



2022 SNOW Long Course Spring Classic

Hosted by:



May 6-8, 2022

Sanction # PVI-22-92

VSI Sanction # VS-22-33DS

MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
<p>Tanya Chang Snowswimming.entries@gmail.com (571) 888-1157</p>	<p>Jan van Nimwegen jnimwegen@earthlink.net</p>	<p>Eric Ramey Rameyeric20105@gmail.com (571) 449-1956 Official's Sign-Up</p>

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-22-92 and Virginia Swimming, Inc.: VSI-22-33DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., SNOW Swimming, and Dulles South Recreation 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;">Dulles South Recreation Center 24950 Riding Center Drive South Riding, VA 20152 (571) 258-3456</p> <ul style="list-style-type: none"> The pool at Dulles South is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in eight (8) lanes, 50 meters, running from wall to bulkhead at the southern end of the pool. One (1) lane will be available for continuous warm-up/cool-down during the meet. Water depth of 12'6" at the starting end and 4'3" at the turning end of the competition course. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). A copy of such certificate is on file with USA Swimming. 																																	
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, April 26, 2022, 5:00pm</p> <ul style="list-style-type: none"> 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. 																																	
SCHEDULE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm-up</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td>Friday – Session 1: Distance</td> <td style="text-align: center;">4:30 – 5:20pm</td> <td style="text-align: center;">5:30pm</td> </tr> <tr> <td>Saturday</td> <td></td> <td></td> </tr> <tr> <td style="padding-left: 20px;">Session 2: 15 & Over</td> <td style="text-align: center;">7:00 – 8:00am</td> <td style="text-align: center;">8:10am</td> </tr> <tr> <td style="padding-left: 20px;">Session 3: 14 & Under Girls</td> <td style="text-align: center;">11:00 – 11:50am</td> <td style="text-align: center;">12:00pm</td> </tr> <tr> <td style="padding-left: 20px;">Session 4: 14 & Under Boys</td> <td style="text-align: center;">4:00 – 4:50pm</td> <td style="text-align: center;">5:00pm</td> </tr> <tr> <td>Sunday</td> <td></td> <td></td> </tr> <tr> <td style="padding-left: 20px;">Session 5: 15 & Over</td> <td style="text-align: center;">7:00 – 8:00am</td> <td style="text-align: center;">8:10am</td> </tr> <tr> <td style="padding-left: 20px;">Session 6: 14 & Under Boys</td> <td style="text-align: center;">10:40 – 11:30am</td> <td style="text-align: center;">11:40am</td> </tr> <tr> <td style="padding-left: 20px;">Session 7: 14 & Under Girls</td> <td style="text-align: center;">2:10 – 3:05pm</td> <td style="text-align: center;">3:15pm</td> </tr> <tr> <td style="padding-left: 20px;">Distance*</td> <td style="text-align: center;">6:00pm-6:25pm*</td> <td style="text-align: center;">6:30pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> The Meet Director reserves the right to adjust times/sessions after entries are received. *Swimmers in the distance session may enter the facility a half hour before the start of the distance session and may enter the warm-up/cool down lane during the 11-14 session to begin warm-up. Immediately upon completion of the 11-14 session the pool will be available for open warm-up. 		Warm-up	Events	Friday – Session 1: Distance	4:30 – 5:20pm	5:30pm	Saturday			Session 2: 15 & Over	7:00 – 8:00am	8:10am	Session 3: 14 & Under Girls	11:00 – 11:50am	12:00pm	Session 4: 14 & Under Boys	4:00 – 4:50pm	5:00pm	Sunday			Session 5: 15 & Over	7:00 – 8:00am	8:10am	Session 6: 14 & Under Boys	10:40 – 11:30am	11:40am	Session 7: 14 & Under Girls	2:10 – 3:05pm	3:15pm	Distance*	6:00pm-6:25pm*	6:30pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to invited USA Swimming athletes from invited teams. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an 																																	

