



# 2021 JP Popovich Memorial Invitational

October 8-10, 2021

Sanction # PVI-22-03

VSI Sanction # VS-22-04DS



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR	ENTRY COORDINATOR
Tanya Chang <a href="mailto:tanya.chang@snowswimming.org">tanya.chang@snowswimming.org</a> (571) 512-1620	Tim Husson <a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>	Eric Ramey <a href="mailto:rameyeric20105@gmail.com">rameyeric20105@gmail.com</a> (571) 449-1956	Angela Davis <a href="mailto:snowswimming.entries@gmail.com">snowswimming.entries@gmail.com</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-22-03</b> and Virginia Swimming, Inc.: <b>VSI-22-04DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., SNOW Swimming, and Claude Moore 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.</li> </ul>
<b>MEET BACKGROUND</b>	<ul style="list-style-type: none"> <li>2021 marks the 5<sup>th</sup> year SNOW has hosted this meet named in honor of SNOW alum, JP Popovich ('15). JP was incredibly enthusiastic about swimming generally and about his teammates particularly. An accomplished IMer (2015 VHSL 4A 200 IM State Champion), JP tragically passed away in December 2015 while home from the University of Virginia for the holidays. SNOW hopes to keep alive JP's spirit and enthusiasm for both swimming and swimmers alike, as we kick-off the 2021-2022 short course season with this meet showcasing the same spirit and enthusiasm that JP displayed throughout his life.</li> <li>In keeping with JP's specialty, the Individual Medley, this timed-finals meet is keenly focused on the IMX events. While winners of both the Women's and Men's 15 &amp; Over 200 IM will again have their names etched onto the JP Popovich 200 IM Memorial Plaque commemorating their accomplishments, each event in the 9-10, 11-12 and 13-14 IMX Extreme Meet are included in the meet.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>Claude Moore Recreation Center</b> 46105 Loudoun Park Lane Sterling, VA 20164 (571) 258-3600</p> <ul style="list-style-type: none"> <li>The pool at Claude Moore is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in ten (10) lanes, 25 yards, running from wall to bulkhead at the eastern end of the pool. Fourteen (14) lanes will be used for warm-ups.</li> <li>There will be three (3) lanes available for continuous warm-up/cool-down available during the meet.</li> <li>Water depth of 12'6" at the starting end and 6'8" at the turning end of the competition course.</li> <li>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.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Thursday September 30, 2021, at 5:00pm</b></p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Entry Coordinator. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>FRIDAY, OCTOBER 8</b> Warm-up: 4:00 – 4:50pm; Events: 5:00pm</p> <p style="text-align: center;"><b>SATURDAY AND SUNDAY, OCTOBER 9-10</b> 15 &amp; Over: Warm-up: 8:00 - 8:50am; Events: 9:00am 10 &amp; Under: Warm-up: 12:00 -12:20pm; Events: 12:30pm 11 - 14: Warm-up: 2:00-2:40pm; Events: 2:50pm</p> <ul style="list-style-type: none"> <li>The Meet Director reserves the right to adjust times/events/sessions after entries are received.</li> </ul>

<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to all Potomac Valley Swimming registered athletes 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> <li>• All athletes shall compete at the age attained on the first day of the meet.</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., SNOW SWIMMING, AND CLAUDE MOORE 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.</li> <li>• 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.</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 Loudoun County.</li> </ul>
<b>COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>• Athletes should arrive and depart in their suits. Locker room use is minimized to emergency use only.</li> <li>• Athletes must shower prior to arrival at the pool.</li> <li>• All attendees (athletes, coaches, officials, volunteers, spectators) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. Masks must be affixed to the face without hands and must cover the nose and mouth.</li> <li>• All attendees should bring a filled, reusable (non-glass) water bottle to the meet.</li> <li>• Athletes should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming.</li> <li>• Coaches, officials, and volunteers will use the family bathrooms for restroom purposes. Athletes will use the locker rooms for restroom purposes.</li> </ul>

