



14TH Annual Machine LC Classic

April 22-24th, 2022

Sanction # PVC-22-109



MEET DIRECTOR Paris Jacobs- 571-238-7657 paris@machineaquatics.com Meet Entry Email: entries@machineaquatics.com	MEET REFEREE Courtney Johnston officials@machineaquatics.com	CLUB OFFICIALS CHAIR Courtney Johnston officials@machineaquatics.com Email to volunteer
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-22-109. 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, 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 8 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;">FINAL ENTRY FILE IS DUE BY 5:00PM, FRIDAY, APRIL 15TH, 2022</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	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Up</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;">Friday, April 22, 2022</td> </tr> <tr> <td style="text-align: center;">ALL AGES</td> <td style="text-align: center;">4:00 – 5:00 pm</td> <td style="text-align: center;">5:10 pm</td> </tr> <tr> <td colspan="3" style="text-align: center;">Saturday, April 23, 2022</td> </tr> <tr> <td style="text-align: center;">11-12 Year Old</td> <td style="text-align: center;">7:00 – 7:55 am</td> <td style="text-align: center;">8:00 am</td> </tr> <tr> <td style="text-align: center;">10 & Under</td> <td style="text-align: center;">10:45 – 11:20 am</td> <td style="text-align: center;">11:30 am</td> </tr> <tr> <td style="text-align: center;">13 & Over</td> <td style="text-align: center;">1:20 – 2:30 pm</td> <td style="text-align: center;">2:40 pm</td> </tr> <tr> <td colspan="3" style="text-align: center;">Sunday, April 24, 2022</td> </tr> <tr> <td style="text-align: center;">11-12 Year Old</td> <td style="text-align: center;">7:00 – 7:55 am</td> <td style="text-align: center;">8:00 am</td> </tr> <tr> <td style="text-align: center;">10 & Under</td> <td style="text-align: center;">10:15 – 10:50 am</td> <td style="text-align: center;">11:00 am</td> </tr> <tr> <td style="text-align: center;">13 & Over</td> <td style="text-align: center;">1:20 – 2:30 pm</td> <td style="text-align: center;">2:40 pm</td> </tr> </tbody> </table>		Warm Up	Events	Friday, April 22, 2022			ALL AGES	4:00 – 5:00 pm	5:10 pm	Saturday, April 23, 2022			11-12 Year Old	7:00 – 7:55 am	8:00 am	10 & Under	10:45 – 11:20 am	11:30 am	13 & Over	1:20 – 2:30 pm	2:40 pm	Sunday, April 24, 2022			11-12 Year Old	7:00 – 7:55 am	8:00 am	10 & Under	10:15 – 10:50 am	11:00 am	13 & Over	1:20 – 2:30 pm	2:40 pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming Registered athletes. 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. 																																	

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, Commonwealth of Virginia and Fairfax County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • Swimmers should strive to arrive in their competition suits. • 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. • No more than four hours before entering the facility, all attendees (athletes, coaches, officials, and volunteers) are required to assess their own health for symptoms and exposure to COVID-19. No one with COVID-19 symptoms will be permitted to attend this event. • All attendees (swimmers, coaches, officials and volunteers) must bring their own water bottle and snacks. Limited hospitality may be provided. • Attendees will enter and exit the facility through the Front doors. Walk to their assigned seating area within the pool area or in the tents outside (if needed). • All attendees (athletes, coaches, officials, volunteers) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when competing or warming up. • Athletes will bring a plastic zipper bag with their name on it in which to place their masks when they are in the water. • Each session will be limited to a maximum of 350 swimmers. • A clerk of course will be used to organize each heat of swimmers for all events offered. • Spectators may be permitted but this will be decided once all swimmer numbers per session has been reviewed. Competition will be live-streamed on the Machine Aquatics YouTube Page (https://www.youtube.com/channel/UCEzhlo10AKjLZEKtIxVwAw).

	<ul style="list-style-type: none"> 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. 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.
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, 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 will 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.
EVENT RULES	<ul style="list-style-type: none"> All Events are MIXED GENDER events. Boys and Girls will swim together by Age Group. A contestant may enter a maximum of SEVEN (7) individual events. Swimmers may compete in a maximum of two (2) events on Friday, three (3) events on Saturday and three (3) events on Sunday per day. LONG COURSE TIMES ARE CONFORMING FOR THIS MEET AND WILL BE SEEDING BEFORE SHORT COURSE YARDS (SCY) TIMES. TIME CONVERSIONS ARE NOT PERMITTED. All 200 & Over Events will be positive check-in, unless otherwise announced once entries are completed. ENTRIES MAY BE LIMITED DUE TO TIME CONSTRAINTS THE 800 FREE WILL BE SWUM FASTEST TO SLOWEST. 800 FREE ENTRIES MAY BE LIMITED DUE TO TIME CONSTRAINTS. Positive check-in close times will be posted before warm-ups at the positive check-in table. Any swimmer that fails to check-in will be removed from their next event. To the extent there are available lanes, swimmers can request deck entry at a cost of \$20.00. SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR THE 400 IM & 800 FREE. SWIMMERS MUST PROVIDE THEIR OWN LAP COUNTERS FOR THE 800 FREE. <p>*NOTE: The Meet Director reserves the right to adjust start times in order to allow the full meet to fit within the pool rental time and USA Swimming Rules.</p>

