



# 2021 SNOW Long Course Spring Classic

Hosted by:



May 7-9, 2021

Sanction # PVI-21-192

VSI Sanction # VS-21-183DS

<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
<p>Angela Davis  <a href="mailto:Snowswimming.entries@gmail.com">Snowswimming.entries@gmail.com</a>            (571) 888-1157</p>	<p>Tim Husson  <a href="mailto:Tim.husson@gmail.com">Tim.husson@gmail.com</a></p>	<p>Eric Ramey  <a href="mailto:Rameyeric20105@gmail.com">Rameyeric20105@gmail.com</a>            (571) 449-1956  <a href="#">Officials Signup</a></p>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-21-192</b> and Virginia Swimming, Inc.: <b>VSI-21-183DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., SNOW Swimming, and Dulles South 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>Dulles South Recreation Center</b>  <b>24950 Riding Center Drive</b>  <b>South Riding, VA 20152</b>  <b>(571) 258-3456</b></p> <ul style="list-style-type: none"> <li>The pool at Dulles South is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in ten (10) lanes, 50 meters, running from wall to bulkhead at the southern end of the pool.</li> <li>No continuous warm-up/cool-down will be available during the meet, but breaks will be scheduled during each session and the competition course will be available for warm-up/cool-down at that time.</li> <li>Water depth of 12'6" at the starting end and 4'3" 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.</li> </ul>																																													
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Tuesday, April 27, 2021, 5:00pm</b></p> <ul style="list-style-type: none"> <li><b>IMPORTANT:</b> 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.</li> </ul>																																													
<b>SCHEDULE</b>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm-up</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td><b>Friday - Distance</b></td> <td style="text-align: center;"><b>4:30 – 5:20pm</b></td> <td style="text-align: center;"><b>5:30pm</b></td> </tr> <tr> <td><b>Saturday</b></td> <td></td> <td></td> </tr> <tr> <td style="padding-left: 20px;"><b>Girls 13-14</b></td> <td style="text-align: center;">7:30 – 8:00am</td> <td style="text-align: center;">8:10am</td> </tr> <tr> <td style="padding-left: 20px;"><b>Girls 11-12 and Mixed 8-10</b></td> <td style="text-align: center;">9:50 – 10:20am</td> <td style="text-align: center;">10:30am</td> </tr> <tr> <td style="padding-left: 20px;"><b>Boys 11-14</b></td> <td style="text-align: center;">12:00 – 12:30pm</td> <td style="text-align: center;">12:40pm</td> </tr> <tr> <td style="padding-left: 20px;"><b>Girls 15 &amp; Over</b></td> <td style="text-align: center;">2:25 – 3:05pm</td> <td style="text-align: center;">3:15pm</td> </tr> <tr> <td style="padding-left: 20px;"><b>Boys 15 &amp; Over</b></td> <td style="text-align: center;">4:55 – 5:35pm</td> <td style="text-align: center;">5:45pm</td> </tr> <tr> <td><b>Sunday</b></td> <td></td> <td></td> </tr> <tr> <td style="padding-left: 20px;"><b>Girls 13-14</b></td> <td style="text-align: center;">7:30 – 8:00am</td> <td style="text-align: center;">8:10am</td> </tr> <tr> <td style="padding-left: 20px;"><b>Girls 11-12 and Mixed 8-10</b></td> <td style="text-align: center;">9:50 – 10:20am</td> <td style="text-align: center;">10:30am</td> </tr> <tr> <td style="padding-left: 20px;"><b>Boys 11-14</b></td> <td style="text-align: center;">12:00 – 12:30pm</td> <td style="text-align: center;">12:40pm</td> </tr> <tr> <td style="padding-left: 20px;"><b>Girls 15&amp;Over</b></td> <td style="text-align: center;">2:15 – 2:55pm</td> <td style="text-align: center;">3:05pm</td> </tr> <tr> <td style="padding-left: 20px;"><b>Boys 15&amp;Over</b></td> <td style="text-align: center;">4:45 – 5:25pm</td> <td style="text-align: center;">5:35pm</td> </tr> <tr> <td style="padding-left: 20px;"><b>Distance</b></td> <td style="text-align: center;">7:00 – 7:30pm</td> <td style="text-align: center;">7:40pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>The Meet Director reserves the right to adjust times/sessions and combine sessions after entries are received.</li> </ul>		Warm-up	Events	<b>Friday - Distance</b>	<b>4:30 – 5:20pm</b>	<b>5:30pm</b>	<b>Saturday</b>			<b>Girls 13-14</b>	7:30 – 8:00am	8:10am	<b>Girls 11-12 and Mixed 8-10</b>	9:50 – 10:20am	10:30am	<b>Boys 11-14</b>	12:00 – 12:30pm	12:40pm	<b>Girls 15 &amp; Over</b>	2:25 – 3:05pm	3:15pm	<b>Boys 15 &amp; Over</b>	4:55 – 5:35pm	5:45pm	<b>Sunday</b>			<b>Girls 13-14</b>	7:30 – 8:00am	8:10am	<b>Girls 11-12 and Mixed 8-10</b>	9:50 – 10:20am	10:30am	<b>Boys 11-14</b>	12:00 – 12:30pm	12:40pm	<b>Girls 15&amp;Over</b>	2:15 – 2:55pm	3:05pm	<b>Boys 15&amp;Over</b>	4:45 – 5:25pm	5:35pm	<b>Distance</b>	7:00 – 7:30pm	7:40pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to invited USA Swimming athletes from invited teams.</li> <li>• 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> <li>• All athletes shall compete at the age attained on the first day of the meet.</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., SNOW SWIMMING, AND THE DULLES SOUTH 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 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, Virginia Swimming, Inc., the Commonwealth of Virginia, and Loudoun County.</li> </ul>
<b>COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>• Athletes must arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed.</li> <li>• Coaches, officials, and volunteers will use the family locker rooms for restroom purposes.</li> <li>• Athletes must shower prior to arrival at the pool.</li> <li>• All attendees should bring a filled, reusable (non-glass) water bottle to the meet.</li> <li>• All attendees will enter the facility from the main entrance. All attendees will proceed past the front desk, around the fitness area, turn left down the hallway to the aquatics area, and left at the end of the hallway to the pool. Swimmers will turn left onto the pool deck and proceed to their assigned area. All attendees will exit the facility through the gym. See attached map.</li> <li>• Each session will be limited to 100 swimmers.</li> <li>• All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks to enter the facility</li> </ul>

