



Summer Firecracker BOOM!

July 9th-11th, 2021

Sanction # PVQ-21-208

Hosted by:



<p>MEET DIRECTOR Paris Jacobs (571)238-7657 paris@machineaquatics.com Meet Entry Email: entries@machineaquatics.com</p>	<p>MEET REFEREE Courtney Johnston officials@machineaquatics.com</p>	<p>CLUB OFFICIALS CHAIR Courtney Johnston officials@machineaquatics.com Officials Signup</p>
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-21-208. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Machine Aquatics, 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 and 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 5 lanes, 50 Meters, running from bulkhead to wall. Water depth of 7'4" at the starting end and 4' 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). The copy of such certification is on file with USA Swimming. 																											
ENTRY DEADLINE	<p style="text-align: center;">Monday, July 5th, 2021</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;">Friday, July 9th, 2021</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Ages</th> <th>Warm Up</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>12 & Under</td> <td>1:15-1:45 PM</td> <td>1:50 PM</td> </tr> <tr> <td>13 & Over</td> <td>3:10-3:55 PM</td> <td>4:00 PM</td> </tr> </tbody> </table> <p style="text-align: center;">Saturday, July 10th, 2021</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Ages</th> <th>Warm Up</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>12 & Under</td> <td>1:15-1:45 PM</td> <td>1:50 PM</td> </tr> <tr> <td>13 & Over</td> <td>3:10-3:55 PM</td> <td>4:00 PM</td> </tr> </tbody> </table> <p style="text-align: center;">Sunday, July 11th, 2021</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Ages</th> <th>Warm Up</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>12 & Under</td> <td>8:20- 8:55 AM</td> <td>9:00 AM</td> </tr> <tr> <td>13 & Over</td> <td>10:20-11:10 PM</td> <td>11:15 PM</td> </tr> </tbody> </table>	Ages	Warm Up	Events	12 & Under	1:15-1:45 PM	1:50 PM	13 & Over	3:10-3:55 PM	4:00 PM	Ages	Warm Up	Events	12 & Under	1:15-1:45 PM	1:50 PM	13 & Over	3:10-3:55 PM	4:00 PM	Ages	Warm Up	Events	12 & Under	8:20- 8:55 AM	9:00 AM	13 & Over	10:20-11:10 PM	11:15 PM
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ELIGIBILITY	<ul style="list-style-type: none"> Open to USA Swimming registered swimmers from 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.
INCLEMENT WEATHER	<ul style="list-style-type: none"> • In the event of inclement weather, the Meet Director and Meet Referee will work with the facility manager to make any necessary changes. Any necessary changes will be communicated via email.
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, MACHINE AQUATICS, 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"> • Athletes must arrive and depart in their suits. Locker room use will be for emergency use only and will be cleaned between each use by the St. James. • 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 arrive at the St. James through the main entrance where 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. • Each session will be limited to no more than 150 swimmers. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • Swimmers will immediately proceed to their assigned seating area in the stands, pool deck, and the three (3) large tents outside the pool in the parking lot. • Swimmers who are assigned to the stands will proceed to the stands area via the main entrance.

- Swimmers that are assigned to team areas on deck will proceed down the stairs to the team area.
- Swimmers who are assigned to outside tent areas will proceed to the swimmer's stairs located outside the stands and go proceed to the pool deck area and been guided out the "back door" to the tents.
- The stands area will not exceed 75 swimmers.
- The tents and seating outside will accommodate the remaining swimmers, ensuring to maintain proper social distancing at all times.
- The stands will have seating markers to indicate each swimmer's area and ensure proper social distancing.
- The tent area will allow for individual chairs per swimmer and each chair should maintain proper social distancing between swimmers and will be monitored by meet marshal volunteers.
- Parents will not be permitted into the stands, splash park or outdoor seating to watch the meet.
- Only meet volunteers will be permitted into the stands or outdoor seating.
- Swimmers seated in the stands will enter the pool deck through the stairwell on the shallow end of the pool.
- Swimmers in the tents will enter the pool using the side entrance under the scoreboard.
- All swimmers will return to their assigned area via the designated paths of athlete flow.
 - Stands & Team Area on Deck- athletes will exit the pool at the far end of the pool and exit to the left to the stand's stairwell or flow back to their team area.
 - Outside Tent- athletes will exit the pool at the far end of the pool and immediately proceed out the "exit" door of the pool facility and follow the volunteer guidance to the right of the path and return to their assigned seated area in the outdoor tents.
- Volunteers will ensure one-way traffic in all travel lanes of the pool area at all times. Upon completion of their race, upon leaving the bulkhead, swimmers will return to the
- During warm-ups, swimmers will wear their masks until they arrive at their lane. They will put it in a plastic zipper bag behind their lane. Once warm-ups are completed, swimmers will immediately put their masks back on.
- During competition, swimmers will wear their masks until they arrive at their lane and they will take it off and put it in a plastic zipper bag. The zipper bag will be placed in the basket behind their block.
- Swimmers will immediately put their masks back on at the completion of their swims before they exit the pool.
- Mask runners will be used for the 50 m events. Swimmers will be able to retrieve their mask at the finish end. Swimmers will stay in the pool until their masks are delivered.
- Swimmers must follow all directions as posted and adhere to all marshal directions.
- All swimmers must remain in their designated area for their group (stands, splash area or tents) until they are called for their event and they must return to their area immediately following their event.
- 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.
- Swimmers must wear DRY MASKS so swimmers are required to bring multiple masks for the day.
- All coaches, officials, and volunteers are encouraged to bring their own water bottle and snacks. Hospitality will be provided in a limited capacity.
- 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.

