



NCAP June LC Open #2

June 27, 2021

Sanction # PVD-21-206

VSI Sanction # VS-21-220DS



| <p>MEET DIRECTOR Karyn McCannon kmccannon@nationscapitalswimming.com</p> | <p>MEET REFEREE Courtney Johnston officials@machineaquatics.com Officials Signup</p> | <p>CLUB OFFICIALS CHAIR Karyn McCannon kmccannon@nationscapitalswimming.com</p> | | | | | | | | | | | | | | | | |
|---|---|--|-----------------|-----------|-----------|--------|--|-------------|-------------|--------|--|---------------|---------------|---------|--|-------------|-------------|--------|
| <p>SANCTION</p> | <ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVD-21-XXX and Virginia Swimming, Inc.: VSI-21-XXXX. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Nation's Capital Swimming, Inc., 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. | | | | | | | | | | | | | | | | | |
| <p>FACILITY</p> | <p style="text-align: center;">Dulles South Recreation Center 24950 Riding Center Drive South Riding, VA 20152 (571) 258-3456</p> <ul style="list-style-type: none"> 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. 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. Water depth of 12'6" at the starting end and 4'3" at the turning end of the competition course. 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. | | | | | | | | | | | | | | | | | |
| <p>ENTRY DEADLINE</p> | <p style="text-align: center;">Tuesday June 22, 2021 at 12:00pm</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. | | | | | | | | | | | | | | | | | |
| <p>SCHEDULE</p> | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Sunday, June 27</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 – CM, GP, Burke, Dan</td> <td style="text-align: center;">6:30-7:00am</td> <td style="text-align: center;">7:05-7:35am</td> <td style="text-align: center;">7:40am</td> </tr> <tr> <td>Session 2: 12&Under- AU, CM, DS, GP, MM, Burke, North, Lynn Ann, Brenna, Morgon</td> <td style="text-align: center;">11:00-11:30am</td> <td style="text-align: center;">11:35-12:05pm</td> <td style="text-align: center;">12:10pm</td> </tr> <tr> <td>Session 3: 13&Over- AU, DS, MM, North, Lynn Ann, Brenna, Morgon</td> <td style="text-align: center;">3:30-4:00pm</td> <td style="text-align: center;">4:05-4:35pm</td> <td style="text-align: center;">4:40pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> The Meet Director reserves the right to adjust times/sessions and separate/combine sessions after entries are received. | | Sunday, June 27 | Warm Up 1 | Warm Up 2 | Events | Session 1: 13&Over – CM, GP, Burke, Dan | 6:30-7:00am | 7:05-7:35am | 7:40am | Session 2: 12&Under- AU, CM, DS, GP, MM, Burke, North, Lynn Ann, Brenna, Morgon | 11:00-11:30am | 11:35-12:05pm | 12:10pm | Session 3: 13&Over- AU, DS, MM, North, Lynn Ann, Brenna, Morgon | 3:30-4:00pm | 4:05-4:35pm | 4:40pm |
| Sunday, June 27 | Warm Up 1 | Warm Up 2 | Events | | | | | | | | | | | | | | | |
| Session 1: 13&Over – CM, GP, Burke, Dan | 6:30-7:00am | 7:05-7:35am | 7:40am | | | | | | | | | | | | | | | |
| Session 2: 12&Under- AU, CM, DS, GP, MM, Burke, North, Lynn Ann, Brenna, Morgon | 11:00-11:30am | 11:35-12:05pm | 12:10pm | | | | | | | | | | | | | | | |
| Session 3: 13&Over- AU, DS, MM, North, Lynn Ann, Brenna, Morgon | 3:30-4:00pm | 4:05-4:35pm | 4:40pm | | | | | | | | | | | | | | | |
| <p>ELIGIBILITY</p> | <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. 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 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 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. • 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 Loudoun County. |
| COVID-19 PROTOCOLS | <ul style="list-style-type: none"> • Athletes should arrive and depart in their suits. Locker room use will be minimized (<u>i.e.</u>, for emergencies only and no showering 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. • All attendees should bring a filled, reusable (non-glass) water bottle to the meet. • 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. Refer to map in supplement. • Each session will be limited to 300 swimmers. • All attendees (athletes, coaches, volunteers, officials, etc.) should 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. |

| | |
|--------------|---|
| | <ul style="list-style-type: none"> • Before entering the facility, participants 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"> ○ Have you experienced any of the following symptoms in the past 48 hours: <ul style="list-style-type: none"> fever or chills cough nausea or vomiting shortness of breath or difficulty breathing fatigue headache muscle or body aches new loss of taste or smell sore throat diarrhea congestion or runny nose ○ Are you isolating or quarantining because you tested positive for COVID-19 or are worried that you may be sick with COVID-19? ○ If not fully vaccinated OR recovered from a documented COVID-19 infection in the last 3 months: <ul style="list-style-type: none"> ◇ Have you been in close physical contact in the last 14 days with anyone who is known to have laboratory-confirmed COVID-19 or anyone who has any symptoms consistent with COVID-19? ◇ Are you currently waiting on the results of a COVID-19 test (other than for pre-travel or post-travel)? ◇ Have you traveled overnight AND on public transportation or overnight AND with people who are not in your household in the past 10 days? • 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 should maintain a minimum of three (3) feet distance from all other participants whenever possible. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • Unless otherwise directed by officials or meet staff, 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 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. |

| | |
|--------------------|---|
| | <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, 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, 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. |
| 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"> • 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"> • 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 interested in volunteering should complete the Officials Signup or contact the Meet Referee, Courtney Johnston (officials@machineaquatics.com). • Officials working this meet should wear a mask for the duration of the meet. • Officials who have volunteered for this meet should check in at the recording table upon arrival. • Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. • Each participating club is requested to provide at least one table worker or official (Referee, Starter, Chief Judge or Stoke & Turn Judge) per session if entering 25 or more splashes. • An officials' meeting will precede each session during warm-ups. |
| TIMERS | <ul style="list-style-type: none"> • Two (2) timers per lane. • Each club/site 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. • Lane assignments will be made in advance. • All timers should wear masks at all times. • A Timers' Meeting will be held during warm-ups prior to each session. |
| ENTRY PROCEDURES | <ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director, Karyn McCannon, at kmccannon@nationscapitalswimming.com • Include in the subject of the email, "2021 NCAP June LC #2- *****" 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. • 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>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 |

NCAP June LC Open #2

June 27, 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 |