



# NCAP End of Summer Spectacular

July 22-25, 2021

Sanction # PVI-21-209

VSI Sanction # VS-21-



**MEET DIRECTOR**

Karyn McCannon

[kmccannon@nationscapitalswimming.com](mailto:kmccannon@nationscapitalswimming.com)

**MEET REFEREE**

Tim Husson

[tim.husson@gmail.com](mailto:tim.husson@gmail.com)

[Officials Signup](#)

**ENTRY COORDINATOR**

Karyn McCannon

[kmccannon@nationscapitalswimming.com](mailto:kmccannon@nationscapitalswimming.com)

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-21-209</b> and Virginia Swimming, Inc: <b>VS-21-</b>.</li> <li>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 &amp; 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.</li> </ul>																														
<b>FACILITY</b>	<p style="text-align: center;"><b>Freedom Aquatic &amp; Fitness Center</b>            9100 Freedom Center Blvd            Manassas, VA 20110            (703) 993-8444</p> <ul style="list-style-type: none"> <li>Competition: 8 or 10 lanes, 50 meters</li> <li>Warm up: 10 lanes, 50 meters. 1-2 lanes may be available for continuous warm up and cool down.</li> <li>Water depth range of 13.5' at the starting end and 3.5' at the turning end.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>																														
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Monday July 19, 2021, 12:00pm</b></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>																														
<b>SCHEDULE</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">13&amp;Over Warm Up</th> <th style="text-align: center;">Events</th> <th style="text-align: center;">12&amp;Under Warm Up</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td><b>Thursday, July 22</b></td> <td style="text-align: center;">7:00-7:50am</td> <td style="text-align: center;">8:00am</td> <td style="text-align: center;">12:00-12:50pm</td> <td style="text-align: center;">1:00pm</td> </tr> <tr> <td><b>Friday, July 23</b></td> <td style="text-align: center;">7:00-7:50am</td> <td style="text-align: center;">8:00am</td> <td style="text-align: center;">2:00-2:50pm</td> <td style="text-align: center;">3:00pm</td> </tr> <tr> <td><b>Friday, July 23 (Distance)</b></td> <td style="text-align: center;">12:00-12:40pm</td> <td style="text-align: center;">1:00pm</td> <td></td> <td></td> </tr> <tr> <td><b>Saturday, July 24</b></td> <td style="text-align: center;">2:00-2:50pm</td> <td style="text-align: center;">3:00pm</td> <td style="text-align: center;">5:00-5:50pm</td> <td style="text-align: center;">6:00pm</td> </tr> <tr> <td><b>Sunday, July 25</b></td> <td style="text-align: center;">12:30-1:20pm</td> <td style="text-align: center;">1:30pm</td> <td style="text-align: center;">4:00-4:50pm</td> <td style="text-align: center;">5:00pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>		13&Over Warm Up	Events	12&Under Warm Up	Events	<b>Thursday, July 22</b>	7:00-7:50am	8:00am	12:00-12:50pm	1:00pm	<b>Friday, July 23</b>	7:00-7:50am	8:00am	2:00-2:50pm	3:00pm	<b>Friday, July 23 (Distance)</b>	12:00-12:40pm	1:00pm			<b>Saturday, July 24</b>	2:00-2:50pm	3:00pm	5:00-5:50pm	6:00pm	<b>Sunday, July 25</b>	12:30-1:20pm	1:30pm	4:00-4:50pm	5:00pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered and invited swimmers from invited teams.</li> <li>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.</li> </ul>																														
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>																														

<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic Timing (touchpads primary) will be used.</li> </ul>
<b>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• 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 &amp; 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.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>• Some outside seating may be required. Exact plans will be provided after the entry deadline.</li> <li>• 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.</li> <li>• Swimmers should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming.</li> <li>• Athletes should arrive and depart in their suits. Locker room use should be minimized.</li> <li>• Spectators will not be permitted into the facility. The meet will be live streamed on the <a href="#">NCAP Livestreams Facebook Page</a>.</li> <li>• 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.</li> <li>• Each session will be limited to 400 swimmers. Teams/sites will be assigned to a seating area.</li> <li>• Entry and exit for all participants, volunteers, and coaches will be through the patio side entrance.</li> <li>• 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"> <li>○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?</li> <li>○ Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days?</li> <li>○ 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?</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Two timers will be assigned to each lane as backup timers.</li> <li>• 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.</li> <li>• For warm-ups, swimmers for each session may be assigned to one of two warmup groups, no more than 200 swimmers in each group (20 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.</li> <li>• 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.</li> <li>• Staging for swimmers during competition will be: <ul style="list-style-type: none"> <li>○ Heat 1 is at the blocks and will swim</li> <li>○ 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.</li> <li>○ 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).</li> </ul> </li> <li>• 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.</li> <li>• For the 50m events, masks will be delivered from the start end to the finish end.</li> <li>• Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.</li> <li>• Chlorine is used to disinfect the water and adjacent surfaces constantly.</li> <li>• 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.</li> </ul>
<p><b>RULES</b></p>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• No on-deck USA-S registration is permitted.</li> <li>• 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts may be used.</li> </ul>

