



2022 NCAP Winter Qualifier

February 18 -20, 2022

Sanction # PVC-22-67

VSI Sanction # VS-22-28DS



MEET DIRECTOR	MEET REFEREE	ENTRY CHAIR
Bryce Bohman bbohman@nationscapitalswimming.com	Courtney Johnston officials@machineaquatics.com	Karyn McCannon kmccannon@nationscapitalswimming.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-22-67 and Virginia Swimming: VS-22-28DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swimming, and Warrenton Aquatic & Recreation Facility 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;">Warrenton Aquatic & Recreation Facility Waterloo Road Warrenton, Virginia 20186 (703) 993-8350</p> <ul style="list-style-type: none"> The pool at Warrenton Aquatic & Recreation Facility is 25yd x 25m with 11, 25 yard lanes. Competition will be held in 8 lanes, 25yd. 10 lanes will be used for warm-ups. Water depth range of 4.5' (lane 1) – 11.8' (lane 8) at the start and turn ends. No continuous warm-up/cool-down will be available during the meet with the exception of the distance sessions (Sessions 3 and 6) when two (2) lanes will be available for warm-up only. Breaks will be scheduled during each session and the competition course will be available for warm-up/cool-down at that time. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming. 																																	
ENTRY DEADLINE	<p style="text-align: center;">Thursday February 10, 2022 at 5:00pm</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 style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;"></th> <th style="width: 30%; text-align: center; border-bottom: 1px solid black;">Warm-Up</th> <th style="width: 30%; text-align: center; border-bottom: 1px solid black;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3"><u>Friday, February 18</u></td> </tr> <tr> <td>Session 1: 500 Free & 400 IM</td> <td style="text-align: center;">4:30-5:20 PM</td> <td style="text-align: center;">5:30 PM</td> </tr> <tr> <td colspan="3"><u>Saturday, February 19</u></td> </tr> <tr> <td>Session 2: 13&Over</td> <td style="text-align: center;">6:40-7:50 AM</td> <td style="text-align: center;">8:00 AM</td> </tr> <tr> <td>Session 3: 1000 Free</td> <td style="text-align: center;">*Continuous during Session 2</td> <td style="text-align: center;">15 minutes after end of Session 2</td> </tr> <tr> <td>Session 4: 12&Under</td> <td style="text-align: center;">2:00-2:50 PM</td> <td style="text-align: center;">3:00 PM</td> </tr> <tr> <td colspan="3"><u>Sunday, February 20</u></td> </tr> <tr> <td>Session 5: 13&Over</td> <td style="text-align: center;">6:40-7:50 AM</td> <td style="text-align: center;">8:00 AM</td> </tr> <tr> <td>Session 6: 1650 Free</td> <td style="text-align: center;">*Continuous during Session 5</td> <td style="text-align: center;">15 minutes after end of Session 5</td> </tr> <tr> <td>Session 7: 12&Under</td> <td style="text-align: center;">2:00-2:50 PM</td> <td style="text-align: center;">3:00 PM</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. Any changes will be posted on www.nationscapitalswimming.com. 		Warm-Up	Events	<u>Friday, February 18</u>			Session 1: 500 Free & 400 IM	4:30-5:20 PM	5:30 PM	<u>Saturday, February 19</u>			Session 2: 13&Over	6:40-7:50 AM	8:00 AM	Session 3: 1000 Free	*Continuous during Session 2	15 minutes after end of Session 2	Session 4: 12&Under	2:00-2:50 PM	3:00 PM	<u>Sunday, February 20</u>			Session 5: 13&Over	6:40-7:50 AM	8:00 AM	Session 6: 1650 Free	*Continuous during Session 5	15 minutes after end of Session 5	Session 7: 12&Under	2:00-2:50 PM	3:00 PM
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered USA Swimming swimmers 9 years of age and older. 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, VIRGINIA SWIMMING, INC, NATION’S CAPITAL SWIMMING AND WARRENTON FITNESS & RECREATION 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 Prince William County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • 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. • Athletes must arrive and depart in their suits. Locker room use will be for emergency use only; no showers may be used. Family bathrooms are reserved for coach, official, and volunteer use. • 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, proceed down the stairs or into the spectator area, and enter the pool area through the double doors. • 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 400 swimmers. • 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 on the NCAP Youtube 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.
<p>RULES</p>	<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.
<p>EVENT RULES</p>	<ul style="list-style-type: none"> Swimmers shall compete at the age attained on the first day of the meet. A 13&Over contestant may enter a maximum of seven (7) individual events and no more than three (3) individual events per session. A 12&Under contestant may enter a maximum of seven (7) individual events and no more than three (3) individual events per session. A 12&Under contestant may enter only one session per day of the meet. All events are timed finals. Distance Events: Entries for the 400 IM, 500 Free, 1000 Free and 1650 Free may be limited to keep manageable timelines. Clubs will be notified if their athletes do not make the cut and will be offered a chance select an alternate event or receive a refund on the entry for that event. The 1000 Free will be limited to a 1 hour session (approximately 4 heats – 32 swimmers). The 1650 Free will be limited to a 1 hour session (approximately 3 heats – 24 swimmers). The 500, 1000, 1650 Free and 400 IM are Positive check in events. <ul style="list-style-type: none"> Thursday events (500 Free and 400) positive check in closes at 5:00 PM The deadline for the 1000 and 1650 Free will be posted before the first day of the meet. Swimmers must provide their own timers and counters (if desired) for the 500, 1000, 1650 Free and 400 IM. Deck entries must be submitted with cash payment no later than 15 minutes prior to the first event of each session. No new heats will be created.

