



2022 SNOW Long Course Invitational

June 16-19, 2022

Sanction # PVI-22-102

VSI Sanction # VS-22-37DS



MEET DIRECTOR Teresa Meike Pluskaitis teresameike@gmail.com (571) 966-1124	MEET REFEREE Tim Husson tim.husson@gmail.com	CLUB OFFICIALS CHAIR Eric Ramey rameyeric20105@gmail.com (571) 449-1956 Officials' Sign-up	ENTRY COORDINATOR Angela Davis snowswimming.entries@gmail.com (571) 888-1157
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-22-102 and Virginia Swimming, Inc.: VSI-22-37DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., SNOW Swimming, 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. 																																				
FACILITY	<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 eight (8) lanes, 50 meters, running from wall to bulkhead at the southern end of the pool. One (1) lane will be available for continuous warm-up/cool-down during the meet. 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. 																																				
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, June 7, 2022, 5:00pm</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. 																																				
SCHEDULE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%; text-align: center;">WARM-UP</th> <th style="width: 20%; text-align: center;">EVENTS</th> </tr> </thead> <tbody> <tr> <td>THURSDAY – Prelims/Finals</td> <td></td> <td></td> </tr> <tr> <td style="padding-left: 20px;">13 & Over Prelims</td> <td style="text-align: center;">7:30am</td> <td style="text-align: center;">8:50am</td> </tr> <tr> <td style="padding-left: 20px;">Finals</td> <td style="text-align: center;">5:00pm</td> <td style="text-align: center;">6:00pm</td> </tr> <tr> <td>FRIDAY – Prelims/Finals; 9-12 Timed Final</td> <td></td> <td></td> </tr> <tr> <td style="padding-left: 20px;">13 & Over Prelims</td> <td style="text-align: center;">7:30am</td> <td style="text-align: center;">8:50am</td> </tr> <tr> <td style="padding-left: 20px;">9-12 Timed Finals</td> <td style="text-align: center;">1:00pm</td> <td style="text-align: center;">2:00pm</td> </tr> <tr> <td style="padding-left: 20px;">Finals</td> <td style="text-align: center;">5:00pm</td> <td style="text-align: center;">6:00pm</td> </tr> <tr> <td>SATURDAY - Distance</td> <td style="text-align: center;">2:00pm</td> <td style="text-align: center;">3:00pm</td> </tr> <tr> <td>SUNDAY - Timed Finals</td> <td></td> <td></td> </tr> <tr> <td style="padding-left: 20px;">13 & Over</td> <td style="text-align: center;">8:00am</td> <td style="text-align: center;">9:20am</td> </tr> <tr> <td style="padding-left: 20px;">9-12</td> <td style="text-align: center;">1:00pm</td> <td style="text-align: center;">2:00pm</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. 		WARM-UP	EVENTS	THURSDAY – Prelims/Finals			13 & Over Prelims	7:30am	8:50am	Finals	5:00pm	6:00pm	FRIDAY – Prelims/Finals; 9-12 Timed Final			13 & Over Prelims	7:30am	8:50am	9-12 Timed Finals	1:00pm	2:00pm	Finals	5:00pm	6:00pm	SATURDAY - Distance	2:00pm	3:00pm	SUNDAY - Timed Finals			13 & Over	8:00am	9:20am	9-12	1:00pm	2:00pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to invited USA Swimming athletes from invited teams. • 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., SNOW SWIMMING, 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, Virginia Swimming Inc., the Commonwealth of Virginia, and Loudoun County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • No one with symptoms of COVID-19 is permitted in the facility. • Swimmers will not be permitted into the building prior to their arrival time. • Athletes should arrive and depart in their suits, if possible. • Coaches, officials, and volunteers will use the family locker rooms for restroom purposes. • Athletes must shower prior to arrival at the pool. • 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. • All attendees (athletes, coaches, volunteers, officials, spectators, etc.) are encouraged to wear masks while in the facility, with the exception of athletes when warming up, cooling down, and

	<p>competing.</p> <ul style="list-style-type: none"> • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • Any attendee (swimmer, coach, official, volunteer, spectator) not following the meet protocols will be subject to immediate removal from the meet. • Hospitality will be offered for coaches and officials. • Restroom and locker room use should be minimized and only be used for emergencies. • To the extent possible, timers and counters for the 800 and 1500 Freestyle event should be provided by swimmers already entered in the meet session. Parent timers may enter the facility fifteen (15) minutes prior to the start of the 800 and 1500 Freestyle. • Spectators will be permitted into the facility to the extent possible. In addition, competition will also be live streamed on the SNOW Facebook Page. • We request that all attendees notify the meet director as quickly as possible should they test positive for COVID-19, show symptoms or have been in contact with anyone exposed or tested positive for COVID-19 after attending the meet.
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 Swimming 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 will be used during preliminary and timed finals sessions. • 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 & Under events per Rule 205.3.1F. • No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> • Swimmers may enter a maximum of ten (10) individual events. Swimmers may enter no more than three (3) events on Thursday, Friday, and Sunday, and no more than two (2) events on Saturday. • All 13-14 and 15 & Over events on Thursday and Friday are prelims/ finals EXCEPT FOR the 400 Freestyle and 400 IM. All 13-14 and 15 & Over finals will have an "A" final (top 8 prelim finishers) and "B" final (top 9-16 prelim finishers). The "B" finals will be swum first. 13-14 final heats will be swum before the 15 & over final heats. • The 13-14 and 15 & Over 400 Freestyle on Thursday 400 IM on Friday will be timed finals and swum fastest to slowest in the preliminary session, EXCEPT the fastest heat of each event will