QUALIFYING TIMES	<ul style="list-style-type: none"> Qualifying provable times for 13&Over Swimmers: <ul style="list-style-type: none"> The athlete must have a provable time for 1000 yd Freestyle of 14:00 or faster for the 1000y/800M Freestyle or must have a provable time of 6:30 or faster in the 500y/400M Freestyle. Coaches of 13&O athletes that can complete the event(s) faster than the qualifying times, but do not satisfy the entry rules above may petition the Meet Director. Qualifying provable times for 12&Under Swimmers: <ul style="list-style-type: none"> The athlete must have a provable time of 7:20 or faster must have been swum in the 500y/400M Freestyle before entering the 8000m/1000yd Freestyle.
WARM-UP	<ul style="list-style-type: none"> Warm up assignments will be created and sent to teams prior to the start of the meet based on entries per team/site.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
PROGRAMS	<ul style="list-style-type: none"> Programs will be electronically available to parents free of charge.
LIVESTREAM	<ul style="list-style-type: none"> Professional Livestreaming services will be provided. Viewing of the meet will be available on the Machine Aquatics YouTube Page at https://www.youtube.com/channel/UCTEzhlo10AKjLZEKtIxVwAw
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"> Officials interested in volunteering should contact Courtney Johnston at officials@machineaquatics.com.
TIMERS/ VOLUNTEERS	<ul style="list-style-type: none"> Volunteer & timer sign up will be sent out to participating clubs by Machine.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director at entries@machineaquatics.com. Include in the subject of the email, "2022 Machine LC Classic" with the club's initials AND SITE. 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 24-36 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 by PVS and no further entries will be accepted from that club until the said fine is paid.

ENTRY FEES	<p>Per Swimmer Surcharge: \$5.00 Individual event fee: \$9.00 Deck Entry fee: \$20.00</p> <ul style="list-style-type: none"> • Meet Entry Fees will be charged to your Team Unify Account for all Machine Aquatics Members • Fees for clubs attending should be mailed to: <i>Machine Aquatics</i> <i>2022 Machine LC Classic</i> <i>204- D Mill Street, NE</i> <i>Vienna, VA 22180</i> • Payment for entries from attending teams & unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.
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2022 14th Annual Machine LC Classic

Friday, April 22, 2022

All Ages

Warm Up: 4:00- 5:00pm/ Events: 5:10pm

Event #	Event-MIXED BOYS & GIRLS
1	9-12 200 Medley
2	13 & Over 200 Medley
3	10 & Under 50M Freestyle
4	11- 12 50M Freestyle
5	13 & Over 50M Freestyle
6	9 & Over 800M Freestyle

PVS Minimum Time Standard Policy for 800 Free Apply

Qualifying provable times for 13&Over Swimmers:

- The athlete must have a provable time for 1000 yd Freestyle of 14:00 or faster for the 1000y/800M Freestyle or must have a provable time of 6:30 or faster in the 500y/400M Freestyle.
- Coaches of 13&O athletes that can complete the event(s) faster than the qualifying times, but do not satisfy the entry rules above may petition the Meet Director.

Qualifying provable times for 12&Under Swimmers:

- The athlete must have a provable time of 7:20 or faster must have been swum in the 500y/400M Freestyle before entering the 800m/1000yd Freestyle

2022 14th Annual Machine LC Classic

Saturday, April 23, 2022

9-12 YEAR OLD SESSION

Warm Up: 7:00- 7:55 AM/ Events: 8:00 AM

Event #	Event-MIXED BOYS & GIRLS
7	9-12 200M Backstroke
8	11-12 100M Butterfly
9	9-12 200M Breaststroke
10	11- 12 100M Freestyle
11	11-12 50M Backstroke
12	9-12 400M Freestyle

10 & UNDER SESSION

Warm Up: 10:45- 11:20 AM/ Events: 11:30 AM

Event #	Event-MIXED BOYS & GIRLS
13	10 & Under 100M Butterfly
14	10 & Under 50M Backstroke
15	10 & Under 100M Freestyle
16	10 & Under 50M Breaststroke

13 & OVER SESSION

Warm Up: 1:20- 2:30 PM/ Events: 2:40 PM

Event #	Event-MIXED BOYS & GIRLS
17	13 & Over 200M Backstroke
18	13 & Over 100M Freestyle
19	13 & Over 200M Butterfly
20	13 & Over 100M Breaststroke
21	13 & Over 400M Freestyle

2022 14th Annual Machine LC Classic

Sunday, April 24, 2022

9-12 YEAR OLD SESSION

Warm Up: 7:00- 7:55 AM/ Events: 8:00 AM

Event #	Event-MIXED BOYS & GIRLS
22	11-12 200M Freestyle
23	11-12 50M Butterfly
24	11-12 100M Breaststroke
25	11- 12 100M Backstroke
26	11-12 50M Breaststroke
27	9-12 200M Butterfly

10 & UNDER SESSION

Warm Up: 10:15- 10:50 AM/ Events:11:00 AM

Event #	Event-MIXED BOYS & GIRLS
28	10 & Under 200M Individual Medley
29	10 & Under 100 Backstroke
30	10 & Under 200M Freestyle
31	10 & Under 100M Breaststroke
32	10 & Under 50M Butterfly

13 & OVER SESSION

Warm Up: 1:20- 2:30 PM/ Events: 2:40 PM

Event #	Event-MIXED BOYS & GIRLS
33	13 & Over 200M Freestyle
34	13 & Over 100M Butterfly
35	13 & Over 200M Breaststroke
36	13 & Over 100M Backstroke
37	13 & Over 400 Individual Medley