- Spectators will not be permitted into the facility. Competition will be live streamed on the [SNOW Swimming Facebook Page](#).
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- Each session will be limited to **350** swimmers.
- Swimmers will be assigned to a seating area.
- Entry and exit for all participants, volunteers, and coaches will be through the side entrance of the building.
- 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':
  - 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 last 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?
- Swimmers will 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.
- 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. Stairwells will be one-way traffic only. At the completion of their races, swimmers will walk around the pool, along the wall with the windows, around the shallow end of the pool to reach the stairwell (at the shallow end) to return to their assigned area.
- All swimmers must remain in their designated area until they are called for their events, and they must return to their area immediately following their event.
- 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:
  - Heat 1 is at the blocks and will swim
  - Heat 2 is staged behind the blocks, near the wall
  - Heat 3 is staged in the stairwell at the start end of the course until directed to move to where Heat 2 is standing (after Heat 1 has started and Heat 2 steps forward 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.
- To the extent possible, timers and counters for the 500 Freestyle event should be provided by swimmers or volunteers already in the meet session.
- Limited hospitality may be offered for coaches and officials.
- 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.
- Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.
- 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.

<b>RULES</b>	<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> <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> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• <b>Swimmers may enter a maximum of eight (8) individual events during the entire meet, not exceeding three (3) events per day.</b></li> <li>• Only short course times are applicable.</li> <li>• All events are timed finals.</li> <li>• No deck entries will be accepted.</li> <li>• The 500 Freestyle will be swum fastest to slowest.</li> <li>• Swimmers in the 500 Freestyle are required to provide their own timers and counters, if desired.</li> <li>• Entries in the 400 IM and 500 Freestyle may be limited due to time constraints. If necessary, this will be done based on verifiable proof of time. Any swimmer removed from an event due to time constraints will be provided the opportunity to enter another event, so long as it does not create a new heat and does not violate any applicable entry limits.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</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-ups, times and lane assignments.</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> <li>• No personal chairs are allowed on deck.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• The meet will not be scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• No awards will be given at this meet.</li> <li>• The male and female winner of the 15 &amp; Over 200 IM will have their names and times reflected on the JP Popovich Memorial Plaque displayed at Claude Moore.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Meet programs and results will be available on Meet Mobile, posted on the <a href="#">SNOW website</a> and emailed to participating clubs.</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 on deck. 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.</li> </ul>											
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Each participating club is requested to provide at least one table worker or official (Referee, Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>Officials will be identified in advance and coordinated by the Club Officials Chair, Eric Ramey (<a href="mailto:rameyeric20105@gmail.com">rameyeric20105@gmail.com</a>).</li> <li>Officials wishing to volunteer should complete the <a href="#">2021 Snow JP Popovich Memorial Invitational Official's Sign-up</a>.</li> <li>Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. Officials working this meet must wear a mask for the duration of the meet.</li> <li>A comprehensive official's briefing will precede each session during warm-ups.</li> <li>Walk-on officials cannot be accommodated.</li> </ul>											
<b>TIMERS AND 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 <a href="#">MAAPP policies</a>.</li> <li>Each club will be required to provide timers and volunteers in proportion to the number of entries.</li> <li>The Meet Director will assign timer requirements to each club after entries have been received.</li> <li>The Meet Director will notify clubs of their timer and volunteer requirements by email.</li> <li>Lane assignments will be made in advance.</li> <li>All timers must wear masks at all times.</li> <li>A timers' meeting will be held during warm-ups prior to each session.</li> </ul>											
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the Entry Coordinator, Angela Davis (<a href="mailto:snowswimming.entries@gmail.com">snowswimming.entries@gmail.com</a>).</li> <li>Include in the subject of the email, "2021 JPP meet - ***" 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.</li> <li>Include in the entry email: entry file, report of entries by name, report of entries by event.</li> <li>In the body of the email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</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 of \$100 per occurrence by PVS and no further entries will be accepted from that club until the said fine is paid.</li> </ul>											
<b>ENTRY FEES</b>	<table border="0" style="width: 100%;"> <tr> <td style="text-align: right;">Facility Surcharge:</td> <td style="text-align: right;">\$10.00</td> <td style="text-align: right;">Per Swimmer Surcharge:</td> <td style="text-align: right;">\$2.50</td> </tr> <tr> <td style="text-align: right;">Individual event fee:</td> <td style="text-align: right;">\$13.00</td> <td></td> <td></td> </tr> </table> <ul style="list-style-type: none"> <li>Make checks payable to SNOW Swimming.</li> <li>Checks may be mailed to: <table border="0" style="margin-left: 40px;"> <tr> <td>Teresa Meike</td> </tr> <tr> <td>10755 Riverscape Run</td> </tr> <tr> <td>Great Falls, VA 22066</td> </tr> </table> </li> <li>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>	Facility Surcharge:	\$10.00	Per Swimmer Surcharge:	\$2.50	Individual event fee:	\$13.00			Teresa Meike	10755 Riverscape Run	Great Falls, VA 22066
Facility Surcharge:	\$10.00	Per Swimmer Surcharge:	\$2.50									
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# 2021 JP Popovich Memorial Invitational

