



2022 NCAP 10& Under Mini Championships

February 26-27, 2022

Sanction # PVC-22-74

VSI Sanction #22-29DS



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Karyn McCannon kmccannon@nationscapitalswimming.com 716-868-6611	Ellen Colket ecpenny@msn.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-22-74 and VSI-22-29DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc. Nation's Capital Swimming, and Freedom Aquatic and 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;">Freedom Aquatic & Fitness Center 9100 Freedom Center Blvd Manassas, VA 20110 (703) 993-8444</p> <ul style="list-style-type: none"> The pool at Freedom Aquatic & Fitness Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 10 lanes, 25 yards running from wall to bulkhead at the western end of the pool. Warm up: 10 lanes, 25 yards. 4 lanes may be available for continuous warm up and cool down. Water depth range of 13' at the starting end and 6.5' at the turning end. 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;">Monday, February 21, 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	<p style="text-align: center;">Saturday, February 26 and Sunday, February 27th</p> <p style="text-align: center;">Warm up: 9:00-9:50am Events: 10:00am</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 10 years of age and under. 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"> 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

	<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, VIRGINIA SWIMMING INC., NATION’S CAPITAL SWIMMING, AND FREEDOM AQUATIC AND 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 Prince William 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. • All attendees are required to complete the Mason COVID Health✓™ prior to each visit. • No one with symptoms of COVID-19 is permitted in the facility. • Athletes must arrive and depart in their suits. Locker room use will be for emergency use only; no showers may be used. • 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 patio door. 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. • 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 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. • Prior to each race, athletes will leave their assigned spot, walk along the shallow end of the pool, down the lane 1 side of the pool, and continue behind the blocks. • For warm-ups, swimmers for each session may be assigned to one of two (or three) warmup groups, no more than 120 swimmers in each group (12 swimmers/lane). Each group will be assigned an arrival time. Swimmers may 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. • 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

	<p>holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool.</p> <ul style="list-style-type: none"> • 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 behind the timers ○ Heat 3 is along the race course on deck spaced by 6 feet and will remain there until Heat 1 is done swimming, exits the pool, and exits the area behind the blocks. ○ Heat 4 is staging under the scoreboard/warm up pool until directed to move to where Heat 3 is standing (after Heat 1 is done swimming and out of the way and Heat 3 proceeds to the starting blocks). • 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. • Each session will be limited to a maximum of 350 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 the NCAP YouTube Page. • Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility. • Chlorine is used to disinfect the water and surrounding surfaces constantly. • 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 not 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. Athletes may enter no more than three (3) individual events per day plus one (1) relay, for a total of 8 entries. The 9-10 year old 200 Free will be contingent on session time availability once all entries are processed. If the 200 Free is eliminated, swimmers will have an opportunity to enter another event. Deck entries will be accepted to fill empty lanes only. No new heats will be created. 																																																			
POSITIVE CHECK IN	<ul style="list-style-type: none"> All events, except the 200 yd individual events will be pre-seeded. The Meet Director will determine is positive check in will be required for the 200 yd events. Information will be sent to teams after the entry deadline depending on entry numbers. 																																																			
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"> All events including relays, except the 200 yd individual events will be preseeded. 																																																			
SCORING	<table border="1"> <tr> <td>Place</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>Ind</td> <td>20</td> <td>17</td> <td>16</td> <td>15</td> <td>14</td> <td>13</td> <td>12</td> <td>11</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relay</td> <td>40</td> <td>34</td> <td>32</td> <td>30</td> <td>28</td> <td>26</td> <td>24</td> <td>22</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table>	Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Ind	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1	Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2
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Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2																																				
AWARDS	<ul style="list-style-type: none"> For individual events, awards will be given for 1st to 8th place. <ul style="list-style-type: none"> Medals for 1st to 3rd, Ribbons for 4th to 8th. Ribbons will be given for 1st to 3rd places for RELAYS 																																																			
PROGRAMS	<ul style="list-style-type: none"> Programs 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. Spectators can watch from outside, through the pool windows. The competition will be live-streamed. 																																																			
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 Meet Director. • Include in the subject of the email, "NCAP Mini Champs - ****" 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 style="text-align: center;">Per Swimmer Surcharge: \$5.00 Deck Entries: \$10/ IE Individual event fee: \$7.50 Relays: \$15.00</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.

2022 NCAP 10&Under Mini Championships

Saturday February 26, 2022

Session 1- Mixed Gender

Warm up: 9:00-9:50am Events: 10:00am

Event #	Age	Event
1	9-10 Year Old Mixed	200 Free Relay
2	7-8 Year Old Mixed	100 Free Relay
3	9-10 Mixed	50 Fly
4	8 Year Old Mixed	50 Fly
5	7 & Under Mixed	25 Fly
6	9-10 Mixed	100 Back
7	8 Year Old Mixed	50 Back
8	7 & Under Mixed	25 Back
9	9-10 Mixed	100 Breast
10	8 Year Old Mixed	50 Breast
11	7 & Under Mixed	25 Breast
12	10 & Under Mixed	100 IM
13	9-10 Mixed	200 Free

The 9-10 year old 200 Free will be contingent on session time availability once all entries are processed.

2022 NCAP 10&Under Mini Championships

Sunday February 27, 2022

Session 2- Mixed Gender

Warm up: 9:00-9:50am Events: 10:00am

Event #	Age	Event
14	9-10 Year Old Mixed	200 Medley Relay
15	7-8 Year Old Mixed	100 Medley Relay
16	9-10 Mixed	50 Breast
17	8 Year Old Mixed	25 Breast
18	7 & Under Mixed	50 Breast
19	9-10 Mixed	50 Back
20	8 Year Old Mixed	25 Back
21	7 & Under Mixed	50 Back
22	9-10 Mixed	100 Fly
23	8 Year Old Mixed	25 Fly
24	7 & Under Mixed	50 Fly
25	9-10 Mixed	100 Free
26	8 Year Old Mixed	50 Free
27	7 & under Mixed	25 Free
28	9-10 Mixed	200 IM

The 9-10 year old 200 IM will be contingent on session time availability once all entries are processed.