



2024 ASA October Kick-Off

October 12th - 13th, 2024

Sanction #: PVI-25-09



MEET DIRECTOR

Christopher Schlegel

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MEET REFEREE

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OFFICIALS CONTACT

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SANCTION	<ul style="list-style-type: none">Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-25-09In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, All Star Aquatics, and Stone Ridge School of the Sacred Heart 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;">Stone Ridge School of the Sacred Heart 9101 Rockville Pike Bethesda, MD 20814</p> <ul style="list-style-type: none">The pool at Stone Ridge School of the Sacred Heart is an 8 lane, 25-yard pool.Water depth range of 12' at the starting end and 4' at the turning end.The meet hosts will ensure the required course dimensions.
ENTRY DEADLINE	<p style="text-align: center;">Thursday, October 3rd at 12:00pm</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	<p style="text-align: center;">14&U Saturday Warm-Up 8:00am - 8:50am; Events 9:00am 10&U Saturday Warm-Up 12:00pm - 12:40pm; Events 12:50pm 14&U Sunday Warm-Up 7:00am - 7:50am; Events 8:00am 10&U Sunday Warm-Up 11:00am - 11:40am; Events 11:50am</p> <ul style="list-style-type: none">The Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none">Open to all USA Swimming Registered athletes. Teams wishing to attend 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.
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.

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 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. ● 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.
EVENT RULES	<ul style="list-style-type: none"> ● All events are timed finals. ● A swimmer may enter one session per day, three (3) events per session and no more than six (6) events for the meet. ● All events will be swum fastest to slowest.
POSITIVE CHECK IN	<ul style="list-style-type: none"> ● All events will be pre-seeded.
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. ● There will be a short warm-up / warm-down midway through each session.
SUPERVISION	<ul style="list-style-type: none"> ● Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. ● No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space.
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"> ● Events will be seeded fastest to slowest.
SCORING	<ul style="list-style-type: none"> ● No scoring for this meet.
AWARDS	<ul style="list-style-type: none"> ● No awards will be given for this meet.

PROGRAMS	<ul style="list-style-type: none"> Programs will be available on Meet Mobile under the meet name “2024 ASA October Kick-Off.”
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.
SPECTATORS	<ul style="list-style-type: none"> No spectators will be allowed.
LIVE STREAM INFORMATION	<ul style="list-style-type: none"> Livestream will be available on ASA’s Facebook page: https://www.facebook.com/people/All-Star-Aquatics/100057838621618/
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 contact Erin Berger via email: emberger.crna@gmail.com 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.
TIMERS	<ul style="list-style-type: none"> Timers must check-in 45 minutes prior to the meet start time.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, “2024 ASA October Kick-Off - ***” 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. 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, official contact). Entries directly from individual team members will not be accepted. 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. 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	<p>Athlete Surcharge: \$10.00 per swimmer Individual event fee: \$12.50 per event</p> <ul style="list-style-type: none"> Entries fees are to be made payable to the “All Star Aquatics”. Fees are non-refundable. Entries will not be considered received until all fees are paid. Each team/club is requested to remit only one check or money order to cover entry fees. NO CASH PAYMENTS WILL BE ACCEPTED. Entry fees should be sent to: ASA 4801 Lytham Court Lothian, MD 20711

2024 ASA October Kick-Off

Saturday, October 12th Warm-Up: 8:00am - 8:50am Events: 9:00am	
Event	Event #
Mixed 14&U 100 BK	1
Mixed 14&U 100 BR	2
15 MINUTE BREAK	
Mixed 14&U 200 FR	3

Saturday, October 12th Warm-Up: 12:00pm - 12:40pm Events: 12:50pm	
Event	Event #
Mixed 10&U 50 BK	4
Mixed 10&U 50 BR	5
10 MINUTE BREAK	
Mixed 10&U 100 FR	6

Sunday, October 13th
Warm-Up: 7:00am - 7:50am
Events: 8:00am

Event	Event #
Mixed 14&U 100 FL	7
Mixed 14&U 100 FR	8
15 MINUTE BREAK	
Mixed 14&U 200 IM	9

Sunday, October 13th
Warm-Up: 11:00am - 11:40am
Events: 11:50am

Event	Event #
Mixed 10&U 50 FL	10
Mixed 10&U 50 FR	11
10 MINUTE BREAK	
Mixed 10&U 100 IM	12