



# 2021 NCAP Bronze Bonzai

April 23-25, 2021

Sanction # PVQ-21-188



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Karyn McCannon (716) 868-6611 <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>	Ellen Colket <a href="mailto:eacolket@gmail.com">eacolket@gmail.com</a>	Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVQ-21-188</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swimming, Inc., and Lakewood Country Club 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>Lakewood Country Club</b> 13901 Glen Mill Rd Rockville, MD 20850</p> <ul style="list-style-type: none"> <li>8 lanes, 25 meters</li> <li>Water depth range of 4.5' at the starting end and 3.5' at the turning end.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Tuesday April 13, 2021 at 5:00pm</b></p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, sites usually set an earlier deadline to receive entries from their swimmers. Check with your coach for this information.</p>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Friday Distance</b> 3:00pm Warmup, Events at 4:00pm</p> <p style="text-align: center;"><b>Saturday and Sunday</b></p> <p style="text-align: center;"><b>11-13 Session</b> 7:00am Warmup, Events at 8:00am <b>9-10 Session</b> 10:30am Warmup, Events at 11:30am <b>13-15 Session</b> 2:00pm Warmup, Events at 3:00pm</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 invited registered athletes with Nation's Capital Swimming at specific training sites. 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 &amp; 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> <li>For 25 meter events, manual timing will be used.</li> </ul>

<p><b>COVID-19 CONSIDERATIONS</b></p>	<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, NATION’S CAPITAL SWIMMING, INC., AND LAKEWOOD COUNTRY CLUB 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 State of Maryland, and Montgomery County.</li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<ul style="list-style-type: none"> <li>• Athletes must arrive and depart in their suits. Locker room use will be for emergency use only.</li> <li>• All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks, with the exception of athletes when warming up, cooling down, and competing.</li> <li>• All non-athlete attendees (coaches, volunteers, officials, etc.) will be required to complete and submit a <a href="#">health attestation</a> and temperature check prior to entering the facility.</li> <li>• Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the Complex.</li> <li>• Athletes must complete the NCAP team check in, as used for practices. Athletes that have not completed this in advance will not be allowed to participate; there will be no on-site athlete check in by coaches.</li> <li>• Health Screening will be pursuant to the NCAP Standard Operating Procedures Maryland version 6, dated December 18, 2020.</li> <li>• Each session will be limited to no more than 80 swimmers.</li> <li>• Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.</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> <li>• 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 start area.</li> </ul>

	<ul style="list-style-type: none"> <li>• Swimmers must follow all directions as posted and adhere to all marshal directions.</li> <li>• Swimmers will be seated in the grass area in marked areas to ensure 6' spacing between athletes. They will be escorted around the deck in a one way, counterclockwise direction, to the clerk of course area, to the starting area, and then back to their seating areas. Volunteers will ensure one-way traffic on the stairwell at all times.</li> <li>• 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.</li> <li>• All swimmers must remain in their designated area for their group (separated by training location) until they are called for their event and they must return to their area immediately following their event.</li> <li>• Swimmers may not enter another swimmer's "square" of seating.</li> <li>• Any swimmer not following the meet protocols will be subject to immediate removal from the meet.</li> <li>• Swimmers must wear DRY MASKS so swimmers are required to bring multiple masks for the day.</li> <li>• All coaches, officials, and volunteers must bring their own water bottle and snacks. Hospitality is not permitted per the facility.</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> <li>• No spectators will be permitted. Competition will be live-streamed via the <a href="#">NCAP Livestreams Facebook Page</a>.</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; 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.</li> <li>• Friday 500 Freestyle will be swum mixed gender, by age group, fast to slow. Counters will be assigned from athletes already in the session.</li> <li>• All events on Saturday and Sunday will swim mixed gender, slow to fast.</li> <li>• Athletes may enter a maximum of 9 events- 1 on Friday, 4 on Saturday, and 4 on Sunday</li> </ul>

<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</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>No more than six (6) swimmers per lane.</li> <li>The meet director will work with coaches on assigned warm ups.</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 events will be pre-seeded.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>As this is an intrasquad meet, we will not be scoring events.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Awards will be given for athletes places 1-8 in each age group category.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will be available for free on Meet Mobile and will be emailed out in advance.</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 and coordinated by the Meet Referee, Ellen Colket. Officials interested in volunteering should contact her directly at <a href="mailto:eacolket@gmail.com">eacolket@gmail.com</a>.</li> <li>Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. Certified officials working this meet will need to wear a mask for the duration of the meet. A comprehensive official's briefing will be conducted the night prior to the meet via Zoom.</li> <li>Walk-on officials cannot be accommodated.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>One timer per lane. Each participating site will be responsible for providing its share of timers. Lane assignments will be made in advance.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the Meet Director.</li> <li>Include in the subject of the email, "2021 Bronze Bonzai - *****" with the site name in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email.</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.</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 style="text-align: center;">Per Swimmer Surcharge: \$10.00                      Individual event fee: \$10.00</p> <ul style="list-style-type: none"> <li>All entry fees will be collected through the NCAP meet entry system.</li> </ul>

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Friday, April 23

Warm up 3:00pm, Events 4:00pm

## Session 1

Event #	Event
1	Mixed 13-15 500 Freestyle
2	Mixed 11-12 500 Freestyle
3	Mixed 10&under 500 Freestyle

Saturday, April 24

Session 2: 11-13 Warm up 7:00am Events 8:00am

Session 4: 13-15 Warm up 2:00pm Events 3:00pm

11-13 Event #	Event	13-15 Event #
4	Mixed 200 Butterfly	18
5	Mixed 100 Backstroke	19
6	Mixed 50 Butterfly	20
7	Mixed 100 Freestyle	21
8	Mixed 50 Breaststroke	22
9	Mixed 100 IM	23
10	Mixed 200 Breaststroke	24

11-13 Events are designated for HA Bronze Athletes

Athletes at other training sites that are 13 should pick the 13-15 age events

Session 3: 10&Under Warm up 10:30am Events 11:30am

Event #	Event
11	Mixed 8&Under 25 Butterfly
12	Mixed 10&Under 100 Backstroke
13	Mixed 10&Under 50 Breaststroke
14	Mixed 10&Under 100 Freestyle
15	Mixed 8&Under 25 Freestyle
16	Mixed 10&Under 50 Butterfly
17	Mixed 10&Under 100 IM

# 2021 NCAP Bronze Bonzai

April 23-25, 2021

Sunday, April 25

Session 5: 11-13 Warm up 7:00am Events 8:00am

Session 7: 13-15 Warm up 2:00pm Events 3:00pm

11-13 Event #	Event	13-15 Event #
25	Mixed 100 Butterfly	40
26	Mixed 200 Freestyle	41
27	Mixed 50 Backstroke	42
28	Mixed 200 IM	43
29	Mixed 100 Breaststroke	44
30	Mixed 50 Freestyle	45
31	Mixed 200 Backstroke	46

11-13 Events are designated for HA Bronze Athletes

Athletes at other training sites that are 13 should pick the 13-15 age events

Session 6: 10&Under Warm up 10:30am Events 11:30am

Event #	Event
32	Mixed 10&Under 100 Butterfly
33	Mixed 10&Under 200 Freestyle
34	Mixed 8&Under 25 Backstroke
35	Mixed 10&Under 50 Backstroke
36	Mixed 10&Under 200 IM
37	Mixed 8&Under 25 Breaststroke
38	Mixed 10&Under 100 Breaststroke
39	Mixed 10&Under 50 Freestyle