



NCAP June LC #1

June 20, 2021

Sanction # PVD-21-205

VSI Sanction # VS-21-218DS



MEET DIRECTOR

Mark Faherty

fahertyswim@gmail.com

MEET REFEREE

Chris Chmielenski

cchmielenski@comcast.net

ENTRY COORDINATOR

Karyn McCannon

kmccannon@nationscapitalswimming.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVD-21-205 and Virginia Swimming, Inc: VS-21-218DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Nation’s Capital Swimming, and 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"> Competition: 8 or 10 lanes, 50 meters Warm up: 10 lanes, 50 meters. 1-2 lanes may be available for continuous warm up and cool down. Water depth range of 13.5’ at the starting end and 3.5’ 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;">Tuesday June 15, 2021, 12:00pm</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	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Sunday, June 20</th> <th style="text-align: center;">Warm Up 1</th> <th style="text-align: center;">Warm Up 2</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td> Session 1: 13&Over - West, Burke, Jason </td> <td style="text-align: center;">7:00-7:30am</td> <td style="text-align: center;">7:35-8:05am</td> <td style="text-align: center;">8:10am</td> </tr> <tr> <td> Session 2: 12&Under- HA, PG, TY, West, J&M, Christine, Dan H. </td> <td style="text-align: center;">11:30-12:00pm</td> <td style="text-align: center;">12:05-12:35pm</td> <td style="text-align: center;">12:40pm</td> </tr> <tr> <td> Session 3: 13&Over- HA, PG, TY, J&M, Christine, Dan H. </td> <td style="text-align: center;">3:45-4:15pm</td> <td style="text-align: center;">4:20-4:50pm</td> <td style="text-align: center;">4:55pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Sunday, June 20	Warm Up 1	Warm Up 2	Events	Session 1: 13&Over - West, Burke, Jason 	7:00-7:30am	7:35-8:05am	8:10am	Session 2: 12&Under- HA, PG, TY, West, J&M, Christine, Dan H. 	11:30-12:00pm	12:05-12:35pm	12:40pm	Session 3: 13&Over- HA, PG, TY, J&M, Christine, Dan H. 	3:45-4:15pm	4:20-4:50pm	4:55pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered and invited swimmers from Nation’s Capital Swim Club and Machine Aquatics. 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.
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, VIRGINIA SWIMMING, INC., NATION’S CAPITAL SWIMMING, INC., GEORGE MASON UNIVERSITY FREEDOM 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 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.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> ● Some outside seating may be required. Exact plans will be provided after the entry deadline. ● All attendees (athletes, coaches, officials, and volunteers) should wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. ● Swimmers should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming. ● Athletes should arrive and depart in their suits. Locker room use should be minimized. ● Spectators will not be permitted into the facility. The meet will be live streamed on the NCAP Livestreams Facebook Page. ● 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. ● Each session will be limited to 300 swimmers. Teams will be assigned to a seating area. ● Entry and exit for all participants, volunteers, and coaches will be through the patio side entrance. ● Before entering the facility, all attendees (athletes, coaches, officials, and volunteers) are required to be able to answer the following questions and will only be permitted entrance if answering with ‘no’:

	<ul style="list-style-type: none"> ○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? ○ Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days? ○ Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days? ● Two timers will be assigned to each lane as backup timers. ● Prior to each race, athletes will leave their assigned spot, walk along the turn end of the pool, down the lane 1 side of the pool, and continue behind the blocks. ● For warm-ups, swimmers for each session may be assigned to one of two warmup groups, no more than 150 swimmers in each group (15 swimmers/lane). Each group will be assigned an arrival time. Swimmers may not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines. ● During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool. ● Staging for swimmers during competition will be: <ul style="list-style-type: none"> ○ Heat 1 is at the blocks and will swim ○ Heat 2 is along the race course on deck spaced by 6 feet and will remain there until Heat 1 is done swimming, exits the pool, and exits the area behind the blocks. ○ Heat 3 is staging under the scoreboard until directed to move to where Heat 2 is standing (after Heat 1 is done swimming and out of the way and Heat 2 proceeds to the starting blocks). ● During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area. ● For the 50m events, masks will be delivered from the start end to the finish end. ● Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility. ● Chlorine is used to disinfect the water and adjacent surfaces constantly. ● 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.
<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, 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.

