



2022 FXXF LC Summer Solstice

June 4 and 5, 2022

Sanction # PVI-22-99



MEET DIRECTOR Matt Salerno fairfaxfoxes@gmail.com 412-952-0545	MEET REFEREE Tim Husson tim.husson@gmail.com	CLUB OFFICIALS CHAIR Tricia Feinberg tafeinberg@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: PVI-22-99. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairfax Foxes Swimming, and George Mason University 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;">George Mason University Aquatic and Fitness Center 4520 Patriot Circle Fairfax, VA 22030 (703) 993-3939</p> <ul style="list-style-type: none"> The pool at George Mason University is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 8 lanes, 50 meters, running lengthwise from the wall to the bulkhead. Water depth of 7' at the starting end (opposite diving boards) and 13.5' at the turning end of the competition course. 6 lanes of continuous warm-up/cool-down will be available in the adjacent recreation pool. 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, May 24, 2022, 11:00pm</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 style="width: 60%;"></th> <th style="width: 20%; text-align: center;">Warm-Ups</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3">Saturday, June 4, 2022</td> </tr> <tr> <td>Session 1 13 and Over Prelims</td> <td style="text-align: center;">7:00am – 7:50am</td> <td style="text-align: center;">8:00am</td> </tr> <tr> <td>Session 2 Boys 13 and Over Prelims</td> <td style="text-align: center;">11:00am – 11:40am</td> <td style="text-align: center;">11:45am</td> </tr> <tr> <td>Session 2 Mixed 12 and Under Timed Finals</td> <td style="text-align: center;">11:30am – 11:55am</td> <td style="text-align: center;">Noon</td> </tr> <tr> <td>Session 3 13 & Over Finals</td> <td style="text-align: center;">4:15pm – 4:55pm</td> <td style="text-align: center;">5:00pm</td> </tr> <tr> <td colspan="3">Sunday, June 5, 2022</td> </tr> <tr> <td>Session 4 Mixed 12 and Under Timed Finals</td> <td style="text-align: center;">8:00am – 8:25am</td> <td style="text-align: center;">8:30am</td> </tr> <tr> <td>Session 5 Mixed 13 and Over Timed Finals With Super Finals</td> <td style="text-align: center;">11:00am - 11:50am</td> <td style="text-align: center;">Noon</td> </tr> <tr> <td>Session 6 Mixed 400 IM and 400 Free</td> <td style="text-align: center;">3:00pm – 3:40pm</td> <td style="text-align: center;">3:45pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 		Warm-Ups	Events	Saturday, June 4, 2022			Session 1 13 and Over Prelims	7:00am – 7:50am	8:00am	Session 2 Boys 13 and Over Prelims	11:00am – 11:40am	11:45am	Session 2 Mixed 12 and Under Timed Finals	11:30am – 11:55am	Noon	Session 3 13 & Over Finals	4:15pm – 4:55pm	5:00pm	Sunday, June 5, 2022			Session 4 Mixed 12 and Under Timed Finals	8:00am – 8:25am	8:30am	Session 5 Mixed 13 and Over Timed Finals With Super Finals	11:00am - 11:50am	Noon	Session 6 Mixed 400 IM and 400 Free	3:00pm – 3:40pm	3:45pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to USA Swimming registered swimmers from invited USA Swimming clubs. Clubs wishing to receive an invitation to attend should contact the Meet Director, Matt Salerno (fairfaxfoxes@gmail.com). 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 & 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.
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 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, FAIRFAX FOXES SWIMMING, AND GEORGE MASON UNIVERSITY, 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 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"> • The meet will be limited to a maximum of 400 swimmers per session. • Athletes should arrive and depart in their suits. Locker room use is minimized to emergency use. • Before entering the facility, participants are required assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering “no” to the following questions: <ul style="list-style-type: none"> ◇ 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 past 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, and volunteers) are encouraged to wear a mask to enter the facility and throughout the facility, except for athletes when competing or warming up/cooling down. • 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. • Coaches, officials, volunteers, and swimmers assigned to seating areas on the pool deck will proceed through swimmer entrance on the ground level of the Aquatic and Fitness Center. • Spectators will be allowed into the facility on a limited basis. Spectators will be permitted to

