



# Spring Sprints

April 22-23, 2023

Sanction # PVI-23-84



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-23-84</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the Capitol Sea Devils, and South Run 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>South Run Rec Center</b> 7550 Reservation Dr Springfield, VA 22153 703-866-0566</p> <ul style="list-style-type: none"> <li>The pool at South Run Rec Center is 25yd x 25yd. Competition will be held in 6 lanes, 25 yd. 10 lanes will be available during warm-ups.</li> <li>Water depth range of 12' at the starting end and 4' at the turning end.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Wednesday, April 12, 2023 at 5:00 pm</b></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>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Warm-ups: 12:30-1:10 pm, Events 1:15 pm</b></p> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to USA Swimming registered athletes from invited teams. Interested Teams should contact the Meet Director.</li> <li>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.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Semi-automatic timing (buttons primary) will be used.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>Current USA Swimming rules shall govern this meet.</li> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>No on-deck USA Swimming registration is permitted.</li> <li>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</li> </ul>

	<p>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.</p> <ul style="list-style-type: none"> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts will be used.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• Swimmers may enter no more than three (3) events per day.</li> <li>• No Deck Entries will be accepted.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Ribbons will be awarded 1<sup>st</sup>-8<sup>th</sup> place.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Meet programs will be available on the SDS website the evening before the meet at <a href="http://www.seadevils.org">www.seadevils.org</a>.</li> <li>• The meet will be available on meet mobile.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>• Officials interested in volunteering should contact Al Meilus <a href="mailto:almeilus@gmail.com">almeilus@gmail.com</a>.</li> <li>• Officials volunteering for this meet should sign in at the recording table prior to 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.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> <li>• <a href="#">Spring Sprints Volunteer Sign Up</a></li> </ul>

<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director.</li> <li>• Include in the subject of the email, "Spring Sprints - ****" 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.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>ENTRY FEES</b>	<p style="text-align: center;">Per Swimmer Surcharge:       \$5</p> <p style="text-align: center;">Individual event fee:           \$10</p> <ul style="list-style-type: none"> <li>• Make checks payable to The Capitol Sea Devils. Checks may be mailed to:  <div style="margin-left: 40px;">PO Box 7965  McLean VA, 22106</div> </li> <li>• Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.</li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>

# Spring Sprints

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Warm up: 12:30-1:10 pm

Events: 1:15 pm

## Saturday, April 22, 2023

GIRLS	EVENT	BOYS
1	11 & Over 100 Fly	2
3	9-10 100 Fly	4
5	11 & Over 100 IM	6
7	9-10 100 IM	8
9	11 & Over 50 Back	10
11	9-10 50 Back	12
13	11 & Over 100 Breast	14
15	9-10 100 Breast	16
17	11 & Over 50 Fly	18
19	9-10 50 Fly	20
21	11 & Over 100 Back	22
23	9-10 100 Back	24
25	11 & Over 50 Breast	26
27	9-10 50 Breast	28
29	11 & Over 100 Free	30
31	9-10 100 Free	32

## Sunday, April 23, 2023

GIRLS	EVENT	BOYS
33	9 & Over 50 Free	24
35	9 & Over 200 Free	36
37	8 & Under 25 Back	38
39	8 & Under 100 Free	40
41	9 & Over 200 Back	42
43	8 & Under 50 Fly	44
45	8 & Under 25 Free	46
47	8 & Under 50 Back	48
49	9 & Over 200 Breast	50
51	8 & Under 25 Breast	52
53	8 & Under 50 Breast	54
55	9 & Over 200 Fly	56
57	8 & Under 50 Free	58
59	8 & Under 25 Fly	60
61	8 & Under 100 IM	62
63	9 & Over 200 IM	64