



FFFX Forty Niner

February 24-25, 2024

Sanction # PVI-24-70

VSI Sanction # VS-24-23DS



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-24-70 and Virginia Swimming: VS-24-23DS. 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 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. 25 yard events will start at the turn end of the competition course (no starting blocks). 15 lanes are available for warm-ups. Continuous warm-up/cool-down will be available. 																								
ENTRY DEADLINE	<p style="text-align: center;">Monday, February 12, 2024</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;">Warmups</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3">Saturday, February 24, 2024</td> </tr> <tr> <td>13 & Over Prelims</td> <td style="text-align: center;">7:00am – 7:50am</td> <td style="text-align: center;">8:00am</td> </tr> <tr> <td>12 & Under Timed Finals</td> <td style="text-align: center;">11:45am – 12:35pm</td> <td style="text-align: center;">12:45pm</td> </tr> <tr> <td>13 & Over Finals</td> <td style="text-align: center;">4:30pm – 5:20pm</td> <td style="text-align: center;">5:30pm</td> </tr> <tr> <td colspan="3">Sunday, February 25, 2024</td> </tr> <tr> <td>13 & Over Super Finals w/Timed Finals</td> <td style="text-align: center;">7:00am – 7:50am</td> <td style="text-align: center;">8:00am</td> </tr> <tr> <td>12 & Under Timed Finals</td> <td style="text-align: center;">11:45am – 12:35pm</td> <td style="text-align: center;">12:45pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 		Warmups	Events	Saturday, February 24, 2024			13 & Over Prelims	7:00am – 7:50am	8:00am	12 & Under Timed Finals	11:45am – 12:35pm	12:45pm	13 & Over Finals	4:30pm – 5:20pm	5:30pm	Sunday, February 25, 2024			13 & Over Super Finals w/Timed Finals	7:00am – 7:50am	8:00am	12 & Under Timed Finals	11:45am – 12:35pm	12:45pm
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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. 																								

<p>RULES</p>	<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 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. • 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. • The meet host will ensure the required course dimensions. • Dive-over starts will 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.
<p>EVENT RULES</p>	<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. • 13&Over athletes may enter a maximum of three (3) individual events on Saturday, February 24, 2024 and three (3) individual events on Sunday, February 25, 2024. 12&Under athletes may enter a maximum of four (4) individual events per day and eight (8) individual events in total. • All events in Session #1, except for the 13-14 and 15 & Over 200 Backstroke, will follow a prelims/finals format with the top 16 swimmers making the Finals session later that day. • For Session #4, swimmers that qualify in the top 16 in the 13-14 and 15 & Over 100 Backstroke as well as the 13-14 and 15 & Over 50 Freestyle will be eligible to race in "Super Finals". "Super Finals" will take place at the conclusion of Session 4. • The 13-14 and 15 & Over events on Saturday, February 24, 2024, as well as the "Super Finals" in Session 4 will have two (2) heats in the Finals Session, "B" final and "A" final. The "B" final will swim first, followed by the "A" final. The B Final will be 8 swimmers seeded #9 through #16 in prelims with swimmers seeded #1-8 racing in the A Finals. • All other events in Session #4 (200 Breast, 200 Fly, 400 IM, 500 Freestyle) will be timed finals. • All events in Sessions #2 and #5 will be timed finals. • The 500 Freestyle and 400 Individual Medley are timed finals. • All swimmers are permitted to participate in one session per day, excluding the qualification of finals. Any 12 & Under swimmer that participates in 400 IM and/or 500 Freestyle on Sunday, February 25, 2024, would not be eligible to participate in any events in session #5. • All 8 & Under 25 events will begin on the turn side of the pool and finish on the block side. • Deck entries will be accepted in empty lanes only. No new heats will be created. Proof of USA Swimming membership required for athletes not previously entered in the meet.
<p>POSITIVE CHECK-IN</p>	<ul style="list-style-type: none"> • All events will be pre-seeded for distances of 200 yards or shorter. Positive check-in will be required for the 400 IM and 500-yard freestyle events. Positive check-in schedule will be determined by the meet director after entries are received.

WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> If you do not wish to swim in the Finals or Super Finals, 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 13-14 100 Freestyle, Jane Smith OR FINALS INTENT TO SCRATCH: Event 1, Girls 13-14 100 Freestyle, Jane Smith</p> <ul style="list-style-type: none"> Body of email should include swimmer’s first and last name, club, coach’s name, and event. It is recommended to include your coach on the email. 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 will determine the structure of warm-up, including times/lane assignments. Five 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 for cleaning up 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.
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.
SEEDING	<ul style="list-style-type: none"> Standard seeding will be used.
SCORING	<ul style="list-style-type: none"> None
AWARDS	<ul style="list-style-type: none"> All swimmers will receive a Forty Niner commemorative bag tag. Swimmers placing in the Top 10 of each event will receive a ribbon.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will not be sold. The meet will be 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 always have proof of active USA Swimming membership on hand.
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 Stroke & Turn Judge) per session if entering 25 or more splashes. Officials interested in volunteering should complete the Officials Signup or contact the Meet Referee, Tim Husson (tim.husson@gmail.com). 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-up.
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. All Timers are required to wear their timer lanyard, signaling their availability on deck.

