
	<p align="center"><b>2025 ASA SENIOR DISTANCE MEET</b>  <b>Saturday, November 8th, 2025</b>  <b>Sanction # PVQ-26-33</b></p>	
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<p align="center"><b>MEET DIRECTOR</b>  Christopher Schlegel  <a href="mailto:christopher.schlegel@hotmail.com">christopher.schlegel@hotmail.com</a>  (301) 801-0766</p>	<p align="center"><b>MEET REFEREE</b>  Patrick Donahue  <a href="mailto:donahue829@gmail.com">donahue829@gmail.com</a></p>	<p align="center"><b>CLUB OFFICIALS CHAIR</b>  Erin Berger  <a href="mailto:emberger.crna@gmail.com">emberger.crna@gmail.com</a></p>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVQ-26-33</b></li> <li>In 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.</li> </ul>
<b>FACILITY</b>	<p align="center"><b>Stone Ridge School of the Sacred Heart</b>  9101 Rockville Pike  Bethesda, MD 20814</p> <ul style="list-style-type: none"> <li>The pool at Stone Ridge School of the Sacred Heart is an 8 lane, 25-yard pool.</li> <li>Water depth range of 12' at the starting end and 4' at the turning end.</li> <li>The meet hosts will ensure the required course dimensions.</li> </ul>
<b>ENTRY DEADLINE</b>	<p align="center"><b>Thursday, October 30th at 12:00pm</b></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>
<b>SCHEDULE</b>	<p align="center"><b>Saturday, November 8th 2025</b>  <b>1650 Session: Warm-Up 9:30am - 10:20am; Events 10:30am</b></p> <ul style="list-style-type: none"> <li>The Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Teams Invited: ASA</li> <li>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.</li> </ul>
<b>SWIMMERS WITH A DISABILITY</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their Meet Directors are committed to the <a href="#">Inclusion Policy</a> as adopted by the PVS BOD. Athletes with a disability are welcomed 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 in writing of any desired accommodation/modification prior to competition.</li> <li>Athletes requiring special accommodation are asked to complete the form below  <a href="#">NECESSARY ACCOMODATIONS</a></li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic timing (touchpads primary) will be used.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>Current USA Swimming rules shall govern this meet.</li> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>No on-deck USA Swimming registration is permitted.</li> <li>In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording</li> </ul>

	<p>devices, including a cell phone is not permitted in the changing areas, restrooms, 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.</p> <ul style="list-style-type: none"> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts will be used.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• Meet Director and Meet Referee reserve the right to have positive check-in for all events.</li> <li>• A swimmer may enter one (1) event.</li> <li>• Swimmers in the 1650 will get splits off the touch pads at the 500 and 1000yd distances.</li> <li>• Swimmers must provide their own timer and counter (if desired).</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</li> </ul>
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> <li>• Events will be seeded fastest to slowest.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• No scoring for this meet.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• No awards for this meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Programs will be available on Meet Mobile under the meet name "2025 ASA Senior Distance Meet."</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SPECTATORS</b>	<ul style="list-style-type: none"> <li>• No spectators will be allowed.</li> <li>• The meet will be livestreamed on the ASA facebook page. Link: <a href="https://m.facebook.com/profile.php?id=100057838621618&amp;_rd=1">https://m.facebook.com/profile.php?id=100057838621618&amp;_rd=1</a></li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>• Officials interested in volunteering should contact Erin Berger via email: <a href="mailto:emberger.crna@gmail.com">emberger.crna@gmail.com</a></li> <li>• 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.</li> </ul>

<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Swimmers must provide their own timers and counters (if desired). Timers will be asked to leave immediately following their swimmer's events.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries will be handled using Team Unify.</li> </ul>

<b>ENTRY FEES</b>	<p style="text-align: center;">Individual event fee: \$15.00 per event</p> <ul style="list-style-type: none"> <li>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.</li> <li>Each team/club is requested to remit only one check or money order to cover entry fees. NO CASH PAYMENTS WILL BE ACCEPTED.</li> <li>Entry fees should be sent to: ASA 4801 Lytham Court Lothian, MD 20711</li> </ul>
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## 2025 ASA Senior Distance Meet

Saturday, November 8th

<b>Saturday, November 8th</b> <b>Warm-Up 9:30am - 10:20am; Events 10:30am</b>	
<b>Event #1</b>	<b>OPEN Mixed 1650 FR</b>