



March Madness Invitational

March 25-27, 2022

Sanction #PVI-22-83



MEET DIRECTOR Kristin Bryant Wolff kristin@yorkswim.com	MEET REFEREE Ben Holly bholly6275@gmail.com	CLUB OFFICIALS CHAIR Carolyn Kotarski ckotarski@gmail.com Officials Signup
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: Sanction #PVI-22-83 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, York Swim Club, and Oak Marr 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;">Oak Marr Rec Center 3134 Jermantown Road Oakton, VA 22124 (703) 281-6501</p> <ul style="list-style-type: none"> The pool at Oak Marr Rec Center is a 50-meter pool with 21 short course lanes. 15 lanes will be used for competition. Course #1 is an 8 lane course with a water depth ranging from 13'6" in lane 1 to 7'3" in lane 8, and Course #2 is a 7 lane course with a water depth range of 7'3" in lane 1 to 5' in Lane 7. For the 9 and Over sessions: Boys will swim in the seven (7) lane pool; Girls will swim in the eight (8) lane pool. The 8& under girls and boys will swim on the eight (8) lane course. Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. Each session will be limited to 600 swimmers. 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	Entries are due by 5:00 pm on Tuesday, March 15, 2022
SCHEDULE	<p style="text-align: center;">Friday Distance Events Warm-Up 4:25-5:15 pm; Events Begin 5:25 pm</p> <p style="text-align: center;">Saturday & Sunday 13-18 Year Olds Combined on ONE COURSE Warm-Up 6:30 am -7:20 am; Events Begin 7:30 am</p> <p style="text-align: center;">Saturday & Sunday 9-12 Year Olds Warm-Up 11:30 am -12:20 PM; Events Begin 12:30 pm</p> <p style="text-align: center;">Saturday & Sunday 8 & Under Warm-Up 4:00-4:20 pm; Events Begin 4:30 pm</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 Swimming registered athletes that participate on invited teams: AAC, ASA, MACH, PM, SDS, YORK. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of <i>USA Swimming as provided in 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.

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 (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 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, YORK SWIM CLUB, AND OAK MARR 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.
COVID-19 PROTOCOLS	<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 one with symptoms of COVID-19 will be 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. 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. Limited hospitality may be provided. • A Clerk of Course may be utilized for all sessions. • Attendees will enter the facility through the main doors. Swimmers, coaches, officials, and volunteers will exit the facility through the diving well doors on the main deck. Swimmers will proceed to the lower parking lot (sports fields/golf lot) for pick up and departure after their last event of the day. Coaches, officials and volunteers may walk to their parking spots in the main parking lot. Spectators will enter and exit the facility using the main doors. • All attendees (athletes, coaches, officials, volunteers, and spectators) are encouraged to wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when competing or warming up.

	<ul style="list-style-type: none"> • 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 600 swimmers per session. • Spectators will be permitted. <ul style="list-style-type: none"> ○ No personal chairs are allowed in the spectator area or in the lobby. ○ No one is permitted to stand in the aisle behind the bleachers. Spectators must be seated. ○ Seating may be limited. ○ Please be considerate of others wishing to view their swimmer's races. Please exit the spectator area to allow for others to be seated. • 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. • Dive-over starts will be used for all 9 & Over sessions. Dive-over starts will not be used for the 8 & Under sessions. • 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. • A swimmer may enter no more than: <ul style="list-style-type: none"> ➤ seven (7) events for the entire meet ➤ two (2) events on Friday ➤ three (3) events on Saturday ➤ three (3) events on Sunday • No DECK ENTRIES will be accepted.

