



Arlington Aquatic Club

2022 LC Invite

January 8-9, 2022

Sanction # PVC-22-42



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Evan Stiles estile@arlingtonva.us (703) 228-1814	Charles Lundy calundy@verizon.net	Mike McCarthy mccartmt@gmail.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-22-42 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Arlington Aquatic Club and Long Bridge Aquatic & Fitness 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;">Long Bridge Aquatic & Fitness Center 333 Long Bridge Dr. Arlington, VA 22202 (703) 228-3338</p> <ul style="list-style-type: none"> The competition pool at Long Bridge Aquatic & Fitness Center is 25yd x 50m with a moveable bulkhead. Competition will be held in 8 lanes, 50m running wall to bulkhead. Water depth of 14' at the starting end and 4'3" at the turning end. 4 lanes of continuous warm-up/cool down lanes will be available. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, December 28, 2021, 9:00 p.m.</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>Saturday- Warm-up 7:00-8:20 am, 1st Event 8:30 am Distance session Warm-up 1:00-1:40 pm, 1st Event 1:45 pm</p> <p>Sunday- Warm-up 7:00-8:20 am, 1st Event 8:30 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 Potomac Valley Swimmers Registered as USA Swimming Athletes and invited teams who are Registered USA Swimming 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 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.

**COVID-19
CONSIDERATIONS**

- 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 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, ARLINGTON AQUATIC CLUB, AND THE LONG BRIDGE AQUATIC & FITNESS 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 Arlington County.

**COVID-19
PROTOCOLS**

- Athletes should arrive and depart in their suits. Locker room use is minimized to emergency use only.
- All attendees will enter the facility using the main/front door and proceed to the dry hallway. Swimmers, coaches, officials, and volunteers will enter the deck through the dry hallway. All attendees will exit through the dry hallway and proceed to the main doors of the facility.
- Before entering the facility, participants 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:
 - 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 last 14 days?
 - 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?
- All attendees (athletes, coaches, officials, volunteers, spectators) 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.
- All attendees should bring a filled, reusable (non-glass) water bottle to the meet.
- Athletes should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming.
- Spectators will be permitted. Spectators must wear masks.

	<ul style="list-style-type: none"> • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • Each session will be limited to 150 swimmers. Total attendees (athletes, coaches, officials, and volunteers) for each session is limited to 250. • Swimmers will be assigned to a seating area on the pool deck or in half of the spectator bleachers. • 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. • Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines. • One-way traffic flow will be implemented. Swimmers will enter the deck area and proceed to their assigned seating area. Swimmers will remain in their assigned team area until they are ready to swim. Swimmers will walk around the pool on the spectator side of the pool to the starting blocks. At the completion of their races, swimmers will exit the pool and walk around on the scoreboard side of the pool to return to their assigned area. • 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. • During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in the mask holder to store their mask while they swim. They will put their mask back on before leaving the starting area. • Staging for swimmers during competition will be: <ul style="list-style-type: none"> ○ Heat 1 is at the blocks and will swim ○ Heat 2 is staged behind the blocks, near the wall ○ Heat 3 is staged against wall on the deep end of the pool by windows to lobby until directed to move to where Heat 2 is standing (after Heat 1 has started and Heat 2 steps forward to the starting blocks). • Entry and exit from continuous warm-up will be from the bleacher side of the pool. • Limited hospitality may be offered for coaches and officials. • Coaches, officials, and volunteers will use the multi-person bathrooms for restroom purposes. Athletes will use the locker rooms for restroom purposes. • Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet. • We request that all attendees notify the appropriate meet director as soon as possible if they have tested positive for COVID-19 or shown symptoms after attending the meet.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used.
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.

	<ul style="list-style-type: none"> • 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"> • Each swimmer will be allowed to swim three (3) individual events per morning session and one (1) event in the distance session for a maximum of seven (7) for the meet. • All events are timed finals. • NT entries are permitted. • Swimmers must provide their own timers and counters (if desired) for the 800 and 1500 freestyle. • Deck entries will be accepted in empty lanes. No new heats will be created.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • 400 IM, 400 Free, 800 Free, 1500 Free are positive check in events. • Check in for 400 IM and 400 Free will be by 7:45 a.m. each day. • Check in for the 800 and 1500 Free will be by 1:20 p.m. on Saturday. • Swimmers who do not check in will not be seeded into the event.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. Open Warm up. • Four (4) lanes of continuous warm-up/cool down will be available. Coaches must supervise swimmers while in the warm up/warm down area.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> • All individual events 200 m and shorter will be pre-seeded. • LC times are conforming times. Coaches can enter estimated converted times.
SCORING	<ul style="list-style-type: none"> • This meet will not be scored.
AWARDS	<ul style="list-style-type: none"> • No awards at this meet
PROGRAMS	<ul style="list-style-type: none"> • Meet programs will be available for spectators at no cost. The meet will be 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, certified deck officials, and certified Marshals will be permitted on the deck. Coaches, Officials, and Marshals should have proof of active USA Swimming membership with them at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • There will be no spectator entry fee. Spectators are permitted and must wear masks.
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 Mike McCarthy mccartmt@gmail.com, AAC Officials Chair. • 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.
--	--------------------------------

<p>ENTRY PROCEDURES</p>	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director. • Include in the subject of the email, "2022 AAC LC Invite - ****" 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.
<p>ENTRY FEES</p>	<p style="text-align: center;">Per Swimmer Surcharge: \$3.00</p> <p style="text-align: center;">Individual event fee: \$6.00 Deck entries: \$10.00</p> <ul style="list-style-type: none"> • Make checks payable to AAC Boosters. Checks may be mailed to: AAC Boosters PO Box 7510 Arlington, VA 22207 • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.



2022 AAC LC Invite

Saturday, January 8, 2022

Session 1: Warm-up 7:00 – 8:20 am, 1st Event 8:30 am

Girls Event #	Events	Boys Event #
1	Senior 400 meter IM*	2
3	Senior 100 meter Backstroke	4
5	Senior 200 meter Freestyle	6
7	Senior 200 meter Breaststroke	8
9	Senior 100 meter Butterfly	10
11	Senior 50 meter Freestyle	12
*Positive Check in closes at 7:45 a.m.		

Session 2: (Distance) Warm-up 1:00 - 1:40 pm, 1st Event 1:45 pm

25	Senior Mixed 800 meter Freestyle*	
26	Senior Mixed 1500 meter Freestyle*	
*Positive Check in closes at 1:20 p.m.		
* 800 and 1500 Free will need to provide own counter and timer.		



2022 AAC LC Invite

Sunday, January 9, 2022

Session 3: Warm-up 7:00 - 8:20 am, 1st Event 8:30 am

Girls Event #	Events	Boys Event #
13	Senior 400 meter Freestyle*	14
15	Senior 100 meter Breaststroke	16
17	Senior 200 meter Butterfly	18
19	Senior 200 meter IM	20
21	Senior 100 meter Freestyle	22
23	Senior 200 meter Backstroke	24
*Positive Check in closes at 7:45 a.m.		