



FXFX Pirate Pacer

April 5-6, 2025

VSI Sanction # VS-25-77



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Matt Salerno fairfaxfoxes@gmail.com	Tim Husson tim.husson@gmail.com	Tricia Feinberg tfeinberg@gmail.com Officials SignUp

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Virginia Swimming: VS-25-77. 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 any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. In applying for this sanction, the Host, Fairfax Foxes, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Prince William County.
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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. 15 lanes are available for warm-ups. Continuous warm-up/cool-down will be available. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard.
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ENTRY DEADLINE	Tuesday, March 18, 2025
	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.

SCHEDULE	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Ups</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="border-top: 1px solid black; border-bottom: 1px solid black;">Saturday, April 5, 2025</td> </tr> <tr> <td></td> <td style="text-align: center; color: red;">Not Before</td> <td style="text-align: center; color: red;">Not Before</td> </tr> <tr> <td style="text-align: center;">13 & Over Prelims</td> <td style="text-align: center;">6:45am – 7:35am</td> <td style="text-align: center;">7:45am</td> </tr> <tr> <td style="text-align: center;">12 and Under Prelims</td> <td style="text-align: center;">11:45am – 12:35am</td> <td style="text-align: center;">12:45pm</td> </tr> <tr> <td style="text-align: center;">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" style="border-top: 1px solid black; border-bottom: 1px solid black;">Sunday, April 6, 2025</td> </tr> <tr> <td style="text-align: center;">10 & Under Timed Finals</td> <td style="text-align: center;">6:45am – 7:25am</td> <td style="text-align: center;">7:35am</td> </tr> <tr> <td style="text-align: center;">11-12 Timed Finals</td> <td style="text-align: center;">10:45am – 11:35am</td> <td style="text-align: center;">11:45am</td> </tr> <tr> <td style="text-align: center;">13 and Over Timed Finals</td> <td style="text-align: center;">2:15pm – 3:05pm</td> <td style="text-align: center;">3:15pm</td> </tr> </tbody> </table>		Warm Ups	Events	Saturday, April 5, 2025				Not Before	Not Before	13 & Over Prelims	6:45am – 7:35am	7:45am	12 and Under Prelims	11:45am – 12:35am	12:45pm	FINALS	4:30pm – 5:20pm	5:30pm	Sunday, April 6, 2025			10 & Under Timed Finals	6:45am – 7:25am	7:35am	11-12 Timed Finals	10:45am – 11:35am	11:45am	13 and Over Timed Finals	2:15pm – 3:05pm	3:15pm
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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. Teams that attended the meet in 2024 will have priority. ● 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 to conform with the 4-hour provision per Rule 205.3.1F for sessions that include 12 & U events. The meet will operate with a cap of 900 swimmers and not to exceed 200 swimmers from any one team.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> ● Athletes with a disability are welcome and are asked to provide advance written notice of desired accommodations/modifications to the Meet Director and Meet Referee. ● The athlete (or athlete's coach) is also responsible for notifying the session Referee of any disability prior to the competition using the Disability Accommodation Form.
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> ● The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g. concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. ● This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion. ● The swimmer/coach shall provide a Personal Assistant(s) as needed.
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 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. ● 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 for preliminaries and timed finals.

EVENT RULES	<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. • All athletes may enter a maximum of three (3) individual events on Saturday, April 5, 2025 and a maximum of 5 events on Sunday, April 6, 2025. • Saturday's events in session 1 and 2, with the exception of Events 11 & 12 (13&Over 200 Butterfly) will follow a prelims-finals format. The top 24 13&Over swimmers, the top eight (8) 11-12 swimmers and the top eight (8) 10 and under swimmers will qualify for Saturday night finals (session 3). • The A Final will be for the top eight (8) 13 and Over swimmers with the B Final for swimmers placing in 9th through 16th place in prelims. The C Final will be for swimmers that qualify in 17th - 24th place in prelims. • Finals heats will swim in "C", "B", "A" order. • All sessions on Sunday, April 6, 2025 are timed finals. • Swimmers age 12&Under may only swim in one session on Sunday, April 6, 2025. • Event # 11 and 12 (13 & Over 200 Fly) will be Timed Finals. • Deck entries will be accepted in empty lanes only. No new heats will be created.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • 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). • 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 and B finals, 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 the swimmer will be automatically seeded into Finals. • Prelims Results and Scratches from Finals will be available on the Meet Central page: https://sites.google.com/view/piratepacermeetcentral/home • Coaches should make sure their contact information is up to date. The coach or team representative will be contacted should a swimmer scratch into finals. • 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 Meet Director may determine the structure of warm-up, including times/lane assignments. • Teams will be notified about times/lane assignments NLT Tuesday, April 1st. • Six (6) lanes of continuous warm up will be available.
MEET SAFETY	<p>MEET SAFETY OFFICER: Matt Salerno Email: fairfaxfoxes@gmail.com Phone: (412) 952-0545</p> <ul style="list-style-type: none"> • The prescribed Virginia Swimming warm-up procedures and safety policies will be followed.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for 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.
SEEDING	<ul style="list-style-type: none"> • Standard seeding will be used. • Positive check-in will be used for Session 6 in 500 Freestyle and 400 Individual Medley. • The meet director may designate additional events as positive check-in after entries have been received. • Positive check-in procedures and deadlines will be communicated to all participating teams NLT Tuesday, April 1st.
SCORING	<ul style="list-style-type: none"> • No Scoring in this meet

