">Friday, April 16th, 2021</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Ages</th> <th>Warm Up</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>9-10 Years Old</td> <td>9:30- 10:25 AM</td> <td>10:30 AM</td> </tr> <tr> <td>11 & Over</td> <td>12:50- 1:50 PM</td> <td>1:55 PM</td> </tr> </tbody> </table> <p style="text-align: center;">Saturday, April 17th & Sunday April 18th, 2021</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Ages</th> <th>Warm Up</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>15- 18 Years Old</td> <td>6:30- 7:30 AM</td> <td>7:40 AM</td> </tr> <tr> <td>13-14 Years Old</td> <td>9:50- 10:50 AM</td> <td>10:55 AM</td> </tr> <tr> <td>11-12 Years Old</td> <td>1:10- 2:10 PM</td> <td>2:15 PM</td> </tr> </tbody> </table> <p>** NOTE: WE ANTICIPATE HAVING TO SEPARATE AT LEAST ONE OF THESE SESSIONS TO MAKE ROOM FOR ALL SWIMMERS ONCE ENTRIES ARE RECEIVED.</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Ages	Warm Up	Events	9-10 Years Old	9:30- 10:25 AM	10:30 AM	11 & Over	12:50- 1:50 PM	1:55 PM	Ages	Warm Up	Events	15- 18 Years Old	6:30- 7:30 AM	7:40 AM	13-14 Years Old	9:50- 10:50 AM	10:55 AM	11-12 Years Old	1:10- 2:10 PM	2:15 PM
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ELIGIBILITY	<ul style="list-style-type: none"> Open to USA Swimming registered swimmers from NATION'S CAPITAL SWIM CLUB & MACHINE AQUATICS. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an 																					

	<p>athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302.</p> <ul style="list-style-type: none"> • Swimmers must have a slower verifiable time than the SCY qualifying times listed. • Qualifying times must have been achieved on or after March 1, 2019. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets. • Entries with a “No Time” (NT) will not be accepted. Swimmers must have a verifiable time for any event entered that is “No Faster Than” (NFT) the posted time in the event. • 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. • Only open to swimmers who did not compete in the PVS Championship Meet Series regardless of events.
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.
INCLEMENT WEATHER	<ul style="list-style-type: none"> • In the event of inclement weather, the Meet Director and Meet Referee will work with the facility manager to make any necessary changes. Any necessary changes will be communicated via email.
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, VIRGINIA SWIMMING, INC., NATION’S CAPITAL SWIMMING, INC., AND FREEDOM CENTER AQUATIC & FITNESS 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. • 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, Virginia Swimming, Inc., the Commonwealth of Virginia, and Prince William County.

**COVID-19
PROTOCOLS**

- 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 the pool.
- All attendees should bring a filled, reusable water bottle to the meet.
- All attendees (athletes, coaches, volunteers, officials, etc.) 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. Masks must be affixed to the face without hands and must cover nose and mouth.
- **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.**
- All attendees will be required to complete and submit a health attestation prior to entering the facility. Health Attestation should be completed no more than four hours prior to entering the facility.
 - Athletes should complete the same check in as daily practices, and will be confirmed by coaches
 - [Coach, Official, Timer, and Volunteer Health Attestation](#)
- All attendees (athletes, coaches, officials, and volunteers) will enter and exit the facility via the patio entrances that lead directly to the pool deck. Athletes will enter using the second patio door (Entrance B). Coaches, officials, and volunteers will enter using the first patio door (Entrance A). Refer to map in the Supplemental Document for additional details. Athletes will proceed directly to their assigned area.
- Confirmation of completion of the health attestation and a touchless temperature check will be conducted for all attendees prior to facility entry. Anyone answering “Yes” to any of the health attestation questions or with a temperature over 100.4 will not be admitted to the facility.
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- Face masks should remain dry; therefore, all athletes should bring multiple masks.
- Each athlete should bring a small, plastic zipper bag (Ziploc or similar), clearly labeled with the athlete’s name, to place each mask in while the athlete is in the water. Bags containing masks will be placed on chairs behind starting blocks during competition and warm-ups for swimmers in the competition course. Bags containing masks will be placed in boxes on the wall for swimmers in the cool-down pool.
- All attendees shall maintain a minimum of six (6) feet distance from all other participants whenever possible.
- Each session will be limited to no more than 120 swimmers.
- The number of coaches allowed per team will be limited based on entries. The limit of total number of coaches will be determined after entries are received.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- Swimmers must follow all directions as posted and adhere to all marshal directions. Any attendee failing or refusing to comply with any protocols will be prohibited from entering the facility and/or asked to leave the facility.
- Two heats will be staged along the pool deck on the scoreboard side of the pool.
- All swimmers must remain in their designated area until they are called for their event and they must return to their area immediately following cooling down after their event.
- Swimmers may not enter another swimmer’s “square” of seating.

