



# November Friendship Mini Meet

November 7, 2021

Sanction # PVI-22-20

Hosted by:



York Swim Club

<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Kristin Bryant Wolff <a href="mailto:kristin@yorkswim.com">kristin@yorkswim.com</a>	Ben Holly <a href="mailto:bholly6275@gmail.com">bholly6275@gmail.com</a>	Carolyn Kotarski <a href="mailto:ckotarski@gmail.com">ckotarski@gmail.com</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-22-20</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, York Swim Club, and Providence Rec 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>Providence Rec Center</b> 7525 Marc Drive Falls Church, VA 22042 (703) 698-1350</p> <ul style="list-style-type: none"> <li>The pool at Providence Rec Center is 25 yards x 25 meters. 10 lanes are available for warm-ups; 8 lanes will be used for competition. Water depth ranges from 4'-12.5' at both the starting and turning ends.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>
<b>ENTRY DEADLINE</b>	<ul style="list-style-type: none"> <li>Entries are due by 5:00 pm on Tuesday, October 26, 2021.</li> </ul>
<b>SCHEDULE</b>	<ul style="list-style-type: none"> <li><del>Warm-Ups: 6:00 am Events Begin: 6:40 am</del> <b>Warm-Ups: 5:50am. Events Begin: 6:30 am</b></li> <li>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>Open to all Potomac Valley Swimming registered athletes that participate on the invited teams: MACH, MAKO, PM, SDS, SNOW, YORK. 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> <li>Swimmers may only participate in their own age group, based upon their age on the first day of the meet.</li> <li>Entries will be processed in the order in which they are received until capacity has been reached.</li> </ul>
<b>DISABILITY SWIMMERS</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 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Semi-automatic timing (buttons primary) will be used.</li> </ul>
<b>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li><b>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS</b></li> </ul>

	<p>ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, YORK SWIM CLUB, AND PROVIDENCE REC CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</p> <ul style="list-style-type: none"> <li>• We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.</li> <li>• By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Fairfax County.</li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<ul style="list-style-type: none"> <li>• <b>Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently.</b></li> <li>• No more than four hours before entering the facility, all attendees (athletes, coaches, officials, and volunteers) are required to assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering “no” to the following questions: <ul style="list-style-type: none"> <li>○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?</li> <li>○ Has anyone in your family been sick or diagnosed with COVID-19 in the last 14 days?</li> <li>○ Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days?</li> </ul> </li> <li>• Athletes must arrive and depart in their suits. Locker room use will be for emergency use only, no showers may be used. Family bathroom will be reserved for coach, official, and volunteer use.</li> <li>• All attendees (swimmers, coaches, officials and volunteers) must bring their own water bottle and snacks. Hospitality will not be provided.</li> <li>• Attendees will enter and exit the facility through the patio doors. From the parking lot, attendees will walk down the access road located to the right of the main entrance and proceed through the gate to the glass patio doors.</li> <li>• All attendees (athletes, coaches, officials, volunteers) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when competing or warming up.</li> <li>• For the 25 yard events, volunteers will move the baskets containing masks to the finish end of the pool where the swimmers will immediately put them back on after exiting the pool.</li> <li>• Athletes will bring a plastic zipper bag with their name on it in which to place their masks when they are in the water.</li> <li>• The meet will be limited to a maximum of 200 swimmers.</li> <li>• A clerk of course will be used to organize each heat of swimmers for all events offered.</li> <li>• No spectators will be permitted. Competition will be live-streamed by York Swim Club on the <a href="#">York Swim Club Facebook Page</a>.</li> <li>• We request that all attendees notify the meet director as quickly as possible should they test positive for COVID-19, show symptoms or have been in contact with anyone exposed or tested positive for COVID-19 after attending the meet.</li> </ul>

	<ul style="list-style-type: none"> <li>Any attendee failing or refusing to comply with any of these protocols will be prohibited from entering the facility and/or asked to leave the facility.</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 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.</li> <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. 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>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> <li>No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>All events are timed finals.</li> <li>A swimmer may enter no more than <b>three (3) individual events</b>.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Ribbons will be awarded for 1st through 8th place in all events.</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 may 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>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Will be emailed to attending teams no later than Friday, November 5, 2021. No programs will be sold at the meet. Programs will be made available for coaches and officials at the 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 at all times.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>This meet will have no spectators.</li> <li>This meet will be live-streamed. Competition will be live-streamed on the <a href="#">York Swim Club Facebook Page</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 Carolyn Kotarski (<a href="mailto:ckotarski@gmail.com">ckotarski@gmail.com</a>).</li> <li>Officials assigned to this meet should sign in at the recording table 10 minutes before 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</li> </ul>

	session during warm-ups.
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<b>TIMERS</b>	<ul style="list-style-type: none"> <li>The host club will provide at least 1 timer per lane. Each participating club is requested to provide at least one official and 3 timers if entering 25 or more swimmers.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted using Hy-Tek Team Manager by email to the Meet Director.</li> <li>Include in the subject of the email, "November Friendship Mini Meet-***" with the club's initials in place of the asterisks. Also include training site if your club submits multiple entry files.</li> <li>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.</li> <li>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 and no further entries will be accepted from that club until the said fine is paid by that club.</li> </ul>
<b>ENTRY FEES</b>	<p style="text-align: center;">Facility Surcharge:            \$3.00            Individual event fee:            \$10.00</p> <ul style="list-style-type: none"> <li>Make checks payable to YORK SWIM CLUB. Checks may be mailed to: 1600 Lupine Den Court Vienna, VA 22182</li> <li>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>

**Sunday November 7, 2021**

**Warm-up: 5:50 AM**

**Events: 6:30 AM**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
<b>1</b>	<b>8 and under 50 Back</b>	<b>2</b>
<b>3</b>	<b>8 year old 25 Back</b>	<b>4</b>
<b>5</b>	<b>7 and under 25 Back</b>	<b>6</b>
<b>7</b>	<b>8 and under 50 Fly</b>	<b>8</b>
<b>9</b>	<b>8 year old 25 Fly</b>	<b>10</b>
<b>11</b>	<b>7 and under 25 Fly</b>	<b>12</b>
<b>13</b>	<b>8 and under 50 Free</b>	<b>14</b>
<b>15</b>	<b>8 year old 25 Free</b>	<b>16</b>
<b>17</b>	<b>7 year old 25 Free</b>	<b>18</b>
<b>19</b>	<b>6 and under 25 Free</b>	<b>20</b>
<b>21</b>	<b>8 and Under 50 Breast</b>	<b>22</b>
<b>23</b>	<b>8 year old 25 Breast</b>	<b>24</b>
<b>25</b>	<b>7 and under 25 Breast</b>	<b>26</b>
<b>27</b>	<b>8 and under 100 IM</b>	<b>28</b>