



FXFX Pirate Pacer

March 18-19, 2023

Sanction # PVI-23-77

VSI Sanction # VS-23-26DS



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Matt Salerno fairfaxfoxes@gmail.com	Tim Husson tim.husson@gmail.com	Tricia Feinberg tafeinberg@gmail.com Officials SignUp

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-23-77 and Virginia Swimming: VS-23-26DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Fairfax Foxes Swimming, and the PWCS Aquatics 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;">PWCS Aquatics Center 13833 Dumfries Road (Door #25) Manassas, VA 20112 (571) 374-6333</p> <ul style="list-style-type: none"> The pool at PWCS Aquatics Center is 40m x 25yd with a moveable bulkhead. Competition will be held in 8 lanes, 25 yards, running from wall to wall. Water depth ranges from 12.5' – 7' at the starting and turning ends. 15 lanes are available for warm-ups. Continuous warm-up/cool-down will be available. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming. 																																	
ENTRY DEADLINE	<p style="text-align: center;">Monday, March 6, 2023</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	<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, March 18, 2023</td> </tr> <tr> <td style="text-align: center;">13 & Over Prelims</td> <td style="text-align: center;">6:00am – 6:40am</td> <td style="text-align: center;">6:45am</td> </tr> <tr> <td style="text-align: center;">11-12 Prelims</td> <td style="text-align: center;">11:30am – 11:50am</td> <td style="text-align: center;">11:55am</td> </tr> <tr> <td style="text-align: center;">10 & Under Timed Finals</td> <td style="text-align: center;">3:00pm – 3:30pm</td> <td style="text-align: center;">3:35pm</td> </tr> <tr> <td style="text-align: center;">FINALS</td> <td style="text-align: center;">6:30pm – 7:00pm</td> <td style="text-align: center;">7:05pm</td> </tr> <tr> <td colspan="3">Sunday, March 19, 2023</td> </tr> <tr> <td style="text-align: center;">13 & Over Prelims</td> <td style="text-align: center;">6:00am – 6:40am</td> <td style="text-align: center;">6:45am</td> </tr> <tr> <td style="text-align: center;">11-12 Prelims</td> <td style="text-align: center;">11:15am – 11:35am</td> <td style="text-align: center;">11:40am</td> </tr> <tr> <td style="text-align: center;">10 & Under Timed Finals</td> <td style="text-align: center;">2:40pm – 3:10pm</td> <td style="text-align: center;">3:15pm</td> </tr> <tr> <td style="text-align: center;">FINALS</td> <td style="text-align: center;">6:30pm – 7:00pm</td> <td style="text-align: center;">7:05pm</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, March 18, 2023			13 & Over Prelims	6:00am – 6:40am	6:45am	11-12 Prelims	11:30am – 11:50am	11:55am	10 & Under Timed Finals	3:00pm – 3:30pm	3:35pm	FINALS	6:30pm – 7:00pm	7:05pm	Sunday, March 19, 2023			13 & Over Prelims	6:00am – 6:40am	6:45am	11-12 Prelims	11:15am – 11:35am	11:40am	10 & Under Timed Finals	2:40pm – 3:10pm	3:15pm	FINALS	6:30pm – 7:00pm	7:05pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to all USA Swimming registered swimmers from invited teams. Teams wishing to receive an invitation should contact the meet director. • 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 received.
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.
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 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 for preliminaries and timed finals. • 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"> • 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. • Athletes ages 11 and Over may enter a maximum of three (3) individual events per day and six (6) individual events in total. Athletes ages 10 and Under may enter four (4) individual events per day and eight (8) individual events in total. • Athletes must provide their own counter (if desired) for the 500 freestyle. • All 13 and Over events will follow a Prelims-Finals format except for 200 Breast, 400 IM, 200 Fly 500 Freestyle, which are Timed Finals. • All 11-12 year old events under 200 yards will follow a Prelims-Finals format. All 11-12 year old events 200 yards and over are Timed Finals with the exception of 200 IM. • All 10 and Under swimmers will swim a timed finals session (Sessions 3 and 7). • All 25-yard events will start from the turn end of the pool. • Finals will be Top 24 for 13 and Over Swimmers in the 50-yard free, all 100-yard preliminary events and 200 Free, 200 Back and 200 IM. The Top 8 for all 11-12 Swimmers will race in finals for all 50s and 100s as well as the Top 8 in the 200 IM. • The A Final will be for the top eight (8) 13 and Over swimmers with the B Final for swimmers