	<p>be swum during Finals</p> <ul style="list-style-type: none"> • All 9-12 events on Friday and Sunday are timed finals and mixed gender. • All events in the Saturday Distance session will be timed finals, mixed gender and swum fastest to slowest. • All events on Sunday will be timed finals. • Entries in the 400/800/1500 Freestyle and 400 IM may be limited due to time constraints. If necessary, this will be done based on the verifiable proof of time. To the extent possible, 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 violate any applicable entry limits or facility-related capacity restrictions. • All swimmers must provide their own timers and counters (if desired) for the 800m and 1500m Freestyle events. All swimmers must provide their own timers for the 9-12 400m Freestyle and 9-12 400m Individual Medley. • Entries must be submitted as LCM times. Time conversions are permitted. Entries with no time (NT) will be accepted. • No late entries will be accepted.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • PVS scratch rules apply for swimmers scratching Finals. • If you do not wish to swim in the Final, you may “scratch” from the event by following this procedure: <ul style="list-style-type: none"> ○ You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement qualifiers for “A” and “B” finals, if scheduled. ○ You may declare an “intent to scratch.” You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for “intent.” If you declare an “intent to scratch” and do not wish to swim Finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event. • If an athlete fails to properly scratch from an event and does not appear for the “Final” event, they shall be barred from further competition for the remainder of the meet.
POSITIVE CHECK-IN	<ul style="list-style-type: none"> • All events in the Saturday Distance session are positive check-in events. Swimmers who do not check-in by the deadline will not be seeded into those events. • Swimmers must complete the 2022 SNOW LC Invitational - Positive Check-In to check-in for those events. • The check-in deadline for the Saturday Distance events is Saturday, June 18, 2022, 10:00am. • All other 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 will determine the structure of warm-up, including times/lane assignments. • One (1) lane will be available for continuous warm-up/cool-down during the meet.
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"> • All events will be swum slow-to-fast EXCEPT for the 400 Freestyle, 400 IM and all events in the Saturday Distance session, which will be swum fast-to-slow. • The fastest heats of the 400 Freestyle and 400 IM will be swum at Finals.
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 for free and posted to the SNOW Website.
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"> 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 Club Officials Chair, Eric Ramey (rameyeric20105@gmail.com). Officials wishing to volunteer should complete the Officials' Sign-up. Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. A comprehensive official's briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> 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. Each club will be required to provide timers and volunteers 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 and volunteer requirements by email. Lane assignments will be made in advance. 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 Entry Coordinator at snowswimming.entries@gmail.com Include in the subject of the email, "2022 SNOW LC INVITATIONAL- ****" 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 Entry Coordinator 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 style="text-align: center;">Facility surcharge: \$10.00 Per swimmer surcharge: \$2.50 Individual event fee: \$12.00</p> <ul style="list-style-type: none"> Make checks payable to SNOW Swimming. Checks may be mailed to: Teresa Meike 10755 Riverscape Run Great Falls, VA 22066 <p>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</p>

2022 SNOW Long Course Invitational

June 16-19, 2022

Thursday, June 16, 2022

Session 1

13 & Over Preliminaries

Warm-up: 7:30am Events: 8:50am

	EVENT
1	Girls 13-14 100 Backstroke
2	Boys 13-14 100 Backstroke
3	Girls 15 & Over 100 Backstroke
4	Boys 15 & Over 100 Backstroke**
5	Girls 13-14 200 Butterfly
6	Boys 13-14 200 Butterfly
7	Girls 15 & Over 200 Butterfly
8	Boys 15 & Over 200 Butterfly
9	Girls 13-14 100 Freestyle
10	Boys 13-14 100 Freestyle
11	Girls 15 & Over 100 Freestyle
12	Boys 15 & Over 100 Freestyle**
13	Girls 13-14 400 Freestyle*
14	Boys 13-14 400 Freestyle*
15	Girls 15 & Over 400 Freestyle*
16	Boys 15 & Over 400 Freestyle*

*** The 400 Freestyle will be timed final and swum fastest to slowest, with the fastest heat swum at Finals.**

**** There will be a 10-minute warm-up/cool-down break after Events 4 and 12.**

2022 SNOW Long Course Invitational

June 16-19, 2022

Thursday, June 16 (cont.)