	<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 may 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"> ● All events are swum as timed finals. ● The timelines are anticipated to be shorter, it is advised to not swim back to back events if possible. Breaks may be added in sessions at the discretion of the meet director and meet referee. ● Swimmers can compete in four (4) events in their assigned session. No more than 1 session per day. ● Swimmers must swim in their designated age group based on their age on June 20, 2021. ● Events will be seeded using LCM times. ● Entering with NT is allowed but coaches are encouraged to provide a coach's time if possible.
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 20 swimmers per lane (200 total) will be permitted and warm up protocol will be provided prior to the meet for coaches. ● 1-2 lanes may be available throughout the meet for warm up and cool down. No more than 20 swimmers may be in any lane at any time.
SUPERVISION	<ul style="list-style-type: none"> ● Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. ● Meet Marshals will be used to patrol the facility as well as help with crowd control and COVID regulation compliance.
SEEDING	<ul style="list-style-type: none"> ● The meet director may determine if combining or splitting sessions is needed to provide additional competitive opportunities and time between events.
SCORING	<ul style="list-style-type: none"> ● Team Scores will not be kept.
AWARDS	<ul style="list-style-type: none"> ● No individual awards will be provided.
PROGRAMS	<ul style="list-style-type: none"> ● Programs will not be sold, however the meet 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 in the facility. 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 interested in volunteering should contact the Meet Referee Chris Chmielenski, cchmielenski@comcast.net. ● Officials' briefing may be done virtually via Zoom prior to the meet. The meet referee will provide meeting details to all officials. ● Only limited officials will be allowed in the facility. Early pre-meet sign-up is encouraged if you plan to help. Walk-on officials and apprentices may be able to be accommodated.
TIMERS & VOLUNTEERS	<ul style="list-style-type: none"> ● Two timers per lane. ● Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to all COVID-19 mitigation processes as well as MAAPP policies.

<p>ENTRY PROCEDURES</p>	<ul style="list-style-type: none"> ● Entries should be submitted by email to the ENTRY COORDINATOR Karyn McCannon (kmccannon@nationscapitalswimming.com) ● Include in the subject of the email, "NCAP June LC #1- Site *****" with the site's initials in place of the asterisks. If your club submits multiple entry files include 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 by PVS and no further entries will be accepted from that club until the said fine is paid.
<p>ENTRY FEES</p>	<p style="text-align: center;">Per Swimmer Surcharge: \$15.00 Individual event fee: \$8.00</p> <ul style="list-style-type: none"> ● Make checks payable to NCAP. Checks may be mailed to: 8101 Wolftrap Rd Vienna VA 22182 ● Entry fees are due with meet entry.

NCAP June LC Open #1

June 20, 2021

Session 1	Session 2	Session 3	Event
1	16	31	Mixed 400 IM
2	17	32	Mixed 200 Free
3	18	33	Mixed 50 Fly
4	19	34	Mixed 100 Back
5	20	35	Mixed 200 Breast
6	21	36	Mixed 100 Free
7	22	37	Mixed 200 Fly
8	23	38	Mixed 50 Back
9	24	39	Mixed 100 Breast
10	25	40	Mixed 400 Free
11	26	41	Mixed 100 Fly
12	27	42	Mixed 200 Back
13	28	43	Mixed 50 Breast
14	29	44	Mixed 200 IM
15	30	45	Mixed 50 Free

Sessions may be altered, combined, split or changed based on maintaining local and state regulations as well as manageable timeline.