



2025 NCAP Winter Qualifier

February 14 -16, 2025

Sanction # PVC-25-72

VSI Sanction # VS-25-20DS



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| MEET DIRECTOR | MEET REFEREE | ENTRY CHAIR |
| Bryce Bohman bbohman@nationscapitalswimming.com | Pat Walsh pwalsh446@gmail.com | Karyn McCannon kmccannon@nationscapitalswimming.com |

| SANCTION | <ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-25-72 and Virginia Swimming: VS-25-20DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Nation's Capital Swimming, and Warrenton Aquatic & Recreation Facility 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;">Warrenton Aquatic & Recreation Facility Waterloo Road Warrenton, Virginia 20186 (703) 993-8350</p> <ul style="list-style-type: none"> The pool at Warrenton Aquatic & Recreation Facility is 25yd x 25m with 11, 25 yard lanes. Competition will be held in 8 lanes, 25yd. 10 lanes will be used for warm-ups. Water depth range of 4.5' (lane 1) – 11.8' (lane 8) at the start and turn ends. Breaks will be scheduled during each session and the competition course will be available for warm-up/cool-down at that time. The meet host will ensure the required course dimensions. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENTRY DEADLINE | <p style="text-align: center;">Thursday February 6, 2025 at 5:00pm</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 | <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;"></th> <th style="text-align: center; border-bottom: 1px solid black;">Warm-Up</th> <th style="text-align: center; border-bottom: 1px solid black;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3"><u>Friday, February 14</u></td> </tr> <tr> <td>Session 1: 400 IM & 500 FR</td> <td style="text-align: center;">4:00-4:50 PM</td> <td style="text-align: center;">5:00 PM</td> </tr> <tr> <td colspan="3"><u>Saturday, February 15</u></td> </tr> <tr> <td>Session 2: 13& Over</td> <td style="text-align: center;">7:00- 8:00 AM</td> <td style="text-align: center;">8:10 AM</td> </tr> <tr> <td>Session 3: 1000 Free</td> <td style="text-align: center;">*Continuous during Session 2</td> <td style="text-align: center;">10 minutes after end of Session 2</td> </tr> <tr> <td>Session 4: 12&Under</td> <td style="text-align: center;">11:30-12:20 PM</td> <td style="text-align: center;">12:30 PM</td> </tr> <tr> <td colspan="3"><u>Sunday, February 16</u></td> </tr> <tr> <td>Session 5: 13& Over</td> <td style="text-align: center;">7:00- 8:00 AM</td> <td style="text-align: center;">8:10 AM</td> </tr> <tr> <td>Session 6: 1650 Free</td> <td style="text-align: center;">*Continuous during Session 5</td> <td style="text-align: center;">10 minutes after end of Session 5</td> </tr> <tr> <td>Session 7: 12&Under</td> <td style="text-align: center;">11:30-12:20 PM</td> <td style="text-align: center;">12:30 PM</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. Any changes will be posted on pvsim.org | | Warm-Up | Events | <u>Friday, February 14</u> | | | Session 1: 400 IM & 500 FR | 4:00-4:50 PM | 5:00 PM | <u>Saturday, February 15</u> | | | Session 2: 13& Over | 7:00- 8:00 AM | 8:10 AM | Session 3: 1000 Free | *Continuous during Session 2 | 10 minutes after end of Session 2 | Session 4: 12&Under | 11:30-12:20 PM | 12:30 PM | <u>Sunday, February 16</u> | | | Session 5: 13& Over | 7:00- 8:00 AM | 8:10 AM | Session 6: 1650 Free | *Continuous during Session 5 | 10 minutes after end of Session 5 | Session 7: 12&Under | 11:30-12:20 PM | 12:30 PM |
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| Session 7: 12&Under | 11:30-12:20 PM | 12:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ELIGIBILITY | <ul style="list-style-type: none"> Open to all registered USA Swimming swimmers 9 years of age and older. 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| 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 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. ● 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 a 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 may be used for events 13& over. ● 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"> ● Swimmers shall compete at the age attained on the first day of the meet. ● All events will be swum Mixed Gender. ● A 13&Over athlete may enter a maximum of seven (7) individual events and no more than three (3) individual events per session. ● A 12&Under athlete may enter a maximum of seven (7) individual events and no more than three (3) individual events per session. A 12&Under athlete may enter only one session per day of the meet. ● All events are timed finals. ● Distance Events: Entries for the 400 IM, 500 Free, 1000 Free and 1650 Free may be limited to keep manageable timelines. Clubs will be notified if their athletes do not make the cut and will be offered a chance to select an alternate event or receive a refund on the entry fee for that event. ● The 1000 Free may be limited to a 1 hour session (approximately 4 heats – 32 swimmers). ● The 1650 Free may be limited to a 1 hour session (approximately 3 heats – 24 swimmers). ● The 500, 1000, 1650 Free and 400 IM are Positive check in events. <ul style="list-style-type: none"> ○ Friday events (500 Free and 400 IM) positive check in closes at 4:30 PM ○ The deadline for the 1000 and 1650 Free will be posted before the first day of the meet. ● Swimmers must provide their own timers and counters (if desired) for the 500, 1000, 1650 |

