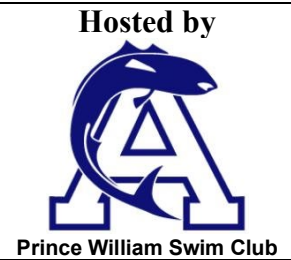




**2019 FALL AQUA-FEST  
A/BB/B/C Mini Meet  
November 2-3, 2019  
SANCTION NO. VS-20-35**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-35</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Prince William Swim Club, and Freedom Aquatic and 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.</li> </ul>
<b>LOCATION:</b>	Freedom Aquatic and Fitness Center, 9100 Freedom Center Blvd., Manassas, VA 20110. 703-993-8444
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>Ten lane, 50 meter indoor pool; non-turbulent lane lines; Colorado Automatic Timing System; setup to conduct competition in 25 yards, starting from the deep end (13.5" feet deep) and swimming into a bulkhead (6 feet deep).</li> <li>Two warm up / cool down lanes available at all times.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Annemarie Juhlin Email: <a href="mailto:ajuhlin@msn.com">ajuhlin@msn.com</a> Phone: 571-264-6265
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>No on-deck USA Swimming athlete registration will be permitted.</li> <li><b>8 and younger swimmers entering the 10 and under 200Y Freestyle (#21-22) must have at least a provable B time in the 10 and under 100Y Freestyle.</b></li> <li><b>The 10 and under 500Y Freestyle (#27-28) will be swum in the 10 and under morning session and will be pre-seeded. There will be no more than two heats per event. The fastest verifiable times will be seeded provided they have at least a provable B time in the 10 and under 200Y Freestyle.</b></li> <li><b>The 11-12 500Y Freestyle (#53-54) and 13 and over Freestyle (#55-56) will be swum in the afternoon session and will require positive check-in. Swimmers entering the 500Y Freestyle must have a provable BB time in the 200Y Freestyle in their respective age group or a B time in the 500Y Freestyle.</b></li> <li><b>11 and older swimmers entering the 400 IM, (#107-108), must have at least a provable BB time in their respective age group in the 200 IM or a B time in the 400 IM.</b></li> <li>2017-2020 NAG time standards are in effect.</li> <li>Age on November 2, 2019 will determine age for the entire meet.</li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advanced notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All 10 and younger swimmers will swim in the morning session both Saturday and Sunday.</li> <li>All 11 and older swimmers will swim in the afternoon session both Saturday and Sunday.</li> <li>All events will be timed finals.</li> </ul>

	<ul style="list-style-type: none"> <li>All 25 yard events will start from the bulkhead.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Morning sessions: warm-ups at 7:10 a.m.; competition starts at 8:10 a.m.</li> <li>Saturday afternoon session: warm-ups not before 11:30pm; competition starts not before 12:30pm.</li> <li>Sunday afternoon session: warm-ups not before 11:00am; competition starts not before 12:00pm.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the Prince William Swim Club website <a href="http://pwscamberjax.org">pwscamberjax.org</a> no later than Tuesday, October 29, 2019 and will also be emailed to the contact person of the participating clubs.</li> <li>If the morning sessions run late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, October 25, 2019.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software.</li> <li>Teams submit entries via email.</li> <li>A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries.</li> <li>Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record with the exception of events that require a minimum time standard. <b>CT must be slower than an “A” time.</b> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>Swimmers may enter a maximum of <b>four individual events</b> and <b>one relay event</b> per day.</li> <li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit. Relays may also be eliminated if necessary and relay fees will be refunded should this happen.</li> <li>Email entries to: <b>Luis Caballero at <a href="mailto:colorao1@yahoo.com">colorao1@yahoo.com</a></b></li> <li>Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official prior to the event session using provided forms.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$7.00  Relay events: \$15.00  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: PWSC.</li> <li>Mail payment to: Luis Caballero, 12513 Manchester Way, Woodbridge, VA 22192</li> <li>Payment must be received by Wednesday, October 30, 2019 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li><b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through tenth place for the 10 and under age group. Separate awards will be given for 9-10 and 8 and under.</li> <li>Relay events: Ribbons will be awarded for first through fifth place for 10 and under events.</li> <li>No awards will be provided for 11 and over age groups.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except all relays; 11-12 and 13 and O 500 Freestyle (# 53-54, #55-56); and 400Y Individual Medley (#107-108) will be pre-seeded.</li> </ul>

	<ul style="list-style-type: none"> <li>• 8 &amp; under swimmers entered in 25 yard events should report to the Clerk of Course. They will be escorted to the blocks from that point by meet staff. Swimmers in all other events will report directly to the blocks.</li> <li>• All Relays and events #53-54 and 55-56 (11-12 and 13 and O 500 Free) and #107-108 (400 IM) require a positive check-in.</li> <li>• Positive check-in for non-relays will close at 12:30 PM each day.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Events #53-54 and 55-56 (500 Free) will be swum fastest to slowest and alternating heats of girls and boys.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> <li>• Entries using fraudulent or non-verifiable times.</li> <li>• Athlete competed in the incorrect age group.</li> <li>• Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will 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.</li> <li>• Any swimmer entered in the meet must be certified by a USA-S 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>• The overhead start procedure will be used for the afternoon sessions and may be used for the morning sessions at the discretion of the Referee.</li> <li>• Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>• .</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</li> <li>• Operation of a drone, or any flying apparatus, 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> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Tony Martinich</b>  <b>Email: tonymartinich@gmail.com</b>  <b>Phone: 540-273-8362</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> </ul>