**October 8-10, 2021**

**Friday, October 8, 2021**

## Session 1

*The 500 Freestyle will be swum fastest to slowest.*

*Swimmers in the 500 Freestyle must provide their own timers and counters, if desired.*

**Warm-up: 4:00pm Events: 5:00pm**

	EVENT
1	Mixed 14 & Under 200 Freestyle
2	Mixed 11 & Over 400 IM
3	Mixed 10 & Under 200 IM
4	Mixed 11-14 200 Butterfly
5	Mixed 11 & Over 500 Freestyle

**Saturday, October 9, 2021**

## Session 2

**Mixed 15 & Over Timed Finals**

**Warm-up: 8:00am Events: 9:00am**

	EVENT
6	Mixed 15 & Over 200 Backstroke
7	Mixed 15 & Over 100 Freestyle
8	Mixed 15 & Over 200 Breaststroke
9	Mixed 15 & Over 100 Butterfly
10	Mixed 15 & Over 200 Freestyle

## Session 3

**10 & Under Timed Finals**

**Warm-up: 12:00pm Events: 12:30pm**

	EVENT
11	Mixed 10 & Under 100 Backstroke
12	Mixed 10 & Under 50 Freestyle
13	Mixed 10 & Under 100 Butterfly
14	Mixed 10 & Under 50 Breaststroke

## Session 4

**Mixed 11-14 Timed Finals**

**Warm-up: 2:00pm Events: 2:50am**

	EVENT
15	Mixed 11-14 200 Backstroke
16	Mixed 11-14 100 Freestyle
17	Mixed 11-14 200 Breaststroke
18	Mixed 11-14 100 Butterfly

# 2021 JP Popovich Memorial Invitational

**October 8-10, 2021**

**Sunday, October 10, 2021**

## Session 5

### Mixed 15 & Over Timed Finals

*Warm-up: 8:00am Events: 9:00am*

	EVENT
19	Mixed 15 & Over 200 Butterfly
20	Mixed 15 & Over 100 Backstroke
21	Mixed 15 & Over 100 Breaststroke
22	Mixed 15 & Over 50 Freestyle
23	Mixed 15 & Over 200 IM

## Session 6

### 10 & Under Timed Finals

*Warm-up: 12:00pm Events: 12:30pm*

	EVENT
24	Mixed 10 & Under 50 Backstroke
25	Mixed 10 & Under 100 Breaststroke
26	Mixed 10 & Under 50 Butterfly
27	Mixed 10 & Under 100 Freestyle
28	Mixed 10 & Under 100 IM