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| | <p>Free and 400 IM.</p> <ul style="list-style-type: none"> Deck entries must be submitted with cash payment no later than 15 minutes prior to the first event of each session. No new heats will be created. |
| POSITIVE CHECK IN | <ul style="list-style-type: none"> All events are expected to be pre-seeded, except for the 500 FR, 400 IM, 1000 FR and 1650 FR. Positive check in may be by Team/Site. Coaches will be given check in sheets. If timelines require, events 200 yards and longer will be positive check in. |
| WARM-UP | <ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will assign warm-ups, including times/lane assignments. |
| SUPERVISION | <ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. |
| MEDICAL ASSISTANCE | <ul style="list-style-type: none"> This facility provides Lifeguard and Pool Operator Supervision, along with an AED. |
| SEEDING | <ul style="list-style-type: none"> Fastest to Slowest in all events. |
| SCORING | <ul style="list-style-type: none"> This meet is not scored. |
| AWARDS | <ul style="list-style-type: none"> There are no awards. |
| PROGRAMS | <ul style="list-style-type: none"> 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. |
| 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 with them. |
| SPECTATOR ENTRY FEE | <ul style="list-style-type: none"> Limited spectator seating is available. |
| 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 online form HERE: OFFICIALS SIGN UP LINK 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"> VOLUNTEER ASSIGNMENTS WILL BE MADE BASED ON PROPORTION OF ENTRIES. The Signup Genius will be emailed to teams in advance. |
| ENTRY PROCEDURES | <ul style="list-style-type: none"> Entries should be submitted by email to the ENTRY COORDINATOR. Include in the subject of the email, "2025 NCAP Winter Qualifier - *****" 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. Included 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 Entry Coordinator 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

Per Swimmer Surcharge: \$12.00 Deck Entries: \$10/ IE

Individual event fee: \$8.00

- 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
- Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment must be made by check.
- Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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Friday, February 14

Session 1 – 500 Free & 400 IM

Warm-up 4:00-4:50 PM

First Event 5:00 PM

| Event # | Age | Event |
|--|---------|---------------|
| 1 | 11&Over | 400 IM |
| 2 | Open | 500 Freestyle |
| <i>ALL events are positive check-in. Positive check-in for all events will close 4:30 PM</i> | | |

Saturday, February 15

Session 2 – 13 Over

Warm-up 7:00-8:00 AM

First Event 8:10 AM

| Event # | Age | Event |
|---------|---------|------------------|
| 3 | 13&Over | 200 Backstroke |
| 4 | 13&Over | 100 Breaststroke |
| 5 | 13&Over | 100 Butterfly |
| 6 | 13&Over | 200 IM |
| 7 | 13&Over | 100 Free |

Session 3 – 1000 Free

Warm-up Continuous during Session 2

First Heat Begins 10 minutes after conclusion of Session 2

| Event # | Age | Event |
|--|-----------|----------------|
| 8 | 11 & Over | 1000 Freestyle |
| <i>Positive check-in deadline will be posted before the first day of the meet.</i> | | |

**The 1000 Free may be limited to a 1 hour session (approximately 4 heats – 32 swimmers).*

2025 NCAP Winter Qualifier

February 14 -16, 2025

Saturday, February 15

Session 4 – 12&Under

Warm-up 11:30-12:20 PM

First Event 12:30 PM

| Event # | Age | Event |
|---------|----------|-----------------------|
| 9 | 12&Under | 200 Backstroke |
| 10 | 12&Under | 50 Butterfly |
| 11 | 12&Under | 100 Breaststroke |
| 12 | 12&Under | 200 Butterfly |
| 13 | 12&Under | 50 Backstroke |
| 14 | 12&Under | 200 Individual Medley |
| 15 | 12&Under | 100 Freestyle |

Sunday, February 16

Warm-up 7:00-8:00 AM

First Event 8:10 AM

| Event # | Age | Event |
|---------|---------|------------------|
| 16 | 13&Over | 200 Butterfly |
| 17 | 13&Over | 200 Freestyle |
| 18 | 13&Over | 100 Backstroke |
| 19 | 13&Over | 200 Breaststroke |
| 20 | 13&Over | 50 Freestyle |

2025 NCAP Winter Qualifier

February 14 -16, 2025

Sunday, February 16

Session 6 – 1650 Free

Warm-up Continuous during Session 5

First Heat Begins 10 minutes after conclusion of Session 5

| Event # | Age | Event |
|--|-----------|----------------|
| 21 | 13 & Over | 1650 Freestyle |
| <i>Positive check-in deadline will be posted before the first day of the meet.</i> | | |

**The 1650 Free will be limited to a 1 hour session (approximately 3 heats – 24 swimmers).*

Session 7 – 12&Under

Warm-up 11:30-12:20 PM

First Event 12:30 PM

| Event # | Age | Event |
|---------|----------|-----------------------|
| 22 | 12&Under | 100 Individual Medley |
| 23 | 12&Under | 100 Butterfly |
| 24 | 12&Under | 50 Breaststroke |
| 25 | 12&Under | 200 Freestyle |
| 26 | 12&Under | 100 Backstroke |
| 27 | 12&Under | 200 Breaststroke |
| 28 | 12&Under | 50 Freestyle |