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.

- All attendees will be required to complete and submit a health attestation prior to entering the facility. Attestation must be completed no more than four (4) hours before arrival at the facility.
  - [Athlete Health Attestation](#)
  - [Official, Volunteer, Coach Health Attestation](#)
- 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 the starting blocks during competition and warm-up/cool-down. Bags containing masks may also be placed in boxes on the wall for during warm-up and cool-down.
- All attendees shall maintain a minimum of six (6) feet distance from all other participants whenever possible.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- One-way traffic flow will be implemented. Swimmers will enter the bleachers from the stairs at the shallow end of the pool and exit the bleachers from the stairs at the deep end (start end) of the pool. At the completion of their races, swimmers will walk around the pool, along the scoreboard side wall, to return to their assigned areas.
- Swimmers must follow all directions as posted and adhere to all marshal directions. Any attendee failing or refusing to comply with any of these protocols will be prohibited from entering the facility and/or asked to leave the facility.
- 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 and after cooling down.
- Swimmers may not enter another swimmer's "square" of seating.
- 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 or shown symptoms after attending the meet.
- No spectators will be permitted. Competition will be live streamed on the [SNOW Facebook Page](#).

**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, restrooms, 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,

	<p>officials and/or spectators are present.</p> <ul style="list-style-type: none"> <li>• Dive-over starts will not be used at this meet.</li> <li>• No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• <b>Swimmers may enter a maximum of eight (8) individual events. Swimmers may enter no more than two (2) events on Friday and no more than three (3) events on Saturday and Sunday.</b></li> <li>• All events are timed finals.</li> <li>• Entries in the 400/800/1500 Freestyle and 400 IM may be limited due to time constraints. If necessary, this will be done based on the verifiable proof of time. To the extent possible, any swimmer removed from an event due to time constraints will be provided the opportunity to enter another event, so long as it does not create a new heat and does not violate any applicable entry limits or facility-related capacity restrictions.</li> <li>• All swimmers must provide their own timers and counters (if desired) for the 800 M and 1500 M Freestyle events. Timers and counters must be swimmers, coaches, or volunteers already present for the session.</li> <li>• Entries must be submitted as LCM times. Time conversions are permitted. Entries with no time (NT) will be accepted.</li> <li>• No late entries will be accepted.</li> </ul>
<b>POSITIVE CHECK-IN</b>	<ul style="list-style-type: none"> <li>• All events in the Friday Distance session and the 1500 M Freestyle are positive check-in events. Swimmers who do not check-in by the deadline will not be seeded into those events.</li> <li>• Swimmers must complete the <a href="#">2021 SNOW Long Course Spring Classic Positive Check-In</a> to check-in for those events.</li> <li>• The check-in deadline for the Friday Distance events is Thursday, May 6, 2021, 6:00pm.</li> <li>• The check-in deadline for the 1500 M Freestyle is Saturday, May 8, 2021, 6:00pm.</li> <li>• All other 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>• The Meet Director will determine the structure of warm-up, including times/lane assignments.</li> <li>• No more than ten (10) swimmers will be permitted in each warm-up lane.</li> <li>• No continuous warm-up/cool-down will be available during the meet, but breaks will be scheduled during each session and the competition course will be available for warm-up/cool-down at that time.</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 personal chairs will be allowed on deck.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events will be swum slow-to-fast EXCEPT for the 1500 M Freestyle, which will be swum fast-to-slow.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• The meet will not be scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• There will be no individual or team awards.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Meet programs and results will be available on Meet Mobile and posted to the <a href="#">SNOW Website</a>.</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 or in the facility before, during, or after the meet.</li> <li>• Only athletes, USA Swimming certified coaches, deck officials and volunteers will be permitted on 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.</li> <li>• Officials wishing to volunteer should complete the <a href="#">2021 SNOW LC Spring Classic Officials' Sign-Up</a>.</li> </ul>