	<ul style="list-style-type: none"> <li>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 &amp; U events per Rule 205.3.1F.</li> <li>No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>All events are swum as timed finals.</li> <li>Swimmer may not have bettered the NFT listed for each event.</li> <li>15&amp;Over Athletes may participate in a maximum of 7 events. 14&amp;Under athletes may participate in a maximum of 6 events. Athletes who swam in a 2021 PVS LC Championships meet must reduce their entries in this meet by the number of swims at Champs (Example: John Smith swam 4 events at Championships, and is now allowed to enter a maximum of 3 events at this meet, up to the 7 total for both weekends)</li> <li>Athletes may swim no more than 3 events per day.</li> <li>Swimmers must swim in their designated age group based on their age on July 22, 2021.</li> <li>Events will be seeded using LCM times.</li> <li>Entering with NT is NOT allowed - coaches MUST provide a coach's time.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> <li>Meet Marshals will be used to patrol the facility as well as help with crowd control and COVID regulation compliance.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>The meet director may determine if combining or splitting sessions is needed to provide additional competitive opportunities and time between events.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>Team Scores will not be kept.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>No individual awards will be provided.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will not be sold, however the meet will be available on Meet Mobile.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials interested in volunteering should complete the <a href="#">Officials Signup</a> or contact the Meet Referee, Tim Husson (tim.husson@gmail.com).</li> <li>An officials' meeting will precede each session during warm-ups.</li> <li>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.</li> </ul>
<b>TIMERS &amp; VOLUNTEERS</b>	<ul style="list-style-type: none"> <li>Two timers per lane.</li> <li>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.</li> </ul>

<p><b>ENTRY PROCEDURES</b></p>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the ENTRY COORDINATOR Karyn McCannon (kmccannon@nationscapitalswimming.com)</li> <li>• Include in the subject of the email, "NCAP End of Summer Spectacular- 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.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<p><b>ENTRY FEES</b></p>	<p style="text-align: center;">Per Swimmer Surcharge:           \$15.00           Individual event fee:           \$8.00</p> <ul style="list-style-type: none"> <li>• Make checks payable to <b>NCAP</b>. Checks may be mailed to: 8101 Wolftrap Rd Vienna VA 22182</li> <li>• Entry fees are due with meet entry.</li> </ul>

# NCAP End of Summer Spectacular

Thursday, July 22, 2021

## 13&Over Session

GIRLS			Event	BOYS			
AGE	SC NFT	LC NFT		LC NFT	SC NFT	AGE	
13-14	1:12.29	1:23.89	1	Mixed 13&Over 100m Breaststroke	1:17.89	1:06.79	13-14
15&O	1:08.19	1:17.89			1:09.69	1:01.49	15&O
13-14	2:04.99	2:23.19	2	Mixed 13&Over 200m Freestyle	2:14.79	1:57.49	13-14
15&O	1:54.99	2:10.89			2:01.29	1:46.29	15&O
13-14	1:02.69	1:11.19	3	Mixed 13&Over 100m Butterfly	1:06.79	58.49	13-14
15&O	58.49	1:06.29			1:00.19	53.19	15&O

## 12&Under Session

GIRLS			Event	BOYS			
AGE	SC NFT	LC NFT		LC NFT	SC NFT	AGE	
10&U	43.89	49.89	4	Mixed 12&Under 50m Breaststroke	49.39	43.09	10&U
11-12	36.89	41.99			41.29	36.09	11-12
10&U	1:14.09	1:24.39	5	Mixed 12&Under 100m Freestyle	1:23.79	1:13.19	10&U
11-12	1:03.09	1:12.09			1:09.69	1:00.89	11-12
10&U	38.09	42.89	6	Mixed 12&Under 50m Butterfly	42.29	37.19	10&U
11-12	31.29	35.39			35.19	31.19	11-12

Friday, July 23, 2021

## 13&Over Session

GIRLS			Event	BOYS			
AGE	SC NFT	LC NFT		LC NFT	SC NFT	AGE	
13-14	2:19.49	2:40.79	7	Mixed 13&Over 200m Individual Medley	2:31.69	2:11.39	13-14
15&O	2:10.69	2:28.39			2:16.19	1:59.39	15&O
13-14	2:36.79	3:00.49	8	Mixed 13&Over 200m Breaststroke	2:48.79	2:25.09	13-14
15&O	2:29.39	2:49.39			3:23.59	2:14.99	15&O
13-14	1:02.99	1:13.89	9	Mixed 13&Over 100m Backstroke	1:08.89	58.69	13-14
15&O	59.29	1:07.89			1:01.99	54.49	15&O

