



# 2024 FXX Summer Solstice LC Champs

June 28-30, 2024

Sanction # PVI-24-103



<b>MEET DIRECTOR</b> <b>Matt Salerno</b> <a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a> 412-952-0545	<b>MEET REFEREE</b> <b>Tim Husson</b> <a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a> <a href="#">Officials Signup</a>	<b>CLUB OFFICIALS CHAIR</b> <b>Tricia Feinberg</b> <a href="mailto:tafeinberg@gmail.com">tafeinberg@gmail.com</a>
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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-24-103</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairfax Foxes Swimming, and The St. James: Sports, Wellness &amp; Entertainment Complex 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>The St. James: Sports, Wellness &amp; Entertainment Complex</b>  <b>6805 Industrial Road</b>  <b>Springfield, VA 22151</b>  <b>(703) 239-6870</b></p> <ul style="list-style-type: none"> <li>The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 lanes, 50 meters, running from bulkhead to wall at the southern end of the pool.</li> <li>Water depth of 7'4" at the starting end and 4' at the turning end of the competition course.</li> <li>The meet host will ensure required course dimensions.</li> </ul>																																	
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Thursday, June 13, 2024, 11:00pm</b></p> <ul style="list-style-type: none"> <li><b>IMPORTANT:</b> 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.</li> </ul>																																	
<b>SCHEDULE</b>	<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"><b>Friday, June 28, 2024</b></td> </tr> <tr> <td>Session 1 13 &amp; Over Prelims</td> <td style="text-align: center;">6:30am – 7:10am</td> <td style="text-align: center;">7:15am</td> </tr> <tr> <td>Session 2 12 &amp; Under Timed Finals</td> <td style="text-align: center;">1:05pm – 1:25pm</td> <td style="text-align: center;">1:30pm</td> </tr> <tr> <td>Session 3 13 &amp; Over Finals</td> <td style="text-align: center;">5:30pm – 5:55pm</td> <td style="text-align: center;">6:00pm</td> </tr> <tr> <td colspan="3"><b>Saturday, June 29, 2024</b></td> </tr> <tr> <td>Session 4 Distance Timed Finals</td> <td style="text-align: center;">2pm - 2:50pm</td> <td style="text-align: center;">3:00pm</td> </tr> <tr> <td colspan="3"><b>Sunday, June 30, 2024</b></td> </tr> <tr> <td>Session 5 13 &amp; Over Prelims</td> <td style="text-align: center;">6:30am – 7:10am</td> <td style="text-align: center;">7:15am</td> </tr> <tr> <td>Session 6 12 &amp; Under Timed Finals</td> <td style="text-align: center;">2:20pm – 2:40pm</td> <td style="text-align: center;">2:45pm</td> </tr> <tr> <td>Session 7 13 &amp; Over Finals</td> <td style="text-align: center;">6:30pm – 6:55pm</td> <td style="text-align: center;">7:00pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>		Warm-Ups	Events	<b>Friday, June 28, 2024</b>			Session 1 13 & Over Prelims	6:30am – 7:10am	7:15am	Session 2 12 & Under Timed Finals	1:05pm – 1:25pm	1:30pm	Session 3 13 & Over Finals	5:30pm – 5:55pm	6:00pm	<b>Saturday, June 29, 2024</b>			Session 4 Distance Timed Finals	2pm - 2:50pm	3:00pm	<b>Sunday, June 30, 2024</b>			Session 5 13 & Over Prelims	6:30am – 7:10am	7:15am	Session 6 12 & Under Timed Finals	2:20pm – 2:40pm	2:45pm	Session 7 13 & Over Finals	6:30pm – 6:55pm	7:00pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>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 (<a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a>). Entries will be processed in the order they are received until the meet has reached capacity.</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 &amp; Regulations</i> Article 302.</li> <li>All athletes shall compete at the age attained on the first day of the meet.</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>• Automatic timing (touchpads 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 <a href="#">USA Swimming 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 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 warm up, competition and cool down periods.</li> <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 without the use of the backstroke ledge. 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 may 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 in Sessions 1 and 5 will follow a prelims/finals format except for the 200 Breaststroke, 400 IM, 200 Butterfly, and 400 Freestyle. There will be three heats swum at finals for each Preliminary event. Heats will be swum in the following order: C, B, A.</li> <li>• Events will be pre-seeded using LCM times. Athletes that do not have LCM entry times will be seeded with NT.</li> <li>• All swimmers must provide their own timer for the 400m IM and 400m Free and all events taking place on Saturday, June 29, 2024.</li> <li>• <b>Athletes participating in Session 4 may swim a maximum of two events/session.</b></li> <li>• Swimmers 13 &amp; over may enter and compete in up to three (3) events each day, with a maximum of seven (7) events for the meet.</li> <li>• Swimmers 12 &amp; under may enter and compete in up to <del>four (4)</del> <b>three (3)</b> events each day, with a maximum of <del>nine (9)</del> <b>seven (7)</b> events for the meet.</li> <li>• Deck entries will be accepted on a limited basis. No new heats will be created to accommodate a deck-entered swimmer.</li> </ul>
<b>POSITIVE CHECK-IN</b>	<ul style="list-style-type: none"> <li>• All events 400m and longer will be positive check-in. The meet director will communicate positive check-in schedule to all clubs after entries are received.</li> </ul>