AWARDS	<ul style="list-style-type: none"> Swimmers that place in the Top 8 in Finals or Timed Finals will receive a ribbon. All Heat Winners will receive a Pirate Pacer Pirate Duck. All swimmers legally completing five (5) individual events on Sunday, April 6 will receive a Pirate Pacer Pentathlon swim cap.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will not be sold. The meet will be available on Meet Mobile, emailed to participating clubs, and posted online.
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.
OFFICIALS	<ul style="list-style-type: none"> Officials interested in volunteering should complete the Officials SignUp or contact the Meet Referee, Tim Husson (tim.husson@gmail.com). Officials volunteering for this meet should report to the meet referee upon arrival. A comprehensive officials briefing will take place before each session.
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. All swimmers racing in the 500 freestyle (events 75/76) and the 400 IM (events 77/78) are required to bring their own timer and counter (if desired). A Sign-Up Genius will be provided two weeks prior to the meet.
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 Pirate Pacer 2025 - *****" 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 the 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 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 (fairfaxfoxes@gmail.com). Entries will be processed in the order they are received until the meet has reached capacity.
ENTRY FEES	<p>Per Swimmer Surcharge: \$4.00 Individual Event Fee: \$12.00</p> <p>Deck entries: \$20.00 per event (cash on site + \$4 swimmer surcharge)</p> <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.

FXFX Pirate Pacer

Saturday, April 5, 2025

Session 1 – 13 and Over Prelims

Warm-up Not Before 6:45am

Events begin Not Before at 7:45am

Event # Girls	EVENT	Event # Boys
1	13 & Over 200 Free	2
7	13 & Over 100 Breast	8
13	13 & Over 100 Back	14
19	13 & Over 200 IM	20
25	13 & Over 50 Free	26
31	13 & Over 200 Fly *	32

* Timed Finals swum in prelims only

Session 2– 12 and Under Prelims

Warm-up Not Before 11:45am

Events begin Not Before 12:45pm

Event # Girls	EVENT	Event # Boys
3	11-12 200 Free	4
5	10 & Under 200 Free	6
9	11-12 100 Breast	10
11	10 & Under 100 Breast	12
15	11-12 100 Back	16
17	10 & Under 100 Back	18
21	11-12 100 IM	22
23	10 & Under 100 IM	24
27	11-12 50 Free	28
29	10 & Under 50 Free	30

Session 3 – Finals

Warmup Not Before 4:30pm

Events begin Not Before 5:30pm

Event # Girls	EVENT	Event # Boys
1	13 & Over 200 Free	2
3	11-12 200 Free	4
5	10 & Under 200 Free	6
7	13 & Over 100 Breast	8
9	11-12 100 Breast	10
11	10 & Under 100 Breast	12
13	13 & Over 100 Back	14
15	11-12 100 Back	16
17	10 & Under 100 Back	18
19	13 & Over 200 IM	20
21	11-12 100 IM	22
23	10 & Under 100 IM	24
25	13 & Over 50 Free	26
27	11-12 50 Free	28
29	10 & Under 50 Free	30

FFFX Pirate Pacer Pentathlon

Sunday, April 6, 2025

Session 4 – 10 & Under Timed Finals

Warm-up Not Before 6:45am

Events begin Not Before 7:45am

Event # Girls	EVENT	Event # Boys
33	8 & Under 50 Fly	34
35	9-10 50 Fly	36
37	8 & Under 100 Free	38
39	9-10 100 Free	40
41	8 & Under 50 Back	42
43	9-10 50 Back	44
45	8 & Under 50 Breast	46
47	9-10 50 Breast	48
49	10 and Under 200 IM	50
51	10 and Under 100 Fly	52

Session 5 – 11 - 12 Timed Finals

Warm-up Not Before 10:45am

Events begin Not Before 11:45am

Event # Girls	EVENT	Event # Boys
53	11-12 50 Fly	54
55	11-12 100 Free	56
57	11-12 50 Back	58
59	11-12 50 Breast	60
61	11-12 200 IM	62
63	11-12 100 Fly	64

Session 6 – 13 & Over Timed Finals

Warm-up Not Before 2:15pm

Events begin Not Before 3:15pm

Event # Girls	EVENT	Event # Boys
65	13 & Over 100 IM	66
67	13 & Over 200 Back	68
69	13 & Over 200 Breast	70
71	13 & Over 100 Free	72
73	13 & Over 100 Fly	74
75	Open 500 Free*	76
77	Open 400 IM*	78

* Positive Check-In Events