



2021 FXXF LC Summer Solstice

June 12 & 13, 2021

Sanction # PVI-21-198



MEET DIRECTOR	MEET REFEREE
Matt Salerno fairfaxfoxes@gmail.com 412-952-0545	Kelly Rowell kmcr.pvs@gmail.com Officials Signup

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-198. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairfax Foxes Swimming, and The St. James Sports Wellness & Entertainment Complex 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;">The St. James Sports Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"> The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 lanes, 50 meters, running from bulkhead to wall. One continuous cool down lane will be available. Water depth range of 6'8" at the starting end and 4' at the turning end. 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. 																					
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, June 1, 2021, 11:00pm</p> <ul style="list-style-type: none"> 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. 																					
SCHEDULE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%; text-align: center;">Warm-Ups</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3">Saturday, June 12, 2021</td> </tr> <tr> <td style="background-color: yellow;">Session 1</td> <td style="background-color: yellow;">Open Timed Finals</td> <td style="background-color: yellow;">7:30am – 8:00am</td> </tr> <tr> <td colspan="3">Sunday, June 13, 2021</td> </tr> <tr> <td style="background-color: yellow;">Session 2</td> <td style="background-color: yellow;">15 & Over Prelims</td> <td style="background-color: yellow;">7:30am – 8:00am</td> </tr> <tr> <td style="background-color: yellow;">Session 3</td> <td style="background-color: yellow;">Mixed 14 & Under Timed Finals</td> <td style="background-color: yellow;">10:00am - 11:05am</td> </tr> <tr> <td style="background-color: yellow;">Session 4</td> <td style="background-color: yellow;">Mixed 15 & Over Finals</td> <td style="background-color: yellow;">4:30pm – 5:00pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 		Warm-Ups	Events	Saturday, June 12, 2021			Session 1	Open Timed Finals	7:30am – 8:00am	Sunday, June 13, 2021			Session 2	15 & Over Prelims	7:30am – 8:00am	Session 3	Mixed 14 & Under Timed Finals	10:00am - 11:05am	Session 4	Mixed 15 & Over Finals	4:30pm – 5:00pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to USA Swimming registered swimmers from invited Potomac Valley Swimming clubs. Clubs to attend should contact the Meet Director, Matt Salerno (fairfaxfoxes@gmail.com). 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 & Regulations</i> Article 302. All athletes 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.
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 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, FAIRFAX FOXES SWIMMING, AND THE ST. JAMES SPORTS, WELLNESS & ENTERTAINMENT COMPLEX, 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, the Commonwealth of Virginia and Fairfax County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • All attendees will enter the facility from the main entrance. Swimmers may only be present 10 minutes prior to their scheduled warm up time. • Athletes must arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed. • Coaches, officials, and volunteers will use the family locker rooms for restroom purposes. • Athletes must shower prior to arrival at the pool. • 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. • All attendees should bring a filled, reusable (non-glass) 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. • All attendees (athletes, coaches, volunteers, officials, etc.) will submit to a health screening and temperature check before they are permitted in the facility. Non-members of The St. James must complete the St. James Self-Health Assessment and Participation Terms & Conditions no earlier than 12 hours before attending (specify STJ Swimming Rental as “Sport”). Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the Complex. • Face masks should remain dry; therefore, all athletes should bring multiple masks.

	<ul style="list-style-type: none"> • Each athlete should bring a small, plastic zipper bag (Ziplock 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. • All attendees shall maintain a minimum of six (6) feet distance from all other participants whenever possible. • Each session will be limited to 90 swimmers. Swimmers will be assigned a seating area in either the stands or water park. Seating areas are marked to allow for social distancing. • The number of coaches allowed per team may be limited based on facility requirements. • 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 of these protocols will be prohibited from entering the facility and/or asked to leave the facility. • Swimmers seated in the stands will enter the pool deck through the stairwell on the shallow end of the pool. They will return to their assigned area via the same stairwell. Volunteers will ensure one-way traffic on the stairwell at all times. Swimmers seated in the splash park area will access the competition area directly from the splash park area. Upon completion of their race swimmers will return directly to the splash park area. • 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. • For the 50M events, marshals will transport swimmers’ masks to the turn end of the pool. Swimmers will exit the pool at the turn end. • 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 St. James Swimming Facebook page.
<p>RULES</p>	<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. • 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, restrooms, or locker rooms. Per PVS policy, the use of equipment capable of taking pictures (<u>e.g.</u>, 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.