	<ul style="list-style-type: none"> Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet. Limited hospitality may be offered for coaches and officials. 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. Athletes will use the family locker rooms for restroom purposes. Coaches, volunteers, and officials will use the hallway restrooms. One-way traffic flow will be implemented on the pool deck. Refer to map for additional details. No spectators will be permitted. Competition will be live-streamed on the NCAP Livestreams Facebook Page.
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. Effective September 1, 2020, Technical Suits may not be worn by any 12&Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet. 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. No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> All events are TIMED FINALS. Breaks will be taken every 3 events to present the event winners. Swimmers in 11 & Over sessions may enter up to two (2) events per day and no more than five (5) events for the meet. Swimmers in the 9-10 session may enter up to three (3) events on Friday.
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. Warm Up will be assigned per group to ensure no more than 5 swimmers per lane for warm-up.
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.

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"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. Officials will be identified in advance and coordinated by the Meet Referee, Rich McMillen, padre1993@gmail.com Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. An officials meeting will be held Thursday, April 15th, 2021 via Zoom. Walk-on officials cannot be accommodated. 				
TIMERS	<ul style="list-style-type: none"> We will have one (1) volunteer parent timer per lane. There will be (2) head timers. All timers are required to wear masks while timing. 				
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries for this meet will be submitted through Machine & NCAP Entry Procedure system. All hy-tek entry files should be sent to Karyn McCannon, kmccannon@nationscapitalswimming.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	<table data-bbox="505 995 974 1062"> <tr> <td>Per Swimmer Surcharge:</td> <td>\$15.00</td> </tr> <tr> <td>Individual event fee:</td> <td>\$15.00</td> </tr> </table> <ul style="list-style-type: none"> Make checks payable to NCAP. Checks can be mailed to: 8101 Wolftrap Rd Vienna VA 22182 	Per Swimmer Surcharge:	\$15.00	Individual event fee:	\$15.00
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FRIDAY SESSION TIMES

Ages	Warm Up	Events
9-10 Timed Finals	9:30- 10:25 AM	10:30 AM
11 & Over Timed Finals	12:40- 1:40 PM	1:45 PM

9-10 SESSION - TIMED FINALS

Women	NFT	EVENT	NFT	Men
1	1:30.38	100 FLY	1:30.38	2
3	32.68	50 FREE	32.58	4
5	1:22.48	100 BACK	1:22.48	6
7	43.08	50 BREAST	43.58	8
9	1:22.08	100 IM	1:21.78	10
11	37.08	50 FLY	37.38	12
13	1:12.28	100 FREE	1:11.28	14
15	38.28	50 BACK	38.48	16
17	1:33.98	100 BREAST	1:33.98	18

11 & OVER SESSION - TIMED FINALS

Women	NFT-11 YR	NFT-12 YR	NFT	EVENT	NFT	NFT-11 YR	NFT-12 YR	MEN
19 & 19A	2:33.38	2:31.38		11-12 200 BACK		2:34.68	2:32.68	20 & 20A
Women	NFT-13 YR	NFT-14 YR	NFT	EVENT	NFT	NFT-13 YR	NFT-14 YR	MEN
21 & 21A	2:19.98	2:17.98		13-14 200 BACK		2:13.98	2:11.98	22 & 22A
Women			NFT	EVENT	NFT			MEN
23			2:17.98	15-18 200 BACK	2:08.98			24
Women	NFT-11 YR	NFT-12 YR	NFT	EVENT	NFT	NFT-11 YR	NFT-12 YR	MEN
25 & 25A	1:12.18	1:11.18		11-12 200 FLY		1:12.28	1:11.28	26 & 26A
Women			NFT	EVENT	NFT			MEN
27			2:26.98	15-18 200 FLY	2:12.08			28
Women	NFT-13 YR	NFT-14 YR	NFT	EVENT	NFT	NFT-13 YR	NFT-14 YR	MEN
29 & 29A	2:29.98	2:27.98		13-14 200 FLY		2:19.98	2:17.98	30 & 30A