POSITIVE CHECK IN	<ul style="list-style-type: none"> All events are expected to be pre-seeded, with the exception of the 500 FR, 400 IM, 1000 FR and 1650 FR. Positive check in will be by Team/Site. Coaches will be given check in sheets. If timelines require, events 200 yards and longer will be positive check in.
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will assign warm-ups, including times/lane assignments.
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"> Fastest to Slowest in all events. Mixed Gender in all events.
SCORING	<ul style="list-style-type: none"> This meet is not scored.
AWARDS	<ul style="list-style-type: none"> There are no awards.
PROGRAMS	<ul style="list-style-type: none"> Will be emailed to attending teams/sites. No programs will be sold at the meet. Programs will be made available for coaches and officials at the meet, 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 ALLOWED AT THIS MEET. Adults who enter the facility to view through the Lobby windows will be asked to leave.
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 Karyn McCannon (kmccannon@nationscapitalswimming.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"> VOLUNTEER ASSIGNMENTS WILL BE MADE BASED ON PROPORTION OF ENTRIES. The Signup Genius will be emailed to teams in advance.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the ENTRY COORDINATOR. Include in the subject of the email, "2022 NCAP Winter Qualifier - *****" 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 Entry Coordinator 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 style="text-align: center;">Per Swimmer Surcharge: \$10.00 Deck Entries: \$10/ IE</p> <p style="text-align: center;">Individual event fee: \$8.00</p> <ul style="list-style-type: none"> Make checks payable to Nation's Capital Swimming. Checks may be mailed to: Nation's Capital Swimming Attn: Karyn McCannon

8101 Wolftrap Rd
Vienna VA 22182

- Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment must be made by 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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Friday, February 18

Session 1 – 500 Free & 400 IM

Warm-up 4:30-5:20 PM

First Event 5:30 PM

Event #	Age	Event
1	Open	500 Freestyle
2	11 & Over	400 IM
<i>ALL events are positive check-in. Positive check-in for all events will close 5:00 PM</i>		

Saturday, February 19

Session 2 – 13&Over

Warm-up 6:40-7:50 AM

First Event 8:00 AM

Event #	Age	Event
3	13-14	200 Backstroke
4	15&Over	200 Backstroke
5	13-14	100 Breaststroke
6	15&Over	100 Breaststroke
7	13-14	200 Butterfly
8	15&Over	200 Butterfly
9	13-14	100 Freestyle
10	15&Over	100 Freestyle
11	13-14	200 IM
12	15&Over	200 IM

Session 3 – 1000 Free

Warm-up Continuous during Session 2

First Heat Begins 15 minutes after conclusion of Session 2

Event #	Age	Event
13	Open	1000 Freestyle
<i>Positive check-in deadline will be posted before the first day of the meet.</i>		

**The 1000 Free will be limited to a 1 hour session (approximately 4 heats – 32 swimmers).*

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Saturday, February 19

Session 4 – 12&Under

Warm-up 2:00-2:50 PM

First Event 3:00 PM

Event #	Age	Event
14	12&Under	200 Backstroke
15	9-10	100 Breaststroke
16	11-12	100 Breaststroke
17	9-10	50 Butterfly
18	11-12	50 Butterfly
19	9-10	200 Individual Medley
20	11-12	200 Individual Medley
21	9-10	50 Backstroke
22	11-12	50 Backstroke
23	9-10	100 Freestyle
24	11-12	100 Freestyle
25	12&Under	200 Butterfly

Sunday, February 20

Session 5 – 13&Over

Warm-up 6:40-7:50 AM

First Event 8:00 AM

Event #	Age	Event
26	13-14	100 Butterfly
27	15&Over	100 Butterfly
28	13-14	200 Freestyle
29	15&Over	200 Freestyle
30	13-14	100 Backstroke
31	15&Over	100 Backstroke
32	13-14	200 Breaststroke
33	15&Over	200 Breaststroke
34	13-14	50 Freestyle
35	15&Over	50 Freestyle

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Sunday, February 20

Session 6 – 1650 Free

Warm-up Continuous during Session 5

First Heat Begins 15 minutes after conclusion of Session 5

Event #	Age	Event
36	Open	1650 Freestyle
<i>Positive check-in deadline will be posted before the first day of the meet.</i>		

**The 1650 Free will be limited to a 1 hour session (approximately 3 heats – 24 swimmers).*

Session 7 – 12&Under

Warm-up 2:00-2:50 PM

First Event 3:00 PM

Event #	Age	Event
37	12&Under	200 Breaststroke
38	9-10	100 Individual Medley
39	11-12	100 Individual Medley
40	9-10	50 Freestyle
41	11-12	50 Freestyle
42	9-10	100 Butterfly
43	11-12	100 Butterfly
44	9-10	100 Backstroke
45	11-12	100 Backstroke
46	9-10	50 Breaststroke
47	11-12	50 Breaststroke
48	9-10	200 Freestyle
49	11-12	200 Freestyle