



November Distance Meet

Saturday and Sunday, November 6-7, 2021

Sanction # PVC-22-16



MEET DIRECTOR Rob Green, robert.green@dc.gov (301) 648-6216	MEET REFEREE Erika Livingston erika@aimstutoring.com	CLUB OFFICIALS CHAIR Erika Livingston erika@aimstutoring.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-22-16. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, DC Wave Swim Team, and the Wilson Aquatic 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;">Wilson Aquatic Center 4551 Fort Drive, NW Washington, DC 20016 (202) 730-0583</p> <ul style="list-style-type: none"> The pool at the Wilson Aquatic Center is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 lanes, 25 yards, running from wall to wall at the northern end of the pool. 16 lanes will be available for warm-ups. Water depth range of 9.0' - 13.5' at the starting end and at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
ENTRY DEADLINE	<p style="text-align: center;">Friday, October 29, 11:59 pm</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;">Saturday, November 6</p> <p style="text-align: center;">Session 1- 1000 Freestyle Warm Up: 9:00 – 9:40 am Events 9:50 am Session 2- 500 Freestyle Warm Up: 1:00 – 1:30 pm Events 1:40 pm</p> <p style="text-align: center;">Sunday, November 7</p> <p style="text-align: center;">Session 3 – 1650 Freestyle Warm Up: 9:00 – 9:40 am Events 9:50 am</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers. 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

	<p>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.</p> <ul style="list-style-type: none"> • 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, DC WAVE SWIM TEAM, AND WILSON AQUATIC 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, and the District of Columbia.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • 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. • All attendees (athletes, coaches, officials, volunteers) will enter the facility using the Fort Drive entrance where they will be checked in and complete the health screening. • All attendees (athletes, coaches, officials, and volunteers) will exit the facility and be picked up at the Fort Drive entrance. • All attendees (athletes, coaches, volunteers, officials, and volunteers) must complete the online COVID waiver and health screening form before they are permitted to enter the facility and team areas. The link to the form will be provided to all attendees. • Locker room use should be minimized. • No one with symptoms of COVID-19 is permitted in the facility. • Athletes should arrive and depart in their suits if possible. • All attendees (athletes, coaches, officials, and volunteers) are required to wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. • Athletes will be seated in the balcony bleacher area overlooking the competition pool. Team areas will be assigned. • All attendees should maintain a minimum of three (3) feet distance from all other participants whenever possible. • The meet will be limited to no more than 150 swimmers per session. • Swimmers will need to provide their own counter. Counters will be athletes, coaches, or volunteers already present for the meet. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • A designated staff member, official, coach or volunteer will be in place to observe/marshal COVID-19 guidelines and report back to the coaches and officials on concerns or improvements. • Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag. The bags will be placed in baskets by the starting blocks during warm-ups and competition. Swimmers will immediately put their masks back on at the completion of their

	<p>swims before they leave the starting area.</p> <ul style="list-style-type: none"> • Swimmers must follow all directions as posted and adhere to all marshal directions. • Swimmers will walk around the pool deck as directed and line back up in the designated area with proper social distancing until they are cleared to go back to their seating area. • All swimmers must remain in their designated seating area for their group until they are called for their event and they must return to their area immediately following their event. • Any swimmer not following the meet protocols will be subject to immediate removal from the meet. • All coaches, officials, and volunteers must bring their own water bottle and snacks. • No spectators will be permitted. Competition will be live-streamed via the DC Department of Parks and Recreation Facebook page - https://www.facebook.com/dcdpr. • 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.
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 may 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 timed finals. • Swimmers may enter no more than two (2) events per day. • 12 & Unders swimmers may only participate in one (1) session per day. • All events will be pre-seeded. • The meet will be seeded fastest to slowest according to submitted entry times regardless of age. • Heats will be swum fastest to slowest alternating girls and boys. • Swimmers need to provide their own counter. Counters will be athletes, coaches, or volunteers already present at the meet. • Expected timelines will be posted to the PVS web site at www.pvswim.org no later than Wednesday, November 3, 2021. The meet director reserves the right to combine heats or events

	based on the number of entries received and meet timeline.
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 may determine the structure of warm-up, including times/lane assignments. No more than 6 swimmers per lane.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. Each team MUST assign a certified Coach to remain in the assigned Team Area at ALL times to ensure COVID-19 guidelines are being followed and to assist with Clerk of Course. No spectators will be permitted in the facility.
SEEDING	<ul style="list-style-type: none"> Events will be seeded slowest to fastest. Heats will be swum alternating girls and boys.
SCORING	<ul style="list-style-type: none"> This meet will not be scored.
AWARDS	<ul style="list-style-type: none"> No awards will be given.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will be emailed to teams and available on Meet Mobile.
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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> No spectators will be permitted in the facility.
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 interested in volunteering should contact Erika Livingston erika@aimstutoring.com. Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. One timer per lane. There will be two Head Timers. An online Timer's Signup will be emailed to participating clubs.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "November Distance 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. 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 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: N/A Relay event fee: N/A</p> <p>Individual event fee: \$5.00</p> <ul style="list-style-type: none"> • Make checks payable to DC Wave Booster Club. Checks may be mailed to: <p style="text-align: center;">DC Wave Booster Club 6323 Georgia Avenue, NW PO BOX 556601 Washington DC, 20040</p> • Payment for entries from 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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DC Wave November Distance Meet

Saturday, November 6 and Sunday, November 7

SATURDAY, NOVEMBER 6TH

Warm Up: 9:00am | Events: 9:50 am

GIRLS	EVENT	BOYS
1	Open 1,000 Freestyle	2

Warm Up: 1:00 pm | Events: 1:40 pm

GIRLS	EVENT	BOYS
3	500 Freestyle	4

SUNDAY, NOVEMBER 7TH

Warm Up: 9:00am | Events: 9:50 am

5	1,650 Freestyle	6
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