	<ul style="list-style-type: none"> No spectators will be permitted. Competition will be live-streamed via the MACHINE AQUATICS Facebook page (https://www.facebook.com/Machineaquatics).
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. 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 may 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. Deck entries will not be accepted.
EVENT RULES	<ul style="list-style-type: none"> All events are TIMED FINALS. Swimmers may enter into 4 events per day with a total of 12 events. All swimmers must provide their own timer and counter (if desired) for the 800m free. Counters must be swimmers, coaches, or volunteers already present for the session. The 800 free will be limited to four heats per event (top 40) based on entry times. Qualifying Times for the 800 Free are as follows: <ul style="list-style-type: none"> 12 & Under Swimmers must have a verified 500 Free Time of NST 6:30 or 1000 Free Time of NST 13:30. 13-14 Year Old Swimmers must have a verified 500 Free Time of NST 6:00 or 1000 Free Time of NST 12:30. 15 & Over Swimmers must have a verified 500 Free Time of NST 5:45 or 1000 Free Time of 11:45. The 400 free and 400 IM may be limited to a maximum of four heats each (40 swimmers) if needed to limit the length of their session. If a swimmer is removed from a distance event, they will be provided the opportunity to enter an alternate event. Events will be seeded using LCM times.
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

	<p>may determine the structure of warm-up, including times/lane assignments.</p> <ul style="list-style-type: none"> • Warm Up will be assigned per group to ensure no more than 20 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.
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"> • Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. • Officials will be identified in advance and coordinated by the Meet Referee, Courtney Johnston, officials@machineaquatics.com. Officials interested in volunteering should complete the Officials Signup or contact the Meet Referee (officials@machineaquatics.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 Thursday, July 8th, 2021 via Zoom. • Walk-on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> • We will have two (2) volunteer parent timers per lane. • There will be (2) head timers. • All timers are required to wear masks while timing. Swimmers who are timing will remove their mask AFTER the current heat has concluded must hang their mask on the block hook or in provided plastic baggie for their event.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries for this meet will be submitted through your team entry procedures. • All Hy-tek entry files should be sent to Paris Jacobs @ entries@machineaquatics.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: center;">Per Swimmer Surcharge: \$15.00</p> <p style="text-align: center;">Individual event fee: \$12.00</p> <ul style="list-style-type: none"> • Make checks payable to Machine Aquatics. Checks may be mailed to: 204-D Mill Street, NE Vienna, VA 22180

Summer Firecracker BOOM!

July 9th- 11th, 2021

Friday, July 9th, 2021

12 & Under Session

Ages	Warm Up	Events
12 & Under	1:15-1:45PM	1:50 PM

Event #	Event-MIXED BOYS & GIRLS
1	9-12 Year Old 200 Butterfly
2	10 & Under 50 Freestyle
3	11-12 Year Old 50 Freestyle
4	9-12 Year Old 200 Backstroke
5	10 & Under 50 Backstroke
6	11-12 Year Old 50 Backstroke
36	9-12 Year Old 200 Breaststroke
7	9-12 Year Old 800 Freestyle

Friday, July 9th, 2021

13 & Over Session

Ages	Warm Up	Events
13 & Over	3:10-3:55 PM	4:00 PM

Event #	Event-MIXED BOYS & GIRLS
8	13 & Over 200 Butterfly
9	13 & Over 50 Freestyle
10	13 & Over 200 Backstroke
11	13 & Over 50 Backstroke
37	13 & Over 200 Breaststroke
12	13 & Over 800 Freestyle

Saturday, July 10th, 2021

12 & Under Session

Ages	Warm Up	Events
12 & Under	1:15-1:45 PM	1:50 PM

Event #	Event-MIXED BOYS & GIRLS
40	9-12 Year Old Individual Medley
13	10 & Under 100 Freestyle
14	11-12 100 Freestyle
15	10 & Under 50 Breaststroke
16	11-12 50 Breaststroke
17	10 & Under 100 Butterfly
18	11-12 Year Old 100 Butterfly
19	9-12 Year Old 400 Freestyle

Saturday, July 10th, 2021

13 & Over Session

Ages	Warm Up	Events
13 & Over	3:10-3:55 PM	4:00 PM

Event #	Event-MIXED BOYS & GIRLS
35	13 & Over 200 Individual Medley
20	13 & Over 100 Freestyle
21	13 & Over 50 Breaststroke
22	13 & Over 100 Butterfly
23	13 & Over 400 Freestyle

Sunday, July 11th, 2021

12 & Under Session

Ages	Warm Up	Events
12 & Under	8:20-8:55 AM	9:00 AM

Event #	Event-MIXED BOYS & GIRLS
24	9-12 Year Old 200 Freestyle
25	10 & Under 100 Backstroke
26	11-12 Year Old 100 Backstroke
27	10 & Under 50 Butterfly
28	11-12 Year Old 50 Butterfly
29	10 & Under 100 Breaststroke
30	11- 12 Year Old 100 Breaststroke
38	9-12 Year Old Individual Medley

Sunday, July 11th, 2021

13 & Over Session

Ages	Warm Up	Events
13 & Over	10:20-11:10 PM	11:15 AM

Event #	Event-MIXED BOYS & GIRLS
31	13 & Over 200 Freestyle
32	13 & Over 50 Butterfly
33	13 & Over 100 Backstroke
34	13 & Over 100 Breaststroke
39	13 & Over 400 Individual Medley