	<ul style="list-style-type: none"> <li>• Apprentice officials cannot be accommodated.</li> <li>• Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. Officials working this meet will need to wear a mask for the duration of the meet.</li> <li>• A comprehensive official's briefing will be conducted prior to the meet via Zoom. The Meet Referee will provide meeting details to all officials.</li> <li>• Walk-on officials cannot be accommodated.</li> </ul>									
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• One (1) timer per lane.</li> <li>• Each club will be required to provide timers in proportion to the number of entries. The Meet Director will assign timer requirements to each club after entries have been received. The Meet Director will notify clubs of their timer requirements by email.</li> <li>• Lane assignments will be made in advance.</li> <li>• All timers must wear masks at all times.</li> <li>• A comprehensive timers' briefing will be conducted via Zoom (or other web platform) at 7:00pm on Wednesday, May 5, 2021. Meeting information will be provided by the Meet Director.</li> </ul>									
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director, <a href="mailto:snowswimming.entries@gmail.com">snowswimming.entries@gmail.com</a></li> <li>• Include in the subject of the email, "2021 SNOW LC SPRING CLASSIC - ****" 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.</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 per occurrence by PVS and no further entries will be accepted from that club until the said fine is paid.</li> </ul>									
<b>ENTRY FEES</b>	<table style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding-right: 20px;">Facility surcharge:</td> <td style="text-align: right;">\$10.00</td> </tr> <tr> <td style="padding-right: 20px;">Per swimmer surcharge:</td> <td style="text-align: right;">\$2.50</td> </tr> <tr> <td style="padding-right: 20px;">Individual event fee:</td> <td style="text-align: right;">\$14.00</td> </tr> </table> <ul style="list-style-type: none"> <li>• Make checks payable to <b>SNOW Swimming</b>.</li> <li>• Checks may be mailed to: <table style="margin-left: 40px; margin-right: auto;"> <tr> <td>Teresa Meike</td> </tr> <tr> <td>10755 Riverscape Run</td> </tr> <tr> <td>Great Falls, VA 22066</td> </tr> </table> </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>	Facility surcharge:	\$10.00	Per swimmer surcharge:	\$2.50	Individual event fee:	\$14.00	Teresa Meike	10755 Riverscape Run	Great Falls, VA 22066
Facility surcharge:	\$10.00									
Per swimmer surcharge:	\$2.50									
Individual event fee:	\$14.00									
Teresa Meike										
10755 Riverscape Run										
Great Falls, VA 22066										

# 2021 SNOW Long Course Spring Classic

May 7-9, 2020

Friday, May 7, 2021

Session 1

Distance

*Positive check-in deadline for all Friday events is Thursday, May 6, 2021, 6:00pm  
Swimmers in the 800 Freestyle must provide their own counters, if desired*

**Warm-up: 4:30pm Events: 5:30pm**

	EVENT
1	Mixed 11 & Over 800 Freestyle*
2	Mixed 11-14 200 IM**
3	Mixed 11 & Over 400 IM**
4	Mixed 11-14 400 Freestyle

*\*There will be a 15-minute warm-up/cool-down break after the 800 Freestyle*

*\*\* There will be 10-minute warm-up/cool-down breaks after the 200 IM and 400 IM*

Saturday, May 8, 2021

Session 2

Girls 13-14

**Warm-up: 7:30am Events: 8:10am**

	EVENT
5	Girls 13-14 200 Butterfly
6	Girls 13-14 100 Breaststroke*
7	Girls 13-14 100 Freestyle
8	Girls 13-14 200 Backstroke

*\* There will be a 10-minute warm-up/cool-down break after the 100 Breaststroke*

Session 3

Girls 11-12 and Mixed 8-10

**Warm-up: 9:50am Events: 10:30am**

	EVENT
9	Girls 11-12 200 Butterfly
10	Girls 11-12 50 Backstroke
11	Mixed 8-10 50 Backstroke
12	Girls 11-12 100 Breaststroke*
13	Girls 11-12 100 Freestyle
14	Mixed 8-10 50 Butterfly
15	Girls 11-12 50 Butterfly
16	Girls 11-12 200 Backstroke