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 Forty Niner - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include the training site in the subject line. • 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 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	<table data-bbox="483 541 1003 655"> <tr> <td>Per Swimmer Surcharge:</td> <td>\$10.00</td> </tr> <tr> <td>Individual Event Fee:</td> <td>\$12.00</td> </tr> <tr> <td>Deck Entry:</td> <td>\$20.00</td> </tr> </table> <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. 	Per Swimmer Surcharge:	\$10.00	Individual Event Fee:	\$12.00	Deck Entry:	\$20.00
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FXFX Forty Niner

SATURDAY SESSIONS

February 24, 2024

SESSION 1: 13 and Over Prelims

Girls Event #	EVENT Top 16 to Finals / * = Timed Finals	Boys Event #
1	13-14 100 Freestyle	2
3	15 and Over 100 Freestyle	4
5	13-14 100 Breaststroke	6
7	15 and Over 100 Breaststroke	8
9	13-14 200 Backstroke *	10
11	15 and Over 200 Backstroke*	12
13	13-14 100 Butterfly	14
15	15 and Over 100 Butterfly	16
17	13-14 200 Freestyle	18
19	15 and Over 200 Freestyle	20
21	13-14 200 IM	22
23	15 and Over 200 IM	24

SESSION 2: 12 and Under Timed Finals

Girls Event #	EVENT	Boys Event #
25	12 and Under 200 Backstroke	26
27	11-12 50 Butterfly	28
29	10 and Under 50 Butterfly	30
31	11-12 100 Freestyle	32
33	10 and Under 100 Freestyle	34
35	8 and Under 25 Freestyle	36
37	11-12 100 Breaststroke	38
39	10 and Under 100 Breaststroke	40
41	8 and Under 25 Breaststroke	42
43	11-12 50 Backstroke	44
45	10 and Under 50 Backstroke	46
47	11-12 200 IM	48
49	10 and Under 200 IM	50
51	12 and Under 200 Butterfly	52

SESSION 3: 13 and Over Finals

Girls Event #	EVENT	Boys Event #
1	13-14 100 Freestyle	2
3	15 and Over 100 Freestyle	4
5	13-14 100 Breaststroke	6
7	15 and Over 100 Breaststroke	8
13	13-14 100 Butterfly	14
15	15 and Over 100 Butterfly	16
17	13-14 200 Freestyle	18
19	15 and Over 200 Freestyle	20
21	13-14 200 IM	22
23	15 and Over 200 IM	24

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SUNDAY SESSIONS

February 25, 2024

SESSION 4: 13 & Over Super Finals plus Timed Finals

Girls Event #	EVENT	Boys Event #
53	13-14 100 Backstroke %%	54
55	15 and Over 100 Backstroke %%	56
57	13-14 50 Freestyle %%	58
59	15 and Over 50 Freestyle %%	60
5 Minute Break		
61	13-14 200 Breaststroke *	62
63	15 and Over 200 Breaststroke *	64
65	13-14 200 Butterfly *	66
67	15 and Over 200 Butterfly *	68
69	Open 400 IM @	70
71	Open 500 Freestyle @	72
5 Minute Break		
53	13-14 100 Backstroke FINALS	54
55	15 and Over 100 Backstroke FINALS	56
5 Minute Break		
57	13-14 50 Freestyle FINALS	58
59	15 and Over 50 Freestyle FINALS	60

%% Super Finals (top 16 qualifiers)

* Timed Finals

@ Timed Finals with Positive Check-In

SESSION 5: 12 & Under Timed Finals

Girls Event #	EVENT	Boys Event #
73	11-12 200 Freestyle	74
75	10 and Under 200 Freestyle	76
77	11-12 100 Butterfly	78
79	10 and Under 100 Butterfly	80
81	8 and Under 25 Butterfly	82
83	11-12 100 Backstroke	84
85	10 and Under 100 Backstroke	86
87	8 and Under 25 Backstroke	88
89	11-12 50 Breaststroke	90
91	10 and Under 50 Breaststroke	92
93	11-12 50 Freestyle	94
95	10 and Under 50 Freestyle	96
97	11-12 100 IM	98
99	10 and Under 100 IM	100
101	12 and Under 200 Breaststroke	102