



Reindeer Mini Meet

December 4-5, 2021

Sanction # PVC-22-34

Hosted by:



York Swim Club

MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Kristin Bryant Wolff kristin@yorkswim.com	Kelly Rowell kmcr.pvs@gmail.com	Carolyn Kotarski ckotarski@gmail.com Officials Signup

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-22-34. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, York Swim Club, and Providence Rec 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;">Providence Rec Center 7525 Marc Drive Falls Church, VA 22042 (703) 698-1350</p> <ul style="list-style-type: none"> The pool at Providence Rec Center is 25 yards x 25 meters. 10 lanes are available for warm-ups; 8 lanes will be used for competition. Water depth ranges from 4'-12.5' at both the starting and turning ends. 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	<ul style="list-style-type: none"> Entries are due by 5:00 pm on Sunday, November 21, 2021.
SCHEDULE	<ul style="list-style-type: none"> Saturday and Sunday Morning Sessions – Girls Warm-Up 7:00-8:10 am. Events Begin 8:15 am Saturday and Sunday Afternoon Sessions – Boys Warm-Up 11:30 am -12:40 pm. Events Begin 12:45 pm Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all Potomac Valley 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. Swimmers may only participate in their own age group, based upon their age on the first day of the meet. Entries will be processed in the order in which they are received until capacity has been reached.
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"> Semi-automatic timing (buttons 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

	<p>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, YORK SWIM CLUB, AND PROVIDENCE REC 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, the Commonwealth of Virginia, and Fairfax County.
<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. • 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. Attendees will only be permitted entrance if answering “no” to the following questions: <ul style="list-style-type: none"> ○ 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 past 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? • Athletes must arrive and depart in their suits. Locker room use will be for emergency use only, no showers may be used. Family bathroom will be reserved for coach, official, and volunteer use. • All attendees (swimmers, coaches, officials and volunteers) must bring their own water bottle and snacks. Hospitality will not be provided. • Attendees will enter the facility through the patio doors. From the parking lot, attendees will walk down the access road located to the right of the main entrance and proceed through the gate to the glass patio doors. Attendees will exit the facility through main facility entrance. • 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. • For the 25 yard events, volunteers will move the baskets containing masks to the finish end of the pool where the swimmers will immediately put them back on after exiting the pool. • Athletes will bring a plastic zipper bag with their name on it in which to place their masks when they are in the water. • The meet will be limited to a maximum of 200 swimmers per session. • A clerk of course will be used to organize each heat of swimmers for all events offered. • No spectators will be permitted. Competition will be live-streamed by York Swim Club on the York Swim Club Facebook Page.

	<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. 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. No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> All events are timed finals. A swimmer may enter no more than six (6) individual events for the meet, three (3) individual events per session.
AWARDS	<ul style="list-style-type: none"> Ribbons will be awarded from 1st-16th place for individual events. Special swim caps will be awarded to the winner of each individual heat.
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.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
PROGRAMS	<ul style="list-style-type: none"> Will be emailed to attending teams no later than Friday, December 3, 2021. The meet will be available on Meet Mobile. No programs will be sold at the meet. Programs will be made available for coaches and officials at the meet.
MEET NOTES	<ul style="list-style-type: none"> Reindeer Mini Meet T-Shirts will be available for purchase in limited quantities.
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"> This meet will have no spectators. Competition will be live-streamed on the York Swim Club Facebook Page.

Saturday December 4, 2021		
Girls - Warm-up: 7:00 AM Events: 8:15 AM		
Boys - Warm-up: 11:30 AM Events: 12:45 PM		
Girls Event #	Event	Boys Event #
1	8 year old 50 Back	2
3	7 and under 50 Back	4
5	6 and under 25 Fly	6
7	8 year old 25 Fly	8
9	7 year old 25 Fly	10
11	8 year old 25 Free	12
13	7 year old 25 Free	14
15	6 and under 25 Free	16
17	8 year old 50 Breast	18
19	7 and under 50 Breast	20
21	8 and under 100 Free	22

Sunday December 5, 2021		
Girls - Warm-up: 7:00 AM Events: 8:15 AM		
Boys - Warm-up: 11:30 AM Events: 12:45 PM		
Girls Event #	Event	Boys Event #
23	8 year old 50 Fly	24
25	7 and under 50 Fly	26
27	6 and under 25 Breast	28
29	8 year old 25 Breast	30
31	7 year old 25 Breast	32
33	8 year old 25 Back	34
35	7 year old 25 Back	36
37	6 and under 25 Back	38
39	8 year old 50 Free	40
41	7 and under 50 Free	42
43	8 and under 100 IM	44