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April 16-18, 2021

SATURDAY SESSION TIMES

Ages	Warm Up	Events
15- 18 Years Old	6:30- 7:30 AM	7:40 AM
13-14 Years Old	9:50- 10:50 AM	10:55 AM
11-12 Years Old	1:10- 2:10 PM	2:15 PM

15-18 SESSION - SATURDAY

Women	NFT	EVENT	NFT	Men
51	2:17.98	15-18 200 IM	2:06.28	52
53	56.48	15-18 100 FREE	50.88	54
55	1:03.58	15-18 100 BACK	58.58	56
57	2:38.38	15-18 200 BREAST	2:25.98	58

13-14 SESSION - SATURDAY

Women	NFT-13YR	NFT-14 YR	EVENT	NFT-13 YR	NFT-14 YR	MEN
43 & 43A	2:21.98	2:19.98	13-14 200 IM	2:14.48	2:12.48	44 & 44A
45 & 45A	58.58	57.58	13-14 100 FREE	54.98	53.98	46 & 46A
47 & 47A	1:05.98	1:04.98	13-14 100 BACK	1:03.18	1:02.18	48 & 48A
49 & 49A	2:41.98	2:39.98	13-14 200 BREAST	2:33.39	2:31.39	50 & 50A

11-12 SESSION - SATURDAY

Women	NFT-11 YR	NFT-12 YR	EVENT	NFT-11 YR	NFT-12 YR	MEN
31 & 31A	2:35.18	2:33.18	11-12 200 IM	2:35.38	2:33.38	32 & 32A
33 & 33A	1:02.38	101.38	11-12 100 FREE	103.38	1:02.38	34 & 34A
35 & 35A	31.68	31.18	11-12 50 FLY	32.48	31.98	36 & 36A
37 & 37A	2:56.08	2:54.08	11-12 200 BREAST	2:55.68	2:53.68	38 & 38A
39 & 39A	38.08	37.58	11-12 50 BREAST	38.08	37.58	40 & 40A
41 & 41A	1:12.18	1:11.18	11-12 100 IM	1:12.28	1:11.28	42 & 42A

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SUNDAY SESSION TIMES

Ages	Warm Up	Events
15- 18 Years Old	6:30- 7:30 AM	7:40 AM
13-14 Years Old	9:50- 10:50 AM	10:55 AM
11-12 Years Old	1:10- 2:10 PM	2:15 PM

15-18 SESSION - SUNDAY

Women	NFT	EVENT	NFT	Mens
79	2:01.98	15-18 200 FREE	1:52.38	80
81	1:14.38	15-18 100 BREAST	1:07.28	82
83	26.18	15-18 50 FREE	23.58	84
85	1:03.48	15-18 100 FLY	57.68	86

13-14 SESSION - SUNDAY

Women	NFT-13YR	NFT-14 YR	EVENT	NFT-13 YR	NFT-14 YR	MEN
71 & 71A	2:05.98	2:03.98	13-14 200 FREE	1:58.98	1:56.98	72 & 72A
73 & 73A	1:15.48	1:14.48	13-14 100 BREAST	1:10.78	1:09.78	74 & 74A
75 & 75A	26.78	26.28	13-14 50 FREE	25.48	24.98	76 & 76A
77 & 77A	1:05.58	1:04.58	13-14 100 FLY	1:01.98	1:00.98	78 & 78A

11-12 YEAR OLD - SUNDAY

Women	NFT-11 YR	NFT-12 YR	EVENT	NFT-11 YR	NFT-12 YR	MEN
59 & 59A	2:17.98	2:15.98	11-12 200 FREE	2:16.98	2:14.98	60 & 60A
61 & 61A	1:11.98	1:10.98	11-12 100 BACK	1:11.98	1:10.98	62 & 62A
63 & 63A	28.88	28.38	11-12 50 FREE	28.88	28.38	64 & 64A
65 & 65A	1:12.98	1:11.98	11-12 100 FLY	1:13.28	1:12.28	66 & 66A
67 & 67A	33.38	32.88	11-12 50 BACK	33.58	33.08	68 & 68A
69 & 69A	1:22.18	1:21.18	11-12 100 BREAST	1:22.58	1:21.58	70 & 70A