<b>WITHDRAWING FROM FINALS</b>	<ul style="list-style-type: none"> <li>Swimmers who do not wish to swim in the Final must “Scratch” from the event by completing the Scratch from Finals form within 30 minutes of the announcement of qualifiers for the A, B, and C finals, if scheduled.</li> <li>Swimmers may declare an “Intent to Scratch” by completing the Scratch from Finals form within 30 minutes of the announcement of qualifiers for the A, B, and C finals, if scheduled, indicating “Intent”. Intents to Scratch must be confirmed within 30 minutes of the conclusion of the swimmer’s last preliminary event of the session or they will be automatically seeded into Finals.</li> <li><b>If a swimmer fails to properly scratch from an event and does not appear for the Final event, they shall be removed from their next scheduled individual event.</b></li> <li>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.</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 will determine the structure of warm-up, including times/lane assignments.</li> <li>There will be one long course lane available for continuous warm-up/warm down while the meet is taking place. No one will swim in the lane adjacent to the competition lanes.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</li> <li>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.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>All preliminary and timed finals events, except for positive check-in events, will be pre-seeded at 6:00pm the evening prior to the session. Known scratches may be sent to the Meet Director (<a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a>).</li> <li>Saturday events will be seeded fastest to slowest, all other events will use standard seeding.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>The meet will not be scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>All swimmers will receive a commemorative Summer Solstice bag tag (that they will need for entry on deck at St. James). All heat winners will receive a Summer Solstice LC Champs cap.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Meet programs and results 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 or in the facility before, during, or after the meet.</li> <li>Only athletes, USA Swimming certified coaches, deck officials and volunteers will be permitted on deck. Coaches and Officials should always have proof of active USA Swimming membership with them.</li> <li>Athletes will need to present their Summer Solstice bag tag for entry to the pool deck.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials will be coordinated by the Meet Referee, Tim Husson (<a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>). Officials interested in volunteering should complete the <a href="#">Online Signup</a> or email the Meet Referee. Walk-on officials are welcome.</li> <li>A comprehensive officials’ briefing will be conducted prior to each session.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Two (2) timers per lane.</li> <li>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.</li> <li>Lane assignments will be made in advance.</li> <li>Timers should report to the timers meeting 20 minutes before the start of the session.</li> </ul>

<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director, fairfaxfoxes@gmail.com.</li> <li>• Include in the subject of the email, “2024 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.</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 per occurrence by PVS and no further entries will be accepted from that club until the fine is paid.</li> </ul>				
<b>ENTRY FEES</b>	<table data-bbox="446 703 1372 772"> <tr> <td>Per swimmer surcharge: \$10.00</td> <td>Individual event fee: \$15.00</td> </tr> <tr> <td></td> <td>Deck Entry: \$20.00</td> </tr> </table> <ul style="list-style-type: none"> <li>• Make checks payable to <b>Fairfax Foxes Swimming</b>.</li> <li>• Checks may be mailed to: Fairfax Foxes Swimming 4144 Orchard Drive Fairfax, VA 22032</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>	Per swimmer surcharge: \$10.00	Individual event fee: \$15.00		Deck Entry: \$20.00
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	Deck Entry: \$20.00				

# 2024 FFXF Summer Solstice LC Champs

## Friday, June 28: SESSION 1: 13 & Over Prelims

Girls Event #	EVENT ** = Timed Finals	Boys Event #
1	13 & Over 100 Butterfly	2
3	13 & Over 200 Freestyle	4
5	13 & Over 100 Backstroke	6
7	13 & Over 200 Breaststroke **	8
9	13 & Over 50 Freestyle	10
11	13 & Over 400 IM **	12

For 400 IM, swimmers must provide their own timer.

## Friday, June 28: SESSION 2: 12 & Under Timed Finals

Girls Event #	EVENT	Boys Event #
13	12 & Under 100 Butterfly	14
15	12 & Under 200 Freestyle	16
17	12 & Under 50 Butterfly	18
19	12 & Under 200 Breaststroke	20
21	12 & Under 50 Freestyle	22
23	12 & Under 100 Backstroke	24
25	12 & Under 200 IM	26

## Friday, June 28: SESSION 3: 13 & Over Finals

Girls Event #	EVENT	Boys Event #
1	13 & Over 100 Butterfly	2
3	13 & Over 200 Freestyle	4
5	13 & Over 100 Backstroke	6
9	13 & Over 50 Freestyle	10

## Saturday, June 29: SESSION 4: Distance Timed Finals

Mixed Event #	EVENT
27	Open 800 Freestyle
28	12 & Under 400 Freestyle
29	Open 1500 Freestyle

For all events in Session 4, swimmers must provide their own timer and counter (if desired).

## Sunday, June 30: SESSION 5: 13 & Over Prelims

Girls Event #	EVENT ** = Timed Finals	Boys Event #
31	13 & Over 200 IM	32
33	13 & Over 100 Breaststroke	34
35	13 & Over 200 Backstroke	36
37	13 & Over 100 Freestyle	38
39	13 & Over 200 Butterfly **	40
41	13 & Over 400 Freestyle **	42

For 400 Free, swimmers must provide their own timer.

## Sunday, June 30: SESSION 6: 12 & Under Timed Finals

Girls Event #	EVENT	Boys Event #
43	12 & Under 200 Butterfly	44
45	12 & Under 50 Breaststroke	46
47	12 & Under 200 Backstroke	48
49	12 & Under 50 Backstroke	50
51	12 & Under 100 Freestyle	52
53	12 & Under 100 Breaststroke	54

## Sunday, June 30: SESSION 7: 13 & Over Finals

Girls Event #	EVENT	Boys Event #
31	13 & Over 200 IM	32
33	13 & Over 100 Breaststroke	34
35	13 & Over 200 Backstroke	36
37	13 & Over 100 Freestyle	38