

SWIMMERS

RULES

TIMING SYSTEM

FXFX Forty Niner

February 25-26, 2023

Sanction # PVI-23-70





MEET DIRECTOR		MEET REFEREE	CL	UB OFFICIALS CHAIR	
Matt Salerno		Tim Husson	Tricia Fein	berg	
fairfaxfoxes@gmail.com		tim.husson@gmail.com		@gmail.com	
			Officials Si	gnUp	
SANCTION	 Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-23-70 Virginia Swimming: VS-23 			Swimming: PVI-23-70 and	
	 In granting thi Virginia Swimmand harmless 				
FACILITY			quatics Center		
		13833 Dumfr	ies Road (Door #25)		
			sas, VA 20112		
		•	374-6333		
		VCS Aquatics Center is 40m x 25y		ulkhead. Competition will be	
		, 25 yards, running from wall to v			
	•	anges from 12.5' – 7' at the starti	•		
	•	vents will start at the turn end of the competition course (no starting blocks).			
		vailable for warm-ups. Continuou	•		
	· ·	on course has been certified in accordance with current <i>USA Swimming Rules and</i> Article 104.2.2(C). The copy of such certification is on file with USA Swimming.			
ENTRY		Monday, February 13, 2023			
DEADLINE	Therefore, clubs u	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			Warmups	Events	
	Saturday, Feb	ruary 25, 2023 and Sunday, Febr	uary 26, 2023		
	11-14 Pre	lims	7am – 7:50am		
	15 & Ove	r Timed Finals with Super Finals	10:45am – 11:35a	m 11:45am	
	10 & Und	er Timed Finals	2pm – 2:40pm	2:45pm	
	11-14 FIN	ALS	5:15pm – 5:50pm	n 6pm	
	Meet Director	reserves the right to adjust times	s/sessions after entri	es are received.	
ELIGIBILITY					
		• 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.			
	Entries will be	processed in the order they are r	eceived.		
DISABILITY	PVS and host of	clubs along with their meet direct	ors are committed to	the <u>Inclusion Policy</u> as adopted	

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for notifying the session referee of any disability prior to competition.

Automatic timing (touchpads primary) will be used.

Current USA Swimming rules shall govern this meet.

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

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 USA Swimming Rules and Regulations, 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 warmup, 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. **EVENT RULES** Athletes shall compete at the age attained on the first day of the meet. Athletes may only compete in events of his/her own age group. 11&Over athletes may enter a maximum of three (3) individual events per day and six (6) individual events in total. 10&Under athletes may enter a maximum of four (4) individual events per day and eight (8) individual events in total. All events for athletes age 11-14, with the exception of the 500 Freestyle and the 400 Individual Medley, will follow a prelims/finals format with the top 16 swimmers making finals in 50s and 100s and the top 8 making finals in the 200-yard events. The 13-14 events and 11-12 events on both Saturday, February 25 and Sunday, February 26, 2023, will have two (2) heats in the Finals Session, "B" final and "A" final. The "B" final will swim first, followed by the "A" final. The B Final will be 8 swimmers seeded #9 through #16 in prelims with swimmers seeded #1-8 racing in the A Finals. The 11-14 500 Freestyle and 400 Individual Medley are timed finals. Swimmers racing in the 15 and Older sessions (Session #2 and Session #6) will have an opportunity to race in a Super Finals in the 100-yard freestyle (Events #23 and #24) and in 50 Freestyle (Event #77 and #78). These events will be swum as a prelims and finals during the same session. The finals will be swum B (qualifying swimmers 9 through 16) then A (Top 8 qualifiers) at the conclusion of Session 2 and 6. All other 15&Over events will be Timed Finals. Deck entries will be accepted if available lanes come open. No new heats will be added. **POSITIVE CHECK-IN** All events will be pre-seeded for distances of 200 yards or shorter. Positive check-in will be required for the 400 IM and 500-yard freestyle events. WITHDRAWING If you do not wish to swim in the Final or 15&Over Super Final, you may "scratch" or declare your **FROM FINALS** "intention to scratch" from the event by emailing scratchfxfx@gmail.com within 30 minutes of the

- announcement of qualifiers for the event following this procedure:
 - Subject of email: FINALS {INTENT TO SCRATCH} SCRATCH: <event>, <swimmer name>. **EXAMPLES:**

FINALS SCRATCH: Event 1, Girls 13-14 100 Freestyle, Jane Smith OR FINALS INTENT TO SCRATCH: Event 1, Girls 13-14 100 Freestyle, Jane Smith

- Body of email should include swimmer's first and last name, club, coach's name, and event. When declaring an intent to scratch, the email should include the swimmer's last preliminary event of the day. It is recommended to include your coach on the email.
- If an athlete fails to properly scratch from an event and does not appear for the "Final" event, he/she shall be removed from their next scheduled individual event.

