



NCAP Summer Splash

Hosted by:



May 22-23, 2021

Sanction # PVQ-21-199
VSI Sanction # VS-21-200DS

MEET DIRECTOR Karyn McCannon (716) 868-6611 kmccannon@nationscapitalswimming.com	MEET REFEREE Tim Husson tim.husson@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: PVQ-21-199 and Virginia Swimming, Inc.: VS-21-200DS In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Nation's Capital Swimming Inc, and the Freedom 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 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;">Monday May 17, 2021 at 10:00am</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;">Saturday, May 22 & Sunday May 23, 2021</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="text-align: center;">Ages</th> <th style="text-align: center;">Warm Up</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Session 2, 4</td> <td style="text-align: center;">7:00 AM</td> <td style="text-align: center;">8:00 AM</td> </tr> <tr> <td style="text-align: center;">Session 3, 5</td> <td style="text-align: center;">10:30 AM</td> <td style="text-align: center;">11:30 AM</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Ages	Warm Up	Events	Session 2, 4	7:00 AM	8:00 AM	Session 3, 5	10:30 AM	11:30 AM
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ELIGIBILITY	<ul style="list-style-type: none"> Open to USA Swimming registered swimmers from NATION'S CAPITAL SWIM CLUB. 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. 									
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. 									

<p>COVID-19 CONSIDERATIONS</p>	<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.
<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, 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. <ul style="list-style-type: none"> ○ 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.
- 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.
- Warm Up will be assigned per group to ensure no more than 5 swimmers per lane for warm-up.
- 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.
- 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.
- 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.
- 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 on the [NCAP Livestreams Facebook Page](#).

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. ● 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
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	<p>unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> ● 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. ● Swimmers may enter no more than 7 events for the meet: no more than 4 on Saturday and 3 on Sunday. ● Entries with a "No Time" (NT) will be accepted.
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.
AWARDS	<ul style="list-style-type: none"> ● There are no awards
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"> ● Officials will be identified in advance and coordinated by the Meet Referee, Tim Husson, tim.husson@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 Friday May 20th, 2021 via Zoom. ● Walk-on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> ● 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 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	<p style="text-align: right;">Per Swimmer Surcharge: \$15.00 Individual Event Fee: \$15.00</p>

NCAP Summer Splash

May 21-23, 2021

Entries are done by single gender, all events will swim MIXED

SATURDAY AND SUNDAY SESSION TIMES

	Warm Up	Events
Sessions 2,4	7:00 AM	8:00 AM
Sessions 3,5	10:30 AM	11:30 AM

SATURDAY

Session 2	Session 3	Event	Session 2	Session 3
1	101	500 Freestyle	2	102
5	105	200 Butterfly	6	106
7	107	100 Butterfly	8	108
9	109	50 Butterfly	10	110
11	111	100 Freestyle	12	112
13	113	50 Breaststroke	14	114
15	115	100 IM	16	116
17	117	200 Breaststroke	18	118

SUNDAY

Session 4	Session 5	Event	Session 4	Session 5
3	103	400 IM	4	104
19	119	100 Butterfly	20	120
21	121	200 Freestyle	22	122
23	123	50 Backstroke	24	124
25	125	200 IM	26	126
27	127	100 Breaststroke	28	128
29	129	200 Backstroke	30	130
31	131	50 Freestyle	32	132