



# 2024 NCAP 10& Under Mini Championships

February 24-25, 2024

Sanction # PVC-24-69

VSI Sanction # VS-24-27DS



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a> 716-868-6611	Elizabeth Jester <a href="mailto:elizjester@gmail.com">elizjester@gmail.com</a>	Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-24-69</b> and <b>VSI-24-27DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc. Nation's Capital Swimming, and Freedom Aquatic and Fitness 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>Freedom Aquatic &amp; Fitness Center</b> 9100 Freedom Center Blvd Manassas, VA 20110 (703) 993-8444</p> <ul style="list-style-type: none"> <li>The pool at Freedom Aquatic &amp; Fitness Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 10 lanes, 25 yards running from wall to bulkhead at the western end of the pool.</li> <li>Warm up: 10 lanes, 25 yards. 4 lanes may be available for continuous warm up and cool down.</li> <li>Water depth range of 13' at the starting end and 6.5' at the turning end.</li> <li>The meet hosts will ensure the required competition dimensions.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Thursday, February 15, 2024 at 12:00pm</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>Saturday, February 24 and Sunday, February 25th</b></p> <p style="text-align: center;">Warm up: 9:00-9:50am    Events: 10:00am</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 all registered Potomac Valley Swimmers 10 years of age and under. <b>Athletes who have achieved 2 or more qualifying times for the 2024 PVS 14&amp;Under Championships are not eligible for NCAP Mini Champs.</b></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>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>This facility provides Lifeguard and Pool Operator Supervision, along with an AED.</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</li> </ul>

	<p>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.</p> <ul style="list-style-type: none"> <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 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 will not 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>• Athletes may enter no more than three (3) individual events per day plus one (1) relay, for a total of eight (8) entries for the meet.</li> <li>• The 9-10 year old 200 Free and 200 IM will be contingent on session time availability once all entries are processed. If the 200 Free or the 200 IM is eliminated, swimmers will have an opportunity to enter another event.</li> <li>• Deck entries will be accepted to fill empty lanes only. No new heats will be created.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• All events, except the 200 yd individual events will be pre-seeded.</li> <li>• The Meet Director will determine IF positive check in will be required for the 200 yd events. Information will be sent to teams after the entry deadline depending on entry numbers.</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 assign warm-ups, 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 for cleaning up their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events including relays, except the 200 yd individual events will be pre-seeded.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• This meet will not be scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• For individual events, awards will be given for 1<sup>st</sup> to 10<sup>th</sup> place. <ul style="list-style-type: none"> <li>○ Medals for 1<sup>st</sup> to 3<sup>rd</sup>, Ribbons for 4<sup>th</sup> to 10<sup>th</sup>.</li> </ul> </li> <li>• Ribbons will be given for 1<sup>st</sup> to 3<sup>rd</sup> places for RELAYS</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Programs will be emailed to attending teams/sites. No programs will be sold at the meet. Programs will be made available for coaches and officials at the meet, and 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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>Limited Spectator seating is available- <b>SPECTATORS ARE LIMITED TO ONE PERSON PER ATHLETE</b></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 Elizabeth Jester (<a href="mailto:elizjester@gmail.com">elizjester@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><b>VOLUNTEER ASSIGNMENTS WILL BE MADE BASED ON PROPORTION OF ENTRIES.</b> The Signup Genius will be emailed to teams in advance.</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, "NCAP Mini Champs - ****" 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:           \$5.00   Deck Entries: \$10/ IE Individual event fee:                 \$7.50   Relays: \$15.00</p> <ul style="list-style-type: none"> <li>Make checks payable to Nation's Capital Swimming. Checks may be mailed to: Nation's Capital Swimming Attn: Karyn McCannon 8101 Wolftrap Rd Vienna VA 22182</li> <li>Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment must be made by 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>

# 2024 NCAP 10&Under Mini Championships

Saturday February 24, 2024

Session 1- Mixed Gender

Warm up: 9:00-9:50am Events: 10:00am

Event #	Age	Event
1	10 & Under Girls	200 Free Relay
2	10 & Under Boys	200 Free Relay
3	8 & Under Girls	100 Free Relay
4	8 & Under Boys	100 Free Relay
5	10 & Under Mixed	50 Fly
6	8 & Under Mixed	25 Fly
7	10 & Under Mixed	100 Back
8	8 & Under Mixed	50 Back
9	10 & Under Mixed	100 Breast
10	8 & Under Mixed	50 Breast
11	10 & Under Mixed	50 Freestyle
12	8& Under Mixed	25 Freestyle
13	10 & Under Mixed	100 IM
14	9-10 Mixed	200 Free

The 9-10 year old 200 Free will be contingent on session time availability once all entries are processed.

# 2024 NCAP 10&Under Mini Championships

Sunday February 25, 2024

Session 2- Mixed Gender

Warm up: 9:00-9:50am Events: 10:00am

Event #	Age	Event
15	10 & Under Girls	200 Medley Relay
16	10 & Under Boys	200 Medley Relay
17	8 & Under Girls	100 Medley Relay
18	8 & Under Boys	100 Medley Relay
19	10 & Under Mixed	50 Breast
20	8 & Under Mixed	25 Breast
21	10 & Under Mixed	50 Back
22	8 & Under Mixed	25 Back
23	10 & Under Mixed	100 Fly
24	8 & Under Mixed	50 Fly
25	10 & Under Mixed	100 Free
26	8 & Under Mixed	50 Free
27	9-10 Mixed	200 IM

The 9-10 year old 200 IM will be contingent on session time availability once all entries are processed.