	<p>athlete member of USA Swimming as provided in <i>USA Swimming Rules & Regulations</i> Article 302.</p> <ul style="list-style-type: none"> 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.
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., SNOW SWIMMING, AND THE DULLES SOUTH 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, Virginia Swimming, Inc., the Commonwealth of Virginia, and Loudoun County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> No one with symptoms of COVID-19 is permitted in the facility. Swimmers will not be permitted into the building prior to their arrival time. Athletes should arrive and depart in their suits if possible. Coaches, officials, and volunteers will use the family locker rooms for restroom purposes. Athletes must shower prior to arrival at the pool. All attendees will enter the facility from the main entrance. All attendees will proceed past the front desk, around the fitness area, turn left down the hallway to the aquatics area, and left at the end of the hallway to the pool. All attendees (athletes, coaches, volunteers, officials, etc.) are encouraged to wear masks while in the facility, with the exception of athletes when warming up, cooling down, and competing. Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.

	<ul style="list-style-type: none"> • Hospitality will be offered for coaches and officials. • Restroom and locker room use should be minimized and only be used for emergencies. • To the extent possible, timers and counters for the 800 and 1500 Freestyle event should be provided by swimmers already entered in the meet session. Parent timers may enter the facility fifteen (15) minutes prior to the start of the 800 and 1500 Freestyle. • No spectators will be permitted. Competition will be live streamed on the SNOW Facebook Page. • 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.
<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, restrooms, 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 may enter a maximum of seven (7) individual events. Swimmers may enter no more than one (1) event on Friday and no more than three (3) events on Saturday and Sunday. • All events are timed finals. • Entries in the 400/800/1500 Freestyle and 400 IM may be limited due to time constraints. If necessary, this will be done based on the verifiable proof of time. To the extent possible, any swimmer removed from an event due to time constraints will be provided the opportunity to enter another event, so long as it does not create a new heat and does not violate any applicable entry limits or facility-related capacity restrictions. • All swimmers must provide their own timers for the distance session on Friday (800M Freestyle, 400 IM, 200 IM) and for 1500 M Freestyle. All swimmers must provide their own counters (if desired) for the 800M and 1500M freestyle events. • Entries must be submitted as LCM times. Time conversions are permitted. Entries with no time (NT) will be accepted. • No late or deck entries will be accepted. • 12 & Under athletes may only participate in one (1) session per day.

POSITIVE CHECK-IN	<ul style="list-style-type: none"> • All events in the Friday Distance session and the 1500 M Freestyle are positive check-in events. Swimmers who do not check-in by the deadline will not be seeded into those events. • Swimmers must complete the 2022 SNOW Long Course Spring Classic Positive Check-in form to check-in for those events. <ul style="list-style-type: none"> ○ The check-in deadline for the Friday Distance events is Thursday, May 5, 2022, 6:00pm. ○ The check-in deadline for the 1500 M Freestyle is Saturday, May 7, 2022, 6:00pm. • All other events will be pre-seeded.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • The Meet Director will determine the structure of warm-up, including times/lane assignments. • One (1) lane will be available during the meet for continuous warm-up/cool-down.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • No personal chairs will be allowed on deck.
SEEDING	<ul style="list-style-type: none"> • All events will be swum slow-to-fast EXCEPT for the 1500 M Freestyle, which will be swum fast-to-slow.
SCORING	<ul style="list-style-type: none"> • The meet will not be scored.
AWARDS	<ul style="list-style-type: none"> • There will be no individual or team awards.
PROGRAMS	<ul style="list-style-type: none"> • Meet programs and results will be available on Meet Mobile and posted to the SNOW Website.
CREDENTIALS	<ul style="list-style-type: none"> • Only athletes, USA Swimming certified coaches, deck officials and volunteers will be permitted on deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
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 will be identified in advance and coordinated by the Club Officials Chair, Eric Ramey (rameyeric20105@gmail.com). Officials wishing to volunteer should complete the Official's Sign-Up. • Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. • A comprehensive official's briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> • Two timers per lane. • Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to all COVID-19 mitigation processes as well as MAAPP policies. • Each club will be required to provide timers and volunteers in proportion to the number of entries. • The Meet Director will assign timer requirements to each club after entries have been received. • The Meet Director will notify clubs of their timer and volunteer requirements by email. • Lane assignments will be made in advance. • A timers' meeting will be held during warm-ups prior to each session.

ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director, snowswimming.entries@gmail.com • Include in the subject of the email, "2022 SNOW LC SPRING CLASSIC - ****" 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 per occurrence by PVS and no further entries will be accepted from that club until the said fine is paid.
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ENTRY FEES	<p>Facility surcharge: \$10.00 Individual event fee: \$11.00 Per Swimmer surcharge: \$2.50</p> <ul style="list-style-type: none"> • Make checks payable to SNOW Swimming. • Checks may be mailed to: <ul style="list-style-type: none"> <li style="padding-left: 40px;">Teresa Meike <li style="padding-left: 40px;">10755 Riverscape Run <li style="padding-left: 40px;">Great Falls, VA 22066 • 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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2022 SNOW Long Course Spring Classic

May 6-8, 2021

Friday, May 6, 2021

Session 1

Distance

Positive check-in deadline for all Friday events is Thursday, May 5, 2022, 6:00pm

Swimmers in this distance session must provide their own timers and counters

Warm-up: 4:30pm Events: 5:30pm

	EVENT
1	Mixed 13 & Over 800 Freestyle
2	Mixed 13 & Over 400 IM
3	Mixed 11-14 200 IM

Saturday, May 7, 2022

Session 2

15 & Over

Warm-up: 7:00am Events: 8:10am

Girls	EVENT	Boys
4	100 Freestyle	5
6	200 Butterfly	7
8	100 Breaststroke	9
10	200 Backstroke	11
12	400 Freestyle	13

Session 3

14 & Under Girls

Warm-up: 11:00am Events: 12:00pm

Girls	EVENT
22	Girls 11-14 100 Free
14	Girls 10 & Under 50 Backstroke
24	Girls 11-14 200 Butterfly
16	Girls 10 & Under 100 Breaststroke
26	Girls 11-14 100 Breaststroke
18	Girls 10 & Under 100 Freestyle
28	Girls 11-14 200 Backstroke
20	Girls 10 & Under 50 Butterfly
30	Girls 11-14 400 Freestyle

Saturday, May 7, 2022 (cont.)

Session 4 14 & Under Boys

Warm-up: 4:00pm Events: 5:00pm

Boys	EVENT
23	Boys 11-14 100 Free
15	Boys 10 & Under 50 Backstroke
25	Boys 11-14 200 Butterfly
17	Boys 10 & Under 100 Breaststroke
27	Boys 11-14 100 Breaststroke
19	Boys 10 & Under 100 Freestyle
29	Boys 11-14 200 Backstroke
21	Boys 10 & Under 50 Butterfly
31	Boys 11-14 400 Freestyle

Sunday, May 8, 2022

Session 5 15 & Over

Warm-up: 7:00am Events: 8:10am

Girls	EVENT	Boys
32	200 IM	33
34	100 Butterfly	35
36	200 Breaststroke	37
38	50 Freestyle	39
40	100 Backstroke	41
42	200 Freestyle	43

2022 SNOW Long Course Spring Classic

May 6-8, 2021

Session 6 14 & Under Boys

Warm-up: 10:40am Events: 11:40am

Boys	EVENT
53	Boys 11-14 100 Butterfly
45	Boys 10 & Under 50 Freestyle
55	Boys 11-14 200 Breaststroke
47	Boys 10 & Under 100 Backstroke
57	Boys 11-14 50 Freestyle
49	Boys 10 & Under 100 Butterfly
59	Boys 11-14 100 Backstroke
51	Boys 10 & Under 50 Breaststroke
61	Boys 11-14 200 Freestyle

Session 7 14 & Under Girls

Warm-up: 2:15pm Events: 3:15pm

Girls	EVENT
52	Girls 11-14 100 Butterfly
44	Girls 10 & Under 50 Freestyle
54	Girls 11-14 200 Breaststroke
46	Girls 10 & Under 100 Backstroke
56	Girls 11-14 50 Freestyle
48	Girls 10 & Under 100 Butterfly
58	Girls 11-14 100 Backstroke
50	Girls 10 & Under 50 Breaststroke
60	Girls 11-14 200 Freestyle

Session 8 Distance

*Positive check-in deadline is Saturday, May 8, 2022, 6:00pm
Swimmers must provide their own timer and counter, if desired*

Warm-up: 6:00pm Events: 6:30pm

	EVENT
62	Mixed 13 & Over 1500 Freestyle