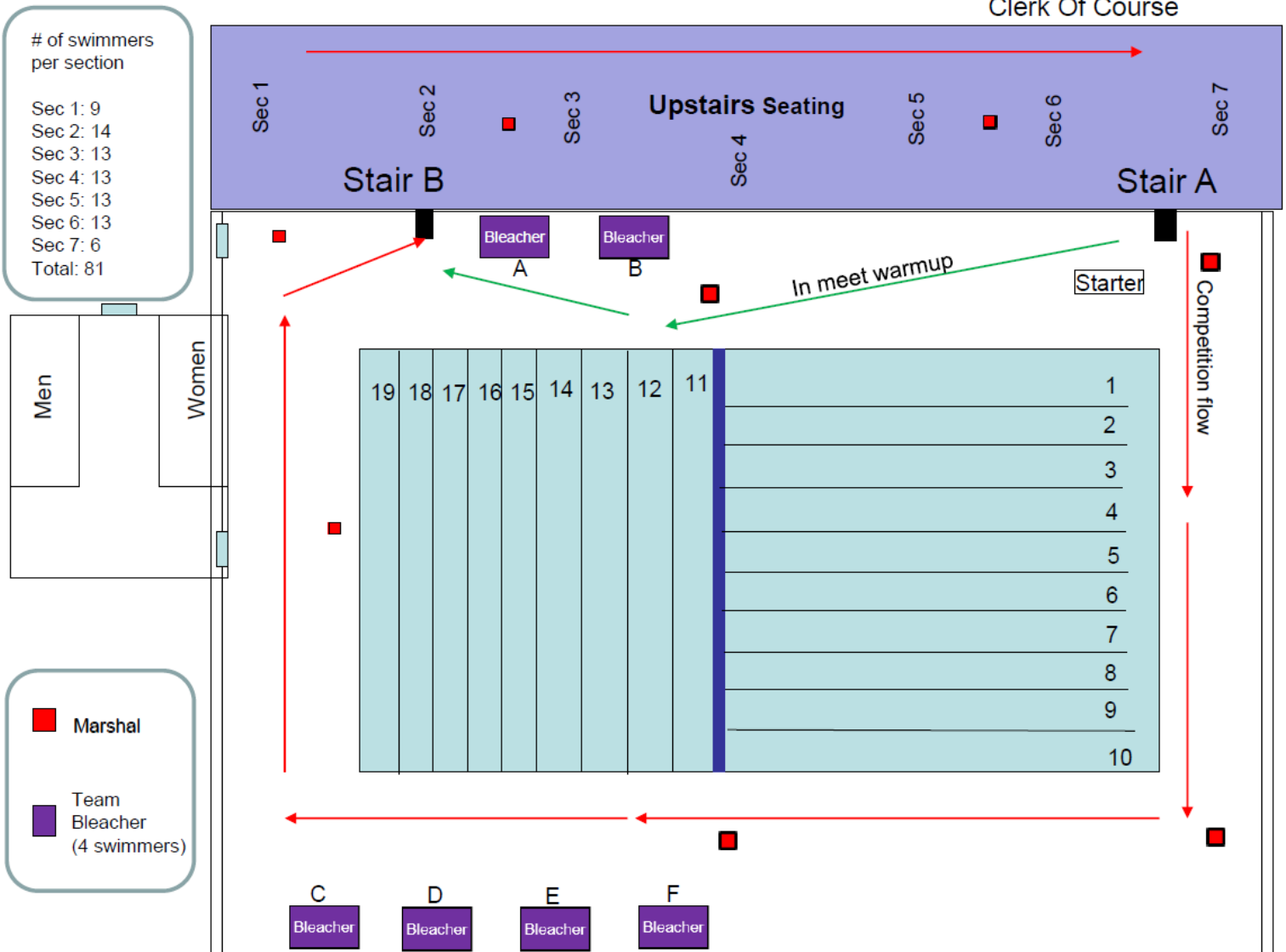
## Session 7

### Mixed 11-14 Timed Finals

*Warm-up: 2:00pm Events: 2:50pm*

	EVENT
29	Mixed 11-14 100 Backstroke
30	Mixed 11-14 100 Breaststroke
31	Mixed 11-14 50 Freestyle
32	Mixed 11-14 200 IM

# Map of Claude Moore Pool





Map of Claude Moore Recreation Center