	<ul style="list-style-type: none"> • Most individual events will be governed by “No Faster Than” (NFT) times. These NFT times are based on the top 16 results from the 2019 Spring Short Course Championship season. A swimmer can only enter an event in which his/her official USA Swimming time is not faster than the posted NFT time standard. • No time standards apply to 8 & Under events and the 12 & Under 500 Free or the 12 & Under 400 IM on Friday, or sprint events for the 13-18 Year Olds that are not events held in Championship Meets. • A Clerk of Course will be utilized for all sessions. • SWIMMERS MUST PROVIDE THEIR OWN TIMERS AND COUNTERS (IF NEEDED) FOR THE FOLLOWING EVENTS ON FRIDAY: 15-18 400 IM, 13-14 400 IM, 12 and under 500 Free, 15-18 500 Free, 13-14 500 Free.
POSITIVE CHECK-IN	<ul style="list-style-type: none"> • Positive check-in is required for individual events 400 yards or over. Swimmers who do not check-in will not be seeded into that event. Athletes who have checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee. • Check in will be by TEAM. Coaches will be provided check in sheets. • Positive check- in closing times: <u>Friday</u> Events 3-4 – 5:00 pm Events 13-22 – 5:45 pm
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will email attending teams the warm up assignments once all entries have been received.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
AWARDS	<ul style="list-style-type: none"> • Medals will be awarded from 1st- 8th place for individual events. Ribbons will be awarded 9th- 16th place for individual events. Special swim caps will be awarded to the winner of each individual event.
PROGRAMS	<ul style="list-style-type: none"> • Meet programs will be emailed to participating clubs 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"> • None.
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 Stoke & Turn Judge) per session if entering 25 or more splashes. • Officials interested in volunteering should fill out this form or contact Carolyn Kotarski (ckotarski@gmail.com) directly. • Officials assigned to this meet should sign in at the recording table 10 minutes before 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"> • The host club will strive to provide at least 1 timer per lane. Each participating club is requested to provide 3 timers per session if entering 25 or more swimmers. • A timer sign up will be made available once all entries have been received. Teams may be assigned a specific number of timers for each session based on team entry numbers.

ENTRY PROCEDURES	<ul style="list-style-type: none"> ● Entries will be accepted beginning March 8, 2022, on a first come first serve basis. The Meet Manager will inform invited teams promptly when the meet has been fully subscribed. ● No Late entries are permitted for this meet. ● Entries should be submitted using Hy-Tek Team Manager by email to the Meet Director. ● Include in the subject of the email, "2022 March Madness Invitational -***" with the club's initials in place of the asterisks. Also include training site if your club submits multiple entry files. ● 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 and no further entries will be accepted from that club until the said fine is paid by that club.
ENTRY FEES	<p>Per Swimmer Surcharge: \$10.00 Individual Event Fee: \$10.00</p> <ul style="list-style-type: none"> ● Make checks payable to YORK SWIM CLUB. Checks may be mailed to: 1600 Lupine Den Court Vienna, VA 22182 ● 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 March 25, 2022				
Distance Session - Warm-up: 4:25 PM Events: 5:25 PM				
Girls Event #	NFT	Event	NFT	Boys Event #
1	2:49.00	10 and under 200 IM	2:45.00	2
3		12 and under 400 IM		4
5	1:55.00	15-18 200 Free	1:45.50	6
7	1:59.00	13-14 200 Free	1:52.00	8
9	2:06.50	11-12 200 Free	2:06.50	10
11	2:27.50	10 and under 200 Free	2:22.00	12
13	4:38.00	15-18 400 IM*	4:15.00	14
15	4:42.50	13-14 400 IM*	4:30.00	16
17		12 and under 500 Free*		18
19	5:13.00	15-18 500 Free*	4:49.00	20
21	5:21.00	13-14 500 Free*	5:08.00	22

*SWIMMERS MUST PROVIDE THEIR OWN TIMERS AND COUNTER (IF NEEDED)

Saturday March 26, 2022				
Combined on ONE COURSE				
13-18 year Olds Warm-up: 6:30 AM Events: 7:30 AM				
Girls Event #	NFT	Event	NFT	Boys Event #
23	1:00.00	13-14 100 Back	57.00	24
25	59.50	15-18 100 Back	53.50	26
27		13-14 50 Fly		28
29		15-18 50 Fly		30
31		13-14 100 IM		32
33		15-18 100 IM		34
35	25.00	13-14 50 Free	23.50	36
37	24.50	15-18 50 Free	22.00	38
39	1:09.50	13-14 100 Breast	1:04.00	40
41	1:08.00	15-18 100 Breast	1:01.00	42