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WARM-UP	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.
	Five lanes of continuous warm up will be available.
SUPERVISION	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.
MEDICAL ASSISTANCE	Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
SEEDING	Standard seeding will be used.
SCORING	None
AWARDS	Swimmers that enter in 5 or more preliminary events will receive a Forty Niner swim cap.
	• Swimmers placing in the Top 10 in Finals or Timed Finals in all age categories will receive a ribbon.
PROGRAMS	Meet programs will not be sold. The meet will be available on Meet Mobile, emailed to participating clubs, and posted online.
CREDENTIALS	 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.
OFFICIALS	• 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 complete the Officials Signup or contact the Meet
	Referee, Tim Husson (tim.husson@gmail.com).
	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-up.
TIMERS	Two timers per lane.
	• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.
	A Sign-Up Genius will be provided two weeks prior to the meet.
ENTRY	Entries should be submitted by email to fairfaxfoxes@gmail.com
PROCEDURES	• Include in the subject of the email, "FXFX Forty Niner - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include the training site in the subject line.
	 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 (fairfaxfoxes@gmail.com).
	 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	Per Swimmer Surcharge: \$10.00 Individual Event Fee: \$10.00
	Deck Entry: \$20.00
	Make checks payable to Fairfax Foxes Swimming. Checks may be mailed to: Fairfax Foxes Swimming 4144 Orchard Drive Fairfax, VA 22032
	Each club is requested to remit one check to cover the entry fees for the entire team.

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FXFX Forty Niner - SATURDAY SESSIONS

February 25, 2023

SESSION 1: 11-12 and 13-14 Prelims

Girls Event #	EVENT * =Top 8 to Finals / ** = Timed Finals	Boys Event #
1	13-14 100 Freestyle	2
3	11-12 100 Freestyle	4
5	11-14 200 Butterfly*	6
7	11-12 50 Butterfly	8
9	13-14 100 Breaststroke	10
11	11-12 100 Breaststroke	12
13	11-14 200 Backstroke *	14
15	11-12 50 Backstroke	16
17	13-14 200 IM	18
19	11-12 200 IM	20
21	14 and Under 500 Free **	22

SESSION 3: 10 and Under Timed Finals

Girls Event #	EVENT	Boys Event #
35	10 and Under 100 IM	36
37	8 and Under 25 Freestyle	38
39	10 and Under 50 Freestyle	40
41	10 and Under 100 Breaststroke	42
43	8 and Under 25 Butterfly	44
45	10 and Under 50 Butterfly	46
47	10 and Under 100 Backstroke	48
49	10 and Under 200 Freestyle	50

SESSION 2: 15 & Over Timed Finals w/S.F.

Girls Event #	EVENT	Boys Event #
23	15 & Over 100 Freestyle	24
25	15 & Over 500 Freestyle	26
27	15 & Over 200 Backstroke	28
29	15 & Over 100 Breaststroke	30
31	15 & Over 200 Butterfly	32
33	15 & Over 200 IM	34
	5 MINUTE BREAK	
23	15 & Over 100 Free Super Finals	24

SESSION 4: 14 and Under Finals

Girls Event #	EVENT	Boys Event #
1	13-14 100 Freestyle	2
3	11-12 100 Freestyle	4
5	11-14 200 Butterfly*	6
7	11-12 50 Butterfly	8
9	13-14 100 Breaststroke	10
11	11-12 100 Breaststroke	12
13	11-14 200 Backstroke *	14
15	11-12 50 Backstroke	16
17	13-14 200 IM	18
19	11-12 200 IM	20

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FXFX Forty Niner - SUNDAY SESSIONS

February 26, 2023

SESSION 5: 11-12 and 13-14 Prelims

Girls Event #	EVENT * =Top 8 to Finals / ** = Timed Finals	Boys Event #
51	11-12 100 IM	52
53	13-14 200 Freestyle *	54
55	11-12 200 Freestyle *	56
57	13-14 100 Butterfly	58
59	11-12 100 Butterfly	60
61	11-14 200 Breaststroke *	62
63	11-12 50 Breaststroke	64
65	13-14 100 Backstroke	66
67	11-12 100 Backstroke	68
69	13-14 50 Freestyle	70
71	11-12 50 Freestyle	72
73	11-14 400 IM **	74

SESSION 7: 10 and Under Timed Finals

Girls Event #	EVENT	Boys Event #
87	10 and Under 100 Free	88
89	8 and Under 25 Backstroke	90
91	10 and Under 50 Backstroke	92
93	10 and Under 100 Butterfly	94
95	8 and Under 25 Breaststroke	96
97	10 and Under 50 Breaststroke	98
99	10 and Under 200 IM	100

SESSION 6: 15 & Over Timed Finals w/S.F.

Girls Event #	EVENT	Boys Event #
75	15 & Over 50 Freestyle	76
77	15 & Over 200 Breaststroke	78
79	15 & Over 100 Backstroke	80
81	15 & Over 200 Freestyle	82
83	15 & Over 100 Butterfly	84
85	15 & Over 400 IM	86
	5 MINUTE BREAK	
75	15 & Over 50 Free Super Finals	76

SESSION 8: 14 and Under Finals

Girls Event #	EVENT	Boys Event #
51	11-12 100 IM	52
53	13-14 200 Freestyle *	54
55	11-12 200 Freestyle *	56
57	13-14 100 Butterfly	58
59	11-12 100 Butterfly	60
61	11-14 200 Breaststroke *	62
63	11-12 50 Breaststroke	64
65	13-14 100 Backstroke	66
67	11-12 100 Backstroke	68
69	13-14 50 Freestyle	70
71	11-12 50 Freestyle	72

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