	<ul style="list-style-type: none"> • 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 & U 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. • All events on Saturday, June 12, are timed finals and are open for all ages (“Open”). • 15&Over events on Sunday, June 13, are Prelims/Finals. The top 10 swimmers from each preliminary event qualify for Finals. The “A” Final will be the top 4 qualifying swimmers. The “B” final will be the next 6 qualifying swimmers. Finals will be swum in the order of “B” then “A”. • 13-14 and 12&Under events on Sunday, June 13, are Timed Finals. • Events will be pre-seeded. Athletes will be notified of their individual warm-up sessions along with a heat and lane for warm-up. • Athletes may enter a maximum of four (4) individual events on Saturday, June 12. 15&Over athletes may enter a maximum of three (3) individual events on Sunday, June 13. 14&Under athletes may enter a maximum of four (4) events on Sunday, June 13.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded. Swimmers unable to participate should contact the meet director.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • If swimmers do not want to swim in their qualifying and subsequent finals race(s), they may “scratch” from the event by following this procedure: <ul style="list-style-type: none"> ○ Email scratchfxfx@gmail.com within 30 minutes of the completion of the last preliminary event of the session. ○ Email must include swimmer’s first and last name, club, coach’s name, and event being scratched. It is recommended that you include your coach in the email. • Coaches should make sure their contact information is up-to-date. The meet director will contact the coach or team representative should a swimmer scratch into finals.
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. • No more than ten (10) swimmers per lane (long course). • One lane of continuous warm-up/cool-down will be available. No more than ten (10) swimmers allowed in the continuous warm-up/cool-down lane. A lane between the competition course (8 lanes) and the continuous warm-up/warm down lane will be provided.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • No personal chairs will be allowed on deck.
SEEDING	<ul style="list-style-type: none"> • All events on Saturday, June 12 will be swum FASTEST to SLOWEST. • All events on Sunday, June 13 will be swum slowest to fastest. • LCM entry times are conforming and will be seeded before SCY times.
SCORING	<ul style="list-style-type: none"> • The meet will not be scored.
AWARDS	<ul style="list-style-type: none"> • There will be no individual or team awards.
PROGRAMS	<ul style="list-style-type: none"> • Meet programs and results will be 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 or in the facility before, during, or after the meet. • 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.

OFFICIALS	<ul style="list-style-type: none"> • Officials will be identified in advance and coordinated by the Meet Referee, Kelly Rowell (kmcr.pvs@gmail.com). Officials interested in volunteering should complete the Online Signup or email the Meet Referee. • Officials working this meet will need to wear a mask for the duration of the meet. • A comprehensive official's briefing will be conducted prior to the meet via Zoom. The Meet Referee will provide meeting details to all officials. • Walk-on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> • One (1) timer per lane. • 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. each. • Lane assignments will be made in advance. • All timers must wear masks at all times. • Timers should report to the timers meeting 20 minutes before the start of the session.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director, fairfaxfoxes@gmail.com. • Include in the subject of the email, "2021 FXFX LC Summer Solstice - XXXX" with the club's initials in place of the asterisks. If your club submits multiple entry files, include the training site in the subject of the email. • 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. • 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.
ENTRY FEES	<p style="text-align: center;">Per swimmer surcharge: \$10.00 Individual event fee: \$10.00</p> <ul style="list-style-type: none"> • Make checks payable to Fairfax Foxes Swimming. • Checks may be mailed to: Fairfax Foxes Swimming 7932 Ellet Road Springfield, VA 22151 • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

2021 FFX Long Course Summer Solstice

June 12 & 13, 2021

Saturday, June 12, 2021

Session 1

Open Mid Distance Timed Finals

Warm-up: 7:30am Events: 8:05am

	EVENT
1	Boys Open 400 IM
7	Girls Open 400 IM
2	Boys Open 200 Freestyle
8	Girls Open 200 Freestyle
3	Boys Open 200 Backstroke
9	Girls Open 200 Backstroke
4	Boys Open 200 Breaststroke
10	Girls Open 200 Breaststroke
5	Boys Open 200 Butterfly
11	Girls Open 200 Butterfly
6	Boys Open 400 Freestyle
12	Girls Open 400 Freestyle

Sunday, June 13, 2021

Session 2

15 & Over Prelims

Warm-up: 7:30am Events: 8:05am

	EVENT
13	Boys 15 & Over 100 Breaststroke
14	Girls 15 & Over 100 Breaststroke
15	Boys 15 & Over 50 Freestyle
16	Girls 15 & Over 50 Freestyle
17	Boys 15 & Over 100 Backstroke
18	Girls 15 & Over 100 Backstroke
19	Boys 15 & Over 100 Butterfly
20	Girls 15 & Over 100 Butterfly
21	Boys 15 & Over 200 IM
22	Girls 15 & Over 200 IM
23	Boys 15 & Over 100 Freestyle
24	Girls 15 & Over 100 Freestyle

2021 FFX Long Course Summer Solstice

June 12 & 13, 2021

Sunday, June 13, 2021 (cont.)

Session 3

Mixed 14 & U Timed Finals

Warm-up: 10:00am Events: 11:10am

	EVENT
25	Mixed 13 & 14 100 Breaststroke
31	Mixed 12 & Under 100 Breaststroke
26	Mixed 13 & 14 50 Freestyle
32	Mixed 12 & Under 50 Freestyle
27	Mixed 13 & 14 100 Backstroke
33	Mixed 12 & Under 100 Backstroke
28	Mixed 13 & 14 100 Butterfly
34	Mixed 12 & Under 100 Butterfly
29	Mixed 13 & 14 200 IM
35	Mixed 12 & Under 200 IM
30	Mixed 13 & 14 100 Freestyle
36	Mixed 12 & Under 100 Freestyle

Session 4 - 15 & Over FINALS

Warm-up: 4:30pm Events: 5:05pm

	EVENT
13	Boys 15 & Over 100 Breaststroke
14	Girls 15 & Over 100 Breaststroke
15	Boys 15 & Over 50 Freestyle
16	Girls 15 & Over 50 Freestyle
17	Boys 15 & Over 100 Backstroke
18	Girls 15 & Over 100 Backstroke
19	Boys 15 & Over 100 Butterfly
20	Girls 15 & Over 100 Butterfly
21	Boys 15 & Over 200 IM
22	Boys 15 & Over 200 IM
23	Boys 15 & Over 100 Freestyle
24	Girls 15 & Over 100 Freestyle