

# Splash and Dash

December 18, 2021

Sanction # PVC-22-39



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Manga Dalizu <a href="mailto:fairlandswim@comcast.net">fairlandswim@comcast.net</a> (301) 526-6597	Lynne Gerlach <a href="mailto:gerlach@msscswimming.com">gerlach@msscswimming.com</a>	Craig Meledick <a href="mailto:craig8@comcast.net">craig8@comcast.net</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-22-39</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatics Swim Team, and Fairland Aquatics 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>FACILITY</b>	<p style="text-align: center;"><b>Fairland Aquatics Center</b> 13820 Old Gunpowder Road Laurel, MD 20707 (301) 362-6060</p> <ul style="list-style-type: none"> <li>The pool at Fairland Aquatics Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 8-10 lanes, 25 yards, running from wall to wall.</li> <li>18 lanes are available for warm-ups. Continuous warm-up/cool-down will be available.</li> <li>Water depth ranges from 5' – 13' at both the start and turn ends.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Friday, December 10, 2021 at Midnight</b></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>
<b>SCHEDULE</b>	<ul style="list-style-type: none"> <li>Warm Ups 7:15 - 8:00 AM. Events 8:10 AM</li> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming registered athletes. A swimmer's age will be determined as of December 18. 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 &amp; Regulations</i> Article 302.</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>Semi-automatic timing (buttons 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> </ul>

	<ul style="list-style-type: none"> <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, FAIRLAND AQUATICS SWIM TEAM, AND FAIRLAND AQUATICS 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, the State of Maryland and Prince George’s County.</li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<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>• Before entering the facility, participants are required 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"> <li>○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?</li> <li>○ Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days?</li> <li>○ Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has within the past 14 days?</li> </ul> </li> <li>• All attendees (coaches, officials, volunteers and athletes) must complete and turn in a COVID waiver and health screening form before they are permitted to enter the facility. The waiver will be distributed to participating teams.</li> <li>• All attendees (athletes, coaches, officials, and volunteers) 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>• No one with symptoms of COVID-19 is permitted in the facility.</li> <li>• All attendees should maintain a minimum of six (6) feet distance from all other participants whenever possible.</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>• Spectators will not be permitted into the facility. Competition will be live streamed.</li> <li>• Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.</li> <li>• Swimmers will be assigned to an area throughout the facility (pool deck or bleachers) or in one of the heated tents. No chairs on deck for athletes. <u>Athletes assigned to the tent should bring chairs.</u></li> <li>• 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. After warm-up, coaches will direct swimmers to exit the pool. Swimmers will proceed</li> </ul>

	<p>clockwise along the pool deck to return to their designated seating area to prepare for competition.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• 18 lanes will be available for warm-up, with a maximum of six (6) swimmers per lane and maintaining appropriate distance as required by applicable local guidelines and in accordance with USA Swimming guidelines. A maximum of 108 swimmers is allowed in the pool during warmups.</li> <li>• Each session will be limited to 300 athletes.</li> <li>• Limited hospitality may be offered for coaches and officials.</li> <li>• Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.</li> <li>• 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.</li> </ul>
<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 Swimming registration is permitted.</li> <li>• In compliance with USA Swimming Rules and Regulations, 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>• 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>• All events are timed finals.</li> <li>• Athletes may enter a maximum of five (5) events.</li> <li>• Swimmers will complete at the age attained on December 18, 2021.</li> <li>• No deck entries will be accepted.</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-up, including times/lane assignments.</li> <li>• No more than six (6) swimmers per lane. No more than 108 swimmers allowed in the pool</li> </ul>

	<p>during warm-ups.</p> <ul style="list-style-type: none"> <li>• Continuous warm-up lanes will be available.</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> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• Events will be pre-seeded.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Ribbons awarded for 1<sup>st</sup> - 8<sup>th</sup> places.</li> <li>• Ribbons awarded to 6 &amp; Under, for all 25 and 50 yard events.</li> <li>• Ribbons awarded to 7 – 8 year olds for all 25 and 50 yard events.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Meet program will be posted at <a href="http://WWW.FAST92.ORG">WWW.FAST92.ORG</a>.</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, 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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>• No spectators permitted.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Officials interested in volunteering should contact Craig Meledick at <a href="mailto:craig8@comcast.net">craig8@comcast.net</a>.</li> <li>• 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.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• One timer (per club) is required for every 25 entries. Each club is required to submit names of timers in accordance with team entry. FAST will provide one timer per lane.</li> <li>• Acceptance of Club entry is based upon compliance with the above.</li> </ul>
<b>SPECIAL NOTE</b>	<ul style="list-style-type: none"> <li>• In addition to timing requirements. Each club must provide 3 additional volunteers to assist with lane checking and timing during the 25 yard events.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director, <a href="mailto:fairlandswim@comcast.net">fairlandswim@comcast.net</a>.</li> <li>• Include in the subject of the email, “2021 Splash and Dash - ****” 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 entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Event file can be found on the PVS website.</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• 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.</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 sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.</li> </ul>
<b>ENTRY FEES</b>	<p style="text-align: center;"><b>Individual event fee: \$6.00</b></p> <ul style="list-style-type: none"> <li>• Make checks payable to <b>FAIRLAND AQUATICS, INC.</b> Checks may be mailed to: FAST 14625 Baltimore Avenue # 291 Laurel, MD 20707</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> <li>• Clubs are asked to submit one check to cover the entire team’s entries.</li> </ul>

# Splash and Dash

December 18, 2021

Girls Event #	WARM UPS 7:15 – 8:00 AM, START: 8:10 AM	Boys Event #
1	10 & U 200 Fly	2
3	8 & U 25 Fly	4
5	10 & U 100 IM	6
7	8 & U 25 Free	8
9	10 & U 50 Breast	10
11	10 & U 100 Back	12
	<b>15 Minute Break</b>	
13	10 & U 50 Free	14
15	10 & U 200 Back	16
17	8 & U 25 Back	18
19	10 & U 100 Breast	20
21	8 & U 25 Breast	22
	<b>10 Minute Break</b>	
23	10 & U 100 Fly	24
25	10 & U 50 Back	26
27	10 & U 200 Breast	28
29	10 & U 50 Fly	30
31	10 & U 100 Free	32