



PAC May Intrasquad Meet

Friday, May 14, 2021

Sanction # PVQ-21-197

Hosted by:



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
John Venit dpws@aol.com	Bill McMahon wjmcmahon@verizon.net	Cherlynn Venit dpws@aol.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-21-197. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Patuxent Aquatics Club LLC, and Fairland Aquatics 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;">Fairland Aquatics Center 13820 Old Gunpowder Rd Laurel, MD 20707 301-362-6060</p> <ul style="list-style-type: none"> 19 lanes, 25 yards; 8 lanes will be used for competition, 10 lanes will be used for warm-ups. Water depth range of 5' - 13' at the starting end and 5' – 13' at the turning end. 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;">May 12, 2021 at 11:59 PM</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;">Warm-Up 6:00 pm – Events at 6:50 pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all PAC 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. Swimmers shall compete at the age attained on the first day of the meet.
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.
RULES	<ul style="list-style-type: none"> Current USA Swimming rules shall govern this meet. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

	<ul style="list-style-type: none"> ● 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. ● 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 & Under events per Rule 205.3.1F. ● No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> ● 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. ● Events will be pre-seeded. Athletes will be notified of their individual sessions along with a heat and lane for warm-up. ● Athletes may enter a maximum of four (4) individual events for the meet. ● All events are timed finals.
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, PATUXENT AQUATICS CLUB, AND FAIRLAND AQUATICS 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

	<p>guidelines of USA Swimming, Potomac Valley Swimming, the State of Maryland, and Prince George’s County.</p>
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<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> ● Athletes must arrive and depart in their suits. Locker room use will be for emergency use only. ● All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks, with the exception of athletes when warming up, cooling down, and competing. ● All attendees (athletes, coaches, volunteers, officials, etc.) will submit to a health screening and temperature check before they are permitted in the facility. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the Complex. ● 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. ● Athletes will be seated in the stands (up to 17) and on the pool deck. ● All attendees should maintain a minimum of six (6) feet distance from all other participants whenever possible. ● Each session will be limited to no more than 95 swimmers. ● Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. ● A designated staff member, official, coach or volunteer will be in place to observe/marshal COVID-19 guidelines and report back to the coaches and officials on concerns or improvements. ● One-way, counterclockwise traffic flow will be implemented. ● Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag. The bags will be placed in baskets by the starting blocks during warm-ups and competition. Swimmers will immediately put their masks back on at the completion of their swims before they leave the starting area. ● Swimmers must follow all directions as posted and adhere to all marshal directions. ● Swimmers will walk around the pool deck as directed and line back up in the designated area with proper social distancing until they are cleared to go back to their seated area. ● All swimmers must remain in their designated seating area for their group until they are called for their event and they must return to their area immediately following their event. ● Counters for the 500 freestyle will be athletes, coaches, or volunteers already present during the session. ● 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. ● All coaches, officials, and volunteers must bring their own water bottle and snacks. ● 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. ● No spectators will be permitted. Competition will be live-streamed via the Patuxent Aquatics Club Facebook page (https://www.facebook.com/PatuxentAquaticsClub)
<p>POSITIVE CHECK IN</p>	<ul style="list-style-type: none"> ● 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.
<p>WARM-UP</p>	<ul style="list-style-type: none"> ● The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director

	<p>may determine the structure of warm-up, including times/lane assignments.</p> <ul style="list-style-type: none"> • No more than four (4) swimmers per lane.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. Each team MUST assign a certified Coach to remain in the assigned Team Area at ALL times to ensure COVID-19 guidelines are being followed and to assist with Clerk of Course. • No spectators will be permitted in the facility. Swimmers and coaches may not bring personal chairs.
SEEDING	<ul style="list-style-type: none"> • All events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> • N/A
AWARDS	<ul style="list-style-type: none"> • N/A
PROGRAMS	<ul style="list-style-type: none"> • Meet programs will be emailed to teams and available on Meet Mobile.

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, deck officials, timers and volunteers 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 and volunteers will be identified in advance by Cherlynn Venit (dpws@aol.com). Walk-on officials cannot be accommodated. 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 on the evening of Thursday, May 13, 2021.
TIMERS	<ul style="list-style-type: none"> One timer per lane. There will be two Head Timers.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to dpws@aol.com using Hy-Tek or Team Unify. Include in the subject of the email, "2021 PAC Intra-Squad May Meet - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files, please note as such in your entry. 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, officials contact). 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 (dpws@aol.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	<p>Individual event fee: \$5.00</p> <ul style="list-style-type: none"> Make checks payable to Patuxent Aquatics Club. Checks may be mailed to: <ul style="list-style-type: none"> Patuxent Aquatics Club 414 Forest Bridge Ct Laurel, MD 20724 Each club is requested to remit one check to cover the entry fees for the entire team. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

2021 PAC Intra-Squad May Meet

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Event #	Age	Event
1	Mixed 10 & Under	50 Freestyle
2	Mixed 11-12	50 Freestyle
3	Mixed 11 & Over	100 Freestyle
4	Mixed 10 & Under	50 Breaststroke
5	Mixed 11-12	50 Breaststroke
6	Mixed 11 & Over	100 Breaststroke
7	Mixed 10 & Under	50 Butterfly
8	Mixed 11-12	50 Butterfly
9	Mixed 11 & Over	100 Butterfly
10	Mixed 10 & Under	50 Backstroke
11	Mixed 11-12	50 Backstroke
12	Mixed 11 & Over	100 Backstroke
13	Mixed 10 & Under	100 Individual Medley
14	Mixed 11-12	100 Individual Medley
15*	Mixed 11 & Over	500 Freestyle

* Time permitting.