



March Madness Invitational

March 24-26, 2023

Sanction # PVI-23-79



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Kristin Bryant Wolff kristin@yorkswim.com	Ben Holly bholly6275@gmail.com	Carolyn Kotarski ckotarski@gmail.com Officials Signup

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-23-79. 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 and 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 14, 2023
SCHEDULE	<p style="text-align: center;">Friday Distance Events Warm-Up 4:30-5:15 pm; Events Begin 5:25 pm</p> <p style="text-align: center;">Saturday & Sunday 13-18 Year Olds Warm-Up 6:30 am -7:20 am; Events Begin 7:30 am</p> <p style="text-align: center;">Saturday & Sunday 11-12 Year Olds Warm-Up 10:30 am -11:20 am; Events Begin 11:30 am</p> <p style="text-align: center;">Saturday & Sunday 10 & Under Warm-Up 2:30-3:20 pm; Events Begin 3:30 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, NCAP-CM, 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.
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 may 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	<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. • Most individual events will be governed by “No Faster Than” (NFT) times. These NFT times are based on the top 16 results from the 2022 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. • Swimmers must provide their own counter (if needed) for the 500 freestyle on Friday.

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. Positive check- in closing times Friday: Events 9-14 – 5:30 pm Events 17-22 – 6:00 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.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> 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.
AWARDS	<ul style="list-style-type: none"> Medals will be awarded from 1st- 8thplace 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"> No spectator entry fee. 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.
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 7, 2023, 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, "2023 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 24, 2023				
Distance Session - Warm-up: 4:30 PM Events: 5:25 PM				
Girls Event #	NFT	Event	NFT	Boys Event #
1	1:55.50	15-18 200 Free	1:45.00	2
3	1:59.50	13-14 200 Free	1:50.50	4
5	2:11.00	11-12 200 Free	2:06.50	6
7	2:29.50	10 and under 200 Free	2:25.00	8
9	4:37.00	15-18 400 IM	4:15.00	10
11	4:44.50	13-14 400 IM	4:31.00	12
13		12 and under 400 IM		14
15	2:47.50	10 and under 200 IM	2:47.00	16
17	5:11.00	15-18 500 Free*	4:49.00	18
19	5:25.00	13-14 500 Free*	5:06.50	20
21		12 and under 500 Free*		22

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

Saturday March 25, 2023				
13-18 year Olds Warm-up: 6:30 AM Events: 7:30 AM				
Girls Event #	NFT	Event	NFT	Boys Event #
23	1:01.00	13-14 100 Back	56.50	24
25	58.50	15-18 100 Back	53.00	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	25.50	13-14 50 Free	23.00	36
37	24.50	15-18 50 Free	22.00	38
39	1:10.50	13-14 100 Breast	1:04.00	40
41	1:08.00	15-18 100 Breast	59.50	42

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Saturday March 25, 2023				
11-12 Year Olds - Warm-up: 10:30 AM Events: 11:30 PM				
Girls Event #	NFT	Event	NFT	Boys Event #
43	1:05.50	11-12 100 Back	1:05.00	44
47	29.00	11-12 50 Fly	28.50	48
51	1:07.50	11-12 100 IM	1:07.00	52
55	26.50	11-12 50 Free	26.50	56
59	1:15.50	11-12 100 Breast	1:14.00	60

Saturday March 25, 2023				
10 & Under - Warm-up: 2:30 PM Events: 3:30 PM				
Girls Event #	NFT	Event	NFT	Boys Event #
63		8 & under 100 Free		64
45	34.50	9-10 50 Back	34.50	46
65		8 & under 50 Breast		66
49	1:17.50	9-10 100 Fly	1:17.50	50
67		7 & under 25 Back		68
69		8 year old 25 Back		70
53	1:15.00	9-10 100 IM	1:15.50	54
71		8 & under 50 Fly		72
57	30.00	9-10 50 Free	29.50	58
73		7 & under 25 Free		74
75		8 year old 25 Free		76
61	1:27.00	9-10 100 Breast	1:28.50	62

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Sunday March 26, 2023				
13-18 Year Olds Warm-up: 6:30 AM Events: 7:30 AM				
Girls Event #	NFT	Event	NFT	Boys Event #
77	2:15.00	13-14 200 IM	2:05.50	78
79	2:12.00	15-18 200 IM	1:58.00	80
81		13-14 50 Breast		82
83		15-18 50 Breast		84
85	1:00.50	13-14 100 Fly	56.00	86
87	58.00	15-18 100 Fly	52.50	88
89		13-14 50 Back		90
91		15-18 50 Back		92
93	55.50	13-14 100 Free	50.50	94
95	54.00	15-18 100 Free	48.00	96

Sunday March 26, 2023				
11-12 Year Olds - Warm-up: 10:30 AM Events: 11:30 AM				
Girls Event #	NFT	Event	NFT	Boys Event #
97	2:28.50	11-12 200 IM	2:25.00	98
101	35.00	11-12 50 Breast	34.00	102
105	1:06.50	11-12 100 Fly	1:04.50	106
109	31.00	11-12 50 Back	30.50	110
113	59.00	11-12 100 Free	57.50	114

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Sunday March 26, 2023				
10 & Under - Warm-up: 2:30 PM Events: 3:30 PM				
Girls Event #	NFT	Event	NFT	Boys Event #
115		8 & under 100 IM		116
99	39.50	9-10 50 Breast	40.00	100
117		7 & under 25 Fly		118
119		8 year old 25 Fly		120
103	33.50	9-10 50 Fly	33.00	104
121		8 & under 50 Back		122
107	1:15.50	9-10 100 Back	1:15.50	108
123		7 & under 25 Breast		124
125		8 year old 25 Breast		126
111	1:06.50	9-10 100 Free	1:05.00	112
127		8 & under 50 Free		128