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Saturday March 26, 2022				
9-12 Year Olds - Warm-Up 11:30 am; Events Begin 12:30 pm				
Girls Event #	NFT	Event	NFT	Boys Event #
43	1:05.50	11-12 100 Back	1:04.00	44
45	34.50	9-10 50 Back	35.00	46
47	29.00	11-12 50 Fly	29.00	48
49	1:20.50	9-10 100 Fly	1:17.50	50
51	1:07.00	11-12 100 IM	1:05.00	52
53	1:17.00	9-10 100 IM	1:15.00	54
55	26.50	11-12 50 Free	26.00	56
57	30.50	9-10 50 Free	30.00	58
59	1:15.00	11-12 100 Breast	1:13.00	60
61	1:25.50	9-10 100 Breast	1:26.50	62

Saturday, March 26, 2022	
8 & Unders – Warm-up: 4:00 PM Events: 4:30 PM	
Event #	Event
63	Girls 8 and under 100 Free
64	Boys 8 and under 100 Free
65	Girls 8 and under 50 Breast
66	Boys 8 and under 50 Breast
67	Girls 7 and under 25 Back
68	Boys 7 and under 25 Back
69	Girls 8 year old 25 Back
70	Boys 8 year old 25 Back
71	Girls 8 and under 50 Fly
72	Boys 8 and under 50 Fly
73	Girls 7 and under 25 Free
74	Boys 7 and under 25 Free
75	Girls 8 year old 25 Free
76	Boys 8 year old 25 Free

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Sunday March 27, 2022				
Combined on ONE COURSE				
13-18 Year Olds Warm-up: 6:30 AM Events: 7:30 AM				
Girls Event #	NFT	Event	NFT	Boys Event #
77	2:14.00	13-14 200 IM	2:05.00	78
79	2:12.00	15-18 200 IM	1:58.50	80
81		13-14 50 Breast		82
83		15-18 50 Breast		84
85	1:00.00	13-14 100 Fly	56.50	86
87	58.50	15-18 100 Fly	53.00	88
89		13-14 50 Back		90
91		15-18 50 Back		92
93	54.50	13-14 100 Free	51.00	94
95	54.00	15-18 100 Free	48.00	96

Sunday March 27, 2022				
9-12 Year Olds - Warm-Up 11:30 am; Events Begin 12:30 pm				
Girls Event #	NFT	Event	NFT	Boys Event #
97	2:24.00	11-12 200 IM	2:21.50	98
99	39.00	9-10 50 Breast	39.00	100
101	34.50	11-12 50 Breast	33.00	102
103	33.50	9-10 50 Fly	33.00	104
105	1:05.00	11-12 100 Fly	1:05.50	106
107	1:15.50	9-10 100 Back	1:15.50	108
109	30.00	11-12 50 Back	29.50	110
111	1:07.50	9-10 100 Free	1:06.00	112
113	58.00	11-12 100 Free	57.00	114

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Sunday, March 27, 2022	
8 & Under – Warm-up: 4:00 PM Events: 4:30 PM	
Event #	Event
115	Girls 8 and under 100 IM
116	Boys 8 and under 100 IM
117	Girls 7 and under 25 Fly
118	Boys 7 and under 25 Fly
119	Girls 8 year old 25 Fly
120	Boys 8 year old 25 Fly
121	Girls 8 and under 50 Back
122	Boys 8 and under 50 Back
123	Girls 7 and under 25 Breast
124	Boys 7 and under 25 Breast
125	Girls 8 year old 25 Breast
126	Boys 8 year old 25 Breast
127	Girls 8 and under 50 Free
128	Boys 8 and under 50 Free