	<p>placing in 9th through 16th place in prelims. Any 13-14 swimmer that qualifies in the Top 16 for a finals event will race in the B or A final and the next eligible 13-14 swimmer will race in the C final.</p> <ul style="list-style-type: none"> • 13 and 14 swimmers will race in the C Final unless there are no other racers available for an event. • Finals heats will swim in “C”, “B”, “A” order. • Any swimmer that scratches will allow for the next qualified swimmer to race in finals. • Deck entries will be accepted in empty lanes only. No new heats will be created.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • If you do not wish to swim in the Final, you may “scratch” or declare your “intention to scratch” from the event by emailing scratchfxfx@gmail.com within 30 minutes of the announcement of qualifier. for the event following this procedure: <ul style="list-style-type: none"> ○ Subject of email: FINALS {INTENT TO SCRATCH} SCRATCH: <event>, <swimmer name>. <p>EXAMPLES:</p> <p>FINALS SCRATCH: Event 1, Girls 13 and Over 200 IM, Jane Smith OR</p> <p>FINALS INTENT TO SCRATCH: Event 1, Girls 13 and Over 200 IM, Jane Smith</p> ○ 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. <ul style="list-style-type: none"> • 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.
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. • Five (5) lanes of continuous warm up will be available.
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"> • No Scoring in this meet
AWARDS	<ul style="list-style-type: none"> • Swimmers that place in the Top 8 in Timed Finals or Finals will receive a ribbon. • All Heat Winners will receive a Pirate Pacer Rally Towel • All swimmers will receive a Pirate Pacer swim cap.
PROGRAMS	<ul style="list-style-type: none"> • Meet programs will not be sold. The meet will be available on Meet Mobile, emailed to participating clubs, and posted online.
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 always have proof of active USA Swimming membership with them.
OFFICIALS	<ul style="list-style-type: none"> • Officials interested in volunteering should complete the Officials SignUp or contact the Meet Referee, Tim Husson (tim.husson@gmail.com). • Officials volunteering for this meet should report to the meet referee upon arrival. A comprehensive officials briefing will take place before each session.
TIMERS	<ul style="list-style-type: none"> • 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 PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to fairfaxfoxes@gmail.com • Include in the subject of the email, "FXFX Pirate Pacer 2023 - *****" 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 (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	<p>Per Swimmer Surcharge: \$10.00 Individual Event Fee: \$12.00</p> <p>Deck entries: \$15.00 per event (cash on site + \$10 swimmer surcharge)</p> <ul style="list-style-type: none"> • 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. • 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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Saturday, March 18, 2023

Session 1 – 13 and Over Prelims

Warm-up at 6:00am / Events begin at 6:45am

Event # Girls	Event	Event # Boys
1	13 & Over 200 IM	2
3	13 & Over 200 Free	4
5	13 & Over 100 Fly	6
7	13 & Over 200 Breast *	8
9	13 & Over 100 Free	10
11	13 & Over 100 Back	12
13	13 & Over 400 IM *	14

Session 2– 11 and 12 Prelims

Warm-up at 11:30am / Events begin at 11:55am

Event # Girls	Event	Event # Boys
15	11-12 200 IM	16
17	11-12 200 Breast*	18
19	11-12 100 Fly	20
21	11-12 100 Free	22
23	11-12 50 Breast	24
25	11-12 200 Fly*	26
27	11-12 100 Back	28
*200 Breast & 200 Fly are Timed Finals		

Session 3 – 10 and Under Timed Finals

Warmup at 3:00pm / Events begin at 3:35pm

Event # Girls	EVENT	Event # Boys
29	8 & Under 25 Free	30
31	10 & Under 100 Free	32
33	10 & Under 50 Breast	34
35	8 & Under 25 Fly	36
37	10 & Under 50 Fly	38
39	10 & Under 50 Back	40
41	10 & Under 200 IM	42

Session 4 – 11 and Over Finals

Warm-up at 6:30pm / Events begin at 7:05pm

Event # Girls	AGE	Event # Boys
1	13 & Over 200 IM	2
15	11-12 200 IM	16
3	13 & Over 200 Free	4
19	11-12 100 Fly	20
5	13 & Over 100 Fly	6
21	11-12 100 Free	22
9	13 & Over 100 Free	10
23	11-12 50 Breast	24
11	13 & Over 100 Back	12
27	11-12 100 Back	28

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Sunday, March 19

Session 5 – 13 and Over Prelims

Warm-up at 6:00am / Events begin at 6:45am

Event # Girls	Event	EVENT
43	13 & Over 100 IM	44
45	13 & Over 200 Fly *	46
47	13 & Over 100 Breast	48
49	13 & Over 200 Back	50
51	13 & Over 50 Free	52
53	13 & Over 500 Free*	54
*200 Fly and 500 Free are Timed Finals		

Session 6– 11 and 12 Prelims

Warm-up at 11:15am / Events begin at 11:40am

Event # Girls	Event	EVENT # Boys
55	11-12 50 Back	56
57	11-12 100 Breast	58
59	11-12 200 Free*	60
61	11-12 100 IM	62
63	11-12 200 Back*	64
65	11-12 50 Fly	66
67	11-12 50 Free	68
69	11-12 500 Free*	70
*200 Free, 200 Back and 500 Free are Timed Finals		

Session 7– 10 and Under Timed Finals

Warm-up at 2:40pm / Events begin at 3:15pm

Event #	AGE	EVENT
71	8 & Under 25 Back	72
73	10 & Under 100 Back	74
75	10 & Under 100 Breast	76
77	10 & Under 200 Free	78
79	8 & Under 25 Breast	80
81	10 & Under 100 Fly	82
83	10 & Under 50 Free	84
85	10 & Under 100 IM	86

Session 8 - 11 and Over Finals

Warm-up at 6:30pm / Events begin at 7:05pm

Event #	AGE	EVENT
55	11-12 50 Back	56
43	13 & Over 100 IM	44
57	11-12 100 Breast	58
47	13 & Over 100 Breast	48
61	11-12 100 IM	62
49	13 & Over 200 Back	50
65	11-12 50 Fly	66
51	13 & Over 50 Free	52
67	11-12 50 Free	68