	<p>enter the Aquatic and Fitness Center on the main level and proceed directly to the spectator bleachers. Only swimmers, coaches, officials and volunteers will be permitted on deck.</p> <ul style="list-style-type: none"> • Competition will be live streamed on the Fairfax Foxes Swimming Facebook page. • Swimmers will be encouraged to maintain social distancing and wear their masks while not in competition or not warming up. • 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. No swimmers should proceed to the upstairs viewing/spectator area. • Hospitality may be offered for coaches, volunteers, and officials. • 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. Any swimmer, coach, official and/or designated volunteer not following meet protocols will be subject to immediate removal from the meet.
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-S 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 (<u>e.g.</u>, 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. • 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"> • LCM times are conforming. SCY times are non-conforming and preferred to NTs. Non-conforming times will be seeded after conforming times. Converted times will not be accepted • All events in Sessions 1 and 2 will follow a prelims/finals format except for the 200 freestyle. The top 24 swimmers qualify for finals. The "C" final will swim first, followed by the "B" final followed by the "A" Championship final. The C final will be the 8 swimmers 13 and Over seeded #17-24 with the B Final being swimmers seeded #9 through #16 in prelims with swimmers seeded #1-8 racing in the A Finals. • Swimmers racing in the 50 Freestyle for during Session 6 will have an opportunity to race in "Super Finals". These events will be swum as a prelims and finals during the same session. The top 16 swimmers qualify for finals. Finals will be swum B (qualifying swimmers 9 through 16) then A (Top 8 qualifiers) at the conclusion of Session 6. All other events in Session 6 will be Timed Finals.

	<ul style="list-style-type: none"> • Events will be pre-seeded. Athletes will be notified of their individual warm-up sessions along with a heat and lane for warm-up. • Athletes participating in Sessions 1 and 5 may swim a maximum of three events/session. • Athletes participating in Sessions 2 and 4 may swim a maximum of four events/session. • Athletes participating in Session 6 (400 IM & 400 Free) may swim a maximum of two events/session. • Athletes age 12 and Under may only participate in one session per day. Therefore, all 12 and Under athletes are permitted to race in either Session #4 or Session #6, not both. • Deck entries will be accepted on a limited basis. No new heats will be created to accommodate a deck-entered swimmer.
POSITIVE CHECK-IN	<ul style="list-style-type: none"> • All preliminary and timed finals events will be pre-seeded at 6:00pm the evening prior to the session. Swimmers unable to participate should contact the meet director.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • If swimmers do not want to swim in their qualifying and subsequent finals race(s), they may “scratch” from the event by following this procedure: <ul style="list-style-type: none"> ○ Email scratchfxfx@gmail.com within 30 minutes of the announcement of qualifiers for the event. ○ Email must include swimmer’s first and last name, club, coach’s name, and event being scratched. It is recommended that you include your coach in the email. • Coaches should make sure their contact information is up-to-date. The meet director will contact the coach or team representative should a swimmer scratch into finals.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments. • Six lanes of continuous warm-up/cool-down will be available in the adjacent recreation pool. No more than ten (10) swimmers allowed in the continuous warm-up/cool-down lane.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • Spectators are not allowed on the pool deck; swimmers may not bring personal chairs on the pool deck; coaches may bring a personal chair on the pool deck.
SEEDING	<ul style="list-style-type: none"> • All preliminary and timed finals events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> • The meet will not be scored.
AWARDS	<ul style="list-style-type: none"> • All swimmers will receive a commemorative Summer Solstice swim cap.
PROGRAMS	<ul style="list-style-type: none"> • Meet programs and results 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 or in the facility before, during, or after the meet. • 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"> • Officials will be identified in advance and coordinated by the Meet Referee, Tim Husson (tim.husson@gmail.com). Officials interested in volunteering should complete the Online Signup or email the Meet Referee. • A comprehensive official’s briefing will be conducted prior to each session.
TIMERS	<ul style="list-style-type: none"> • Two (2) timers per lane. • Each club will be required to provide timers 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 requirements by email. each. • Lane assignments will be made in advance. • All timers are encouraged to wear a mask but it is not required. • Timers should report to the timers meeting 20 minutes before the start of the session.

ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director, fairfaxfoxes@gmail.com. • Include in the subject of the email, “2022 FXFX LC Summer Solstice - XXXX” with the club’s initials in place of the asterisks. If your club submits multiple entry files, include the 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.
ENTRY FEES	<p style="text-align: center;">Per swimmer surcharge: \$5.00 Individual event fee: \$15.00</p> <ul style="list-style-type: none"> • Make checks payable to Fairfax Foxes Swimming. • Checks may be mailed to: <ul style="list-style-type: none"> Fairfax Foxes Swimming 7932 Ellet Road Springfield, VA 22151 • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

2022 FXX Long Course Summer Solstice

Saturday, June 4, 2022

Session 1

13 & Over Prelims

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

GIRLS	EVENT	BOYS
1	Girls 13 & Over 100 Freestyle	2
3	Girls 13 & Over 100 Breaststroke	4
5	Girls 13 & Over 200 IM	6
7	Girls 13 & Over 100 Backstroke	8
9	Girls 13 & Over 100 Butterfly	10
11	Girls 13 & Over 200 Freestyle**	12

**200 freestyle is Timed Finals

Session 2

Boys 13 and Over Prelims

~~Warm-up: 11:00am Events: 11:45am~~

EVENT
2 Boys 13 & Over 100 Freestyle
4 Boys 13 & Over 100 Breaststroke
6 Boys 13 & Over 200 IM
8 Boys 13 & Over 100 Backstroke
10 Boys 13 & Over 100 Butterfly
12 Boys 13 & Over 200 Freestyle**

~~**200 freestyle is Timed Finals~~

Session 2

Mixed 12 & Under Timed Finals

Warm-up: 11:30am Events: Noon

EVENT	
13	Mixed 12 & Under 100 Breaststroke
14	Mixed 12 & Under 200 IM
15	Mixed 12 & Under 100 Backstroke
16	Mixed 12 & Under 100 Butterfly
17	Mixed 12 & Under 100 Freestyle

Session 3

13 & Over Finals

Warm-up: 4:15pm Events: 5:00pm

EVENT	
1	Girls 13 & Over 100 Freestyle
2	Boys 13 & Over 100 Freestyle
3	Girls 13 & Over 100 Breaststroke
4	Boys 13 & Over 100 Breaststroke
5	Girls 13 & Over 200 IM
6	Boys 13 & Over 200 IM
7	Girls 13 & Over 100 Backstroke
8	Boys 13 & Over 100 Backstroke
9	Girls 13 & Over 100 Butterfly
10	Boys 13 & Over 100 Butterfly

2022 FFX Long Course Summer Solstice

Sunday, June 5, 2022

Session 4 - 12 & Under Timed Finals

Warm-up: 8:00am Events: 8:30am

	EVENT
18	Mixed 12 & Under 50 Breaststroke
19	Mixed 12 & Under 200 Freestyle
20	Mixed 12 & Under 50 Backstroke
21	Mixed 12 & Under 50 Butterfly
22	Mixed 12 & Under 50 Freestyle
23	Mixed 12 & Under 200 Backstroke
24	Mixed 12 & Under 200 Breaststroke
25	Mixed 12 & Under 200 Butterfly

Session 5 - 13 & Over Timed Finals and Super Finals

Warm-up: 11am Events: Noon

	EVENT
26	Girls 13-14 50 Freestyle*
27	Boys 13-14 50 Freestyle*
28	Girls 15 & Over 50 Freestyle*
29	Boys 15 & Over 50 Freestyle*
30	Girls 13 & Over 200 Backstroke
31	Boys 13 & Over 200 Backstroke
32	Girls 13 & Over 200 Breaststroke
33	Boys 13 & Over 200 Breaststroke
34	Girls 13 & Over 200 Butterfly
35	Boys 13 & Over 200 Butterfly
26	Girls 13-14 50 Freestyle – Super Finals
27	Boys 13-14 50 Freestyle – Super Finals
28	Girls 15 & Over 50 Freestyle – Super Finals
29	Boys 15 & Over 50 Freestyle – Super Finals

Session 6

Mixed Open Mid Distance Timed Finals

Warm-up: 3pm Events: 3:45pm

	EVENT
36	Mixed Open 400 IM
37	Mixed Open 400 Freestyle