



Fall Gator Mini Meet

October 18-19, 2025

Sanction # PVC-26-13



MEET DIRECTOR John Aldonas, jaldonas@arlingtonva.us Evan Stiles, estile@arlingtonva.us , (703) 228-1814	MEET REFEREE Charles Lundy calundy@verizon.net	CLUB OFFICIALS CHAIR Mike Ledford ledford_michael@yahoo.com
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SANCTION	<ul style="list-style-type: none">Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-26-13.In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Arlington Aquatic Club, and Long Bridge Aquatic & 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.									
FACILITY	<div>Long Bridge Aquatic & Fitness Center</div> <div>333 Long Bridge Dr.</div> <div>Arlington, VA 22202</div> <div>(703) 228-3338</div> <ul style="list-style-type: none">The competition pool at Long Bridge Aquatic & Fitness Center is 25yd x 50m with two moveable bulkheads. Competition will be held in 8 lanes, 25yd, running bulkhead to bulkhead in deep end.Water depth of 14’7” at the starting and 7’0” at turn end (start end for 25’s).Ten (10) lanes of continuous warm-up/cool down will be available.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).									
ENTRY DEADLINE	<div>Wednesday, October 8, 2025, 9:00 p.m.</div> <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	<div>Saturday and Sunday, October 18 & 19, 2025</div> <table><tr><td></td><td>Warm Ups</td><td>Events</td></tr><tr><td>10 & unders</td><td>8:00 – 8:40 am</td><td>8:45 am</td></tr><tr><td>Distance</td><td>12:30 - 1:00 pm</td><td>1:05 pm</td></tr></table> <ul style="list-style-type: none">Meet Director reserves the right to adjust times/sessions after entries are received.		Warm Ups	Events	10 & unders	8:00 – 8:40 am	8:45 am	Distance	12:30 - 1:00 pm	1:05 pm
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ELIGIBILITY	<ul style="list-style-type: none">Open to all Potomac Valley Swimmers Registered as USA Swimming Athletes. 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.All athletes shall compete at the age attained on the first day of the meet.									
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">Semi-automatic timing (buttons 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. 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 not be used in 10 and under events. Dive-over starts will be used for Open Age events. • 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. • Swimmers may enter no more than three (3) individual and one (1) relay events per day. No more than six (6) individual and one (1) relay event for the meet. • Deck entries will be accepted into empty lanes only. No new heats will be created. • Evidence of current USA Swimming registration required for deck entries. • The Open mixed 1650 and 1000 Free will be held Saturday after Session 1. It is open to all teams participating in the Fall Gator meet. • The events will alternate 1650 and 1000- fastest to slowest. These events are mixed gender. • Swimmers entered in Session 1 or Session 3 are NOT eligible to swim in Session 2.
POSITIVE CHECK-IN	<ul style="list-style-type: none"> • There will be no positive check in for the 10&u sessions. Events, including relays, will be pre-seeded for those sessions. The Saturday distance session will be all 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 times and lane assignments for the warm up. • Continuous warm-up/cool down will be available. Coaches must monitor their athletes while in these lanes.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> • All events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> • This meet will not be scored.
AWARDS	<ul style="list-style-type: none"> • Individual events will be awarded first through tenth place. Relay events will be awarded for first place through fourth place. A heat award will be given to the winner of each individual heat.
PROGRAMS	<ul style="list-style-type: none"> • Meet programs will not be available. The meet will be 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 have proof of active USA Swimming membership with them at all times.

SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> There will be no spectator entry fee.
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 Mike Ledford (ledford_michael@yahoo.com), AAC Officials Chair. 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"> Three (3) timers per lane for the Fall Gator meet Session 1 and 3. Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. Swimmers will need to provide their own timer and counter for the 1650 session.
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, "2025 Fall Gator Mini Meet - *****" 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. 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 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	<div> <div>Per Swimmer Surcharge: \$3.00</div> <div>Relay event fee: \$10.00</div> <div>Individual event fee: \$5.50</div> <div>Deck entries: \$10.00</div> </div> <ul style="list-style-type: none"> Make checks payable to AAC Boosters. Checks may be mailed to: AAC Boosters PO Box 7512 Arlington, VA 22207 Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.



Fall Gator Mini Meet

Saturday, October 18, 2025

Session 1 Warm-up 8:00 - 8:40 am, 1st Event 8:45 am

Girls Event #	Events	Boys Event #
1	7 & Under 100 yard Freestyle	2
3	8 Year Old 100 yard Freestyle	4
5	9 & 10 Year Old 100 yard Freestyle	6
7	6 & Under 25 yard Backstroke	8
9	7 & Under 25 yard Backstroke	10
11	8 Year Old 25 yard Backstroke	12
13	7 & Under 50 yard Breaststroke	14
15	8 Year Old 50 yard Breaststroke	16
17	9 & 10 Year Old 50 yard Breaststroke	18
19	6 & Under 25 yard Freestyle	20
21	7 & Under 25 yard Freestyle	22
23	8 Year Old 25 yard Freestyle	24
25	7 & Under 50 yard Butterfly	26
27	8 Year Old 50 yard Butterfly	28
29	9 & 10 Year Old 50 yard Butterfly	30
31	8 & Under 100 yard Freestyle Relay	32
33	9 & 10 year old 200 yard Freestyle Relay	34



Fall Gator Mini Meet

Saturday, October 18, 2025

Session 2 Distance - Warm-up 12:30 - 1:00 pm - 1st Event 1:05pm

101	Open mixed 1650 Free	
102	Open mixed 1000 Free	

These events will be swum fastest to slowest alternating between the 1650 and 1000.



Fall Gator Mini Meet

Sunday, October 19, 2025

Session 3 Warm-up 8:00 - 8:40 am, 1st Event 8:45 am

Girls Event #	Events	Boys Event #
35	7 & Under 50 yard Backstroke	36
37	8 Year Old 50 yard Backstroke	38
39	9 & 10 50 yard Backstroke	40
41	7 & Under 25 yard Butterfly	42
43	8 Year Old 25 yard Butterfly	44
45	6 & Under 25 yard Breaststroke	46
47	7 & Under 25 yard Breaststroke	48
49	8 Year Old 25 yard Breaststroke	50
51	6 & Under 50 yard Freestyle	52
53	7 & Under 50 yard Freestyle	54
55	8 Year Old 50 yard Freestyle	56
57	9 & 10 50 yard Freestyle	58
59	7 & Under 100 yard Individual Medley	60
61	8 Year Old 100 yard Individual Medley	62
63	9 & 10 100 yard Individual Medley	64