Session 2

Thursday Finals

Warm-up: 5:00pm Events: 6:00pm

	EVENT
1	Girls 13-14 100 Backstroke
2	Boys 13-14 100 Backstroke
3	Girls 15 & Over 100 Backstroke
4	Boys 15 & Over 100 Backstroke
5	Girls 13-14 200 Butterfly
6	Boys 13-14 200 Butterfly
7	Girls 15 & Over 200 Butterfly
8	Boys 15 & Over 200 Butterfly
9	Girls 13-14 100 Freestyle
10	Boys 13-14 100 Freestyle
11	Girls 15 & Over 100 Freestyle
12	Boys 15 & Over 100 Freestyle
13	Girls 13-14 400 Freestyle
14	Boys 13-14 400 Freestyle
15	Girls 15 & Over 400 Freestyle
16	Boys 15 & Over 400 Freestyle

2022 SNOW Long Course Invitational

June 16-19, 2022

Friday, June 17, 2022

Session 3

13 & Over Preliminaries

Warm-up: 7:30am Events: 8:50am

	EVENT
17	Girls 13-14 100 Breaststroke
18	Boys 13-14 100 Breaststroke
19	Girls 15 & Over 100 Breaststroke
20	Boys 15 & Over 100 Breaststroke**
21	Girls 13-14 200 Backstroke
22	Boys 13-14 200 Backstroke
23	Girls 15 & Over 200 Backstroke
24	Boys 15 & Over 200 Backstroke**
25	Girls 13-14 100 Butterfly
26	Boys 13-14 100 Butterfly
27	Girls 15 & Over 100 Butterfly
28	Boys 15 & Over 100 Butterfly
29	Girls 13-14 400 IM*
30	Boys 13-14 400 IM*
31	Girls 15 & Over 400 IM*
32	Boys 15 & Over 400 IM*

**The 400 IM will be timed final and swum fastest to slowest, with the fastest heat swum at Finals.*

*** There will be a 10-minute warm-up/cool-down break after Events 20 and 24.*

Session 4

Mixed 9-12

Timed Finals

Warm-up: 1:00pm Events: 2:00pm

	EVENT
33	Mixed 9-12 100 Freestyle
34	Mixed 9-12 50 Breaststroke
35	Mixed 9-12 100 Backstroke
36	Mixed 9-12 100 Butterfly
37	Mixed 9-12 50 Backstroke

2022 SNOW Long Course Invitational June 16-19, 2022

Friday, June 17(cont.)

Session 5 Friday Finals

Warm-up:5:00pm Events: 6:00pm

	EVENT
17	Girls 13-14 100 Breaststroke
18	Boys 13-14 100 Breaststroke
19	Girls 15 & Over 100 Breaststroke
20	Boys 15 & Over 100 Breaststroke
21	Girls 13-14 200 Backstroke
22	Boys 13-14 200 Backstroke
23	Girls 15 & Over 200 Backstroke
24	Boys 15 & Over 200 Backstroke
25	Girls 13-14 100 Butterfly
26	Boys 13-14 100 Butterfly
27	Girls 15 & Over 100 Butterfly
28	Boys 15 & Over 100 Butterfly
29	Girls 13-14 400 IM
30	Boys 13-14 400 IM
31	Girls 15 & Over 400 IM
32	Boys 15 & Over 400 IM

Saturday, June 18

Session 6 Distance

Warm-up: 2:00pm Events: 3:00pm

	EVENT
38	Mixed Open 1500 Freestyle*
39	Mixed 9-12 400 Freestyle*
40	Mixed 9-12 400 IM*
41	Mixed Open 800 Freestyle*

** There will be a 10-minute warm-up/cool-down break after each event.*

All events will be swum fastest to slowest

Swimmers must provide their own timer for all events

Swimmers must provide their own counter (if desired) for the 800m and 1500m Freestyle events

2022 SNOW Long Course Invitational

June 16-19, 2022

Sunday, June 19, 2022

Session 7

Mixed 13 & Over Timed Finals

Warm-up: 8:00am Events: 9:20am

	EVENT
42	Mixed 13 & Over 200 Freestyle
43	Mixed 13 & Over 200 Breaststroke
44	Mixed 13 & Over 50 Freestyle
45	Mixed 13 & Over 200 IM

**** There will be a 10-minute warm-up/cool-down break after Events 42 and 44.**

Session 8

Mixed 9-12 Timed Finals

Warm-up: 1:00pm Events: 2:00pm

	EVENT
46	Mixed 9-12 200 Freestyle
47	Mixed 9-12 50 Butterfly
48	Mixed 9-12 100 Breaststroke
49	Mixed 9-12 50 Freestyle
50	Mixed 9-12 200 IM