## 13&Over Distance Session

GIRLS			Event	BOYS			
AGE	SC NFT	LC NFT		LC NFT	SC NFT	AGE	
13-14	11:31.59	10:20.99	10	Mixed 13&Over 800m Freestyle	9:56.29	10:58.09	13-14
15&O	10:38.99	9:29.99			8:58.39	9:59.49	15&O

# NCAP End of Summer Spectacular

Friday, July 23, 2021 (cont.)

## 12&Under Session

GIRLS			BOYS				
AGE	SC NFT	LC NFT	Event		LC NFT	SC NFT	AGE
10&U	3:01.39	3:26.99	11	Mixed 12&Under 200m Individual Medley	3:25.19	2:59.59	10&U
11-12	2:34.49	2:56.59			2:53.19	2:30.69	11-12
10&U	1:36.49	1:50.19	12	Mixed 12&Under 100m Breaststroke	1:47.89	1:34.49	10&U
11-12	1:20.19	1:32.79			1:30.29	1:17.49	11-12
10&U	38.59	45.09	13	Mixed 12&Under 50m Backstroke	45.19	38.89	10&U
11-12	32.69	37.69			36.99	32.09	11-12

Saturday, July 24, 2021

## 13&Over Session

GIRLS			BOYS				
AGE	SC NFT	LC NFT	Event		LC NFT	SC NFT	AGE
13-14	5:34.99	5:01.29	14	Mixed 13&Over 400m Freestyle	4:46.69	5:17.59	13-14
15&O	5:08.79	4:37.69			4:17.59	4:47.39	15&O
13-14	4:58.69	5:41.29	15	Mixed 13&Over 400m Individual Medley	5:22.59	4:40.49	13-14
15&O	4:38.99	5:20.49			4:49.89	4:15.09	15&O
13-14	26.79	30.49	16	Mixed 13&Over 50m Freestyle	28.29	24.59	13-14
15&O	24.79	28.29			25.49	22.39	15&O

## 12&Under Session

GIRLS			BOYS				
AGE	SC NFT	LC NFT	Event		LC NFT	SC NFT	AGE
12&U	2:31.39	2:55.29	17	Mixed 12&Under 200m Backstroke	2:50.99	2:27.39	12&U
12&U	2:52.19	3:19.39	18	Mixed 12&Under 200m Breaststroke	3:12.59	2:46.39	12&U
12&U	2:34.29	2:55.59	19	Mixed 12&Under 200m Butterfly	2:51.89	2:28.39	12&U
10&U	7:04.59	6:23.69	20	Mixed 12&Under 400m Freestyle	6:17.49	6:57.29	10&U
11-12	6:07.59	5:29.09			5:21.89	5:57.69	11-12
10&U	32.99	37.39	21	Mixed 12&Under 50m Freestyle	37.29	32.59	10&U
11-12	28.99	32.99			31.99	27.89	11-12

# NCAP End of Summer Spectacular

Sunday, July 25, 2021

## 13&Over Session

GIRLS			BOYS			
AGE	SC NFT	LC NFT	Event	LC NFT	SC NFT	AGE
13-14	2:17.09	2:38.09	22 Mixed 13&Over 200m Backstroke	2:29.59	2:08.39	13-14
15&O	2:08.89	2:26.19		2:14.79	1:58.59	15&O
13-14	57.99	1:06.19	23 Mixed 13&Over 100m Freestyle	1:01.79	53.89	13-14
15&O	53.09	1:00.69		55.49	48.49	15&O
13-14	2:18.79	2:38.59	24 Mixed 13&Over 200m Butterfly	2:28.59	2:09.99	13-14
15&O	2:12.09	2:29.09		2:16.29	2:01.19	15&O

## 12&Under Session

GIRLS			BOYS			
AGE	SC NFT	LC NFT	Event	LC NFT	SC NFT	AGE
10&U	1:23.29	1:37.39	25 Mixed 12&Under 100m Backstroke	1:35.59	1:22.79	10&U
11-12	1:11.39	1:23.19		1:20.49	1:09.19	11-12
10&U	2:43.19	3:05.19	26 Mixed 12&Under 200m Freestyle	2:59.39	2:36.89	10&U
11-12	2:17.49	2:36.19		2:32.19	2:12.49	11-12
10&U	1:28.29	1:40.79	27 Mixed 12&Under 100m Butterfly	1:39.29	1:26.99	10&U
11-12	1:10.89	1:20.79		1:18.59	1:09.29	11-12

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