*\* There will be a 10-minute warm-up/cool-down break after the 100 Breaststroke*

# 2021 SNOW Long Course Spring Classic

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**Saturday, May 8, 2021 (cont.)**

## Session 4 Boys 11-14

*Warm-up: 12:00pm Events: 12:40pm*

	EVENT
17	Boys 11-14 200 Butterfly
18	Boys 11-14 100 Breaststroke
19	Boys 11-12 50 Backstroke*
20	Boys 11-12 50 Butterfly
21	Boys 11-14 100 Freestyle
22	Boys 11-14 200 Backstroke

*\* There will be a 10-minute warm-up/cool-down break after the 50 Backstroke*

## Session 5 Girls 15 & Over

*Warm-up: 2:25pm Events: 3:15pm*

	EVENT
23	Girls 15 & Over 200 Butterfly
24	Girls 15 & Over 100 Breaststroke*
25	Girls 15 & Over 100 Freestyle
26	Girls 15 & Over 200 Backstroke*
27	Girls 15 & Over 400 Freestyle

*\* There will be 10-minute warm-up/cool-down breaks after the 100 Breaststroke and 200 Backstroke*

## Session 6 Boys 15 & Over

*Warm-up: 4:55pm Events: 5:45pm*

	EVENT
28	Boys 15 & Over 200 Butterfly
29	Boys 15 & Over 100 Breaststroke*
30	Boys 15 & Over 100 Freestyle
31	Boys 15 & Over 200 Backstroke*
32	Boys 15 & Over 400 Freestyle

*\* There will be 10-minute warm-up/cool-down breaks after the 100 Breaststroke and 200 Backstroke*

# 2021 SNOW Long Course Spring Classic

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Sunday, May 9, 2021

## Session 7

### Girls 13-14

Warm-up: 7:30am Events: 8:10am

	EVENT
33	Girls 13-14 200 Breaststroke
34	Girls 13-14 50 Freestyle
35	Girls 13-14 100 Backstroke*
36	Girls 13-14 100 Butterfly
37	Girls 13-14 200 Freestyle

\* There will be a 10-minute warm-up/cool-down breaks after the 100 Backstroke

## Session 8

### Girls 11-12 and Mixed 8-10

Warm-up: 9:50am Events: 10:30am

	EVENT
38	Girls 11-12 200 Breaststroke
39	Girls 11-12 50 Freestyle
40	Mixed 8-10 50 Freestyle
41	Girls 11-12 100 Backstroke*
42	Girls 11-12 100 Butterfly
43	Mixed 8-10 50 Breaststroke
44	Girls 11-12 50 Breaststroke
45	Girls 11-12 200 Freestyle

\* There will be a 10-minute warm-up/cool-down break after the 100 Backstroke

## Session 9

### Boys 11-14

Warm-up: 12:00pm Events: 12:40pm

	EVENT
46	Boys 11-14 200 Breaststroke
47	Boys 11-14 50 Freestyle
48	Boys 11-14 100 Backstroke*
49	Boys 11-14 100 Butterfly
50	Boys 11-12 50 Breaststroke
51	Boys 11-14 200 Freestyle

\* There will be a 10-minute warm-up/cool-down break after the 100 Backstroke



# 2021 SNOW Long Course Spring Classic

May 7-9, 2020

Sunday, May 9, 2021 (cont.)

## Session 10

### Girls 15 & Over

Warm-up: 2:15pm Events: 3:05pm

	EVENT
52	Girls 15 & Over 200 IM
53	Girls 15 & Over 50 Freestyle
54	Girls 15 & Over 100 Butterfly*
55	Girls 15 & Over 200 Breaststroke
56	Girls 15 & Over 100 Backstroke*
57	Girls 15 & Over 200 Freestyle

\* There will be 10-minute warm-up/cool-down breaks after the 100 Butterfly and 100 Backstroke

## Session 11

### Boys 15 & Over

Warm-up: 4:45pm Events: 5:35pm

	EVENT
58	Boys 15 & Over 200 IM
59	Boys 15 & Over 50 Freestyle
60	Boys 15 & Over 100 Butterfly*
61	Boys 15 & Over 200 Breaststroke
62	Boys 15 & Over 100 Backstroke*
63	Boys 15 & Over 200 Freestyle

\* There will be 10-minute warm-up/cool-down breaks after the 100 Butterfly and 100 Backstroke

## Session 12

### Distance

Positive check-in deadline is Saturday, May 8, 2021, 6:00pm  
Swimmers must provide their own timer and counter, if desired

Warm-up: 7:00pm Events: 7:40pm

	EVENT
64	Mixed 11 & Over 1500 Freestyle

2021 SNOW Long Course Spring Classic

May 7-9, 2021

Dulles South Recreation Center