	<ul style="list-style-type: none"> <li>• Team officials chairs should submit the names and session availability of certified officials, as well as the names and session availability of trainees to the meet referee and Luis Caballero, at <a href="mailto:colorao1@yahoo.com">colorao1@yahoo.com</a> no later than Friday, October 25, 2019.</li> <li>• An officials meeting will be held one hour prior to the start of each session.</li> <li>• There will be a coach's meeting at 8:00 a.m. on November 2, 2019.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the PWSC website <a href="http://pwscamberjax.org">pwscamberjax.org</a> no later than Tuesday, October 29, 2019 and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers in events #27-28, 53-54, and 55-56 (500 Free) events need to provide their own timers and lap counters. Swimmers in events #107-108 (400 IM) will also need to provide their own timers.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat sheets will not be sold at concessions, but will be available for a FREE download on the PWSC website and on the Meet Mobile app.</li> <li>• Hospitality will be provided for USA Swimming Certified coaches and officials working the meet.</li> <li>• Concessions will be provided for purchase by swimmers and spectators.</li> <li>• A swim shop (Sport Fair) will be selling swim items on premises.</li> <li>• Swim results will be posted in the hallway outside the pool.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Each swim club is responsible for supervising the conduct of their swimmers.</li> <li>• Swimmers are not permitted in any room of any university building not directly associated with the swim meet.</li> <li>• No towels, suits, etc. are to be hung on or around the lifeguard stands.</li> <li>• Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be seated in the elevated spectator bleachers (no standing or blocking aisles).</li> <li>• No camping in the hallway.</li> <li>• Parking is restricted to areas marked for the swim meet and areas directed to by facility staff. Obey all traffic signs and no parking in fire lanes.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• Freedom Aquatic and Fitness Center is located at 9100 Freedom Center Blvd., Manassas, VA 20110 on the Prince William campus of George Mason University.</li> <li>• From Interstate 95, take Route 234 North (exit 152) approximately 15 miles to University Boulevard (approximately 1 mile North of Route 28). Proceed ½ miles and follow signs into Freedom Aquatic and Fitness Center.</li> <li>• From Interstate 66, take Route 234 South (exit 44) Prince William Parkway. Proceed approximately 4 miles to University Boulevard. Turn left and follow directions in the preceding paragraph.</li> <li>• Directions are also available on the Virginia Swimming website <a href="http://www.virginiawimming.com">www.virginiawimming.com</a></li> </ul>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Hampton Inn, 7295 Williamson Blvd., Manassas, VA (703-369-1100)</li> <li>• Holiday Inn, 10424 Balls Ford Rd., Manassas, VA (571-292-5400)</li> <li>• Courtyard Marriott, 10701 Battleview Parkway, Manassas, VA 20109 (301-742-7255)</li> <li>• Residence Inn Marriott, 7345 Williamson Blvd., Manassas, VA 20109 (703-330-8808 ext. 415)</li> </ul>

**2019 FALL AQUA-FEST  
ORDER OF EVENTS**

<b>Saturday, November 2, 2019</b>					
<b>Morning Session #1 Warm-up: 7:10a.m.; Start: 8:10a.m.</b>			<b>Afternoon Session #2 Warm-up: no earlier than 11:30p.m.; Start: no earlier than 12:30p.m.</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	9-10 50Y Freestyle	2	29	11-12 100Y Freestyle	30
3	8 & U 25Y Freestyle	4	31	13 & O 100Y Freestyle	32
5	9-10 100Y Butterfly	6	33	11-12 50Y Butterfly	34
7	8 & U 50Y Butterfly	8	35	13 & O 200Y Butterfly	36
9	9-10 100Y IM	10	37	11-12 200Y IM	38
11	8 & U 100Y IM	12	39	13 & O 200Y IM	40
13	9-10 50Y Breaststroke	14	41	11-12 50Y Breaststroke	42
15	8 & U 25Y Breaststroke	16	43	13 & O 200Y Breaststroke	44
17	9-10 100Y Backstroke	18	45	11-12 100Y Backstroke	46
19	8 & U 50Y Backstroke	20	47	13 & O 100Y Backstroke	48
21	10 and U 200Y Freestyle	22	49	11-12 200Y Medley Relay	50
23	8 and U 100Y Medley Relay	24	51	13 & O 200Y Medley Relay	52
25	9-10 200Y Medley Relay	26	53	11-12 500Y Freestyle	54
27	10 and U 500Y Freestyle	28	55	13 and O 500Y Freestyle	56
<b>Sunday, November 3, 2019</b>					
<b>Morning Session #3 Warm-up: 7:10a.m.; Start: 8:10a.m.</b>			<b>Afternoon Session #4 Warm-up: no earlier than 11:00a.m.; Start: no earlier than 12:00p.m.</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
57	9-10 100Y Freestyle	58	81	11-12 200Y Freestyle	82
59	8 & U 50Y Freestyle	60	83	13 & O 200Y Freestyle	84
61	9-10 50Y Butterfly	62	85	11-12 100Y Butterfly	86
63	8 & U 25Y Butterfly	64	87	13 & O 100Y Butterfly	88
65	9-10 200Y IM	66	89	11-12 100Y IM	90
67	8 & Under 50Y Breaststroke	68	91	13 & O 100Y Breaststroke	92
69	9-10 100Y Breaststroke	70	93	11-12 100Y Breaststroke	94
71	8 and U 25Y Backstroke	72	95	11 & O 200Y Backstroke	96
73	9-10 50Y Backstroke	74	97	11-12 50Y Backstroke	98
75	8 & U 100Y Freestyle	76	99	13 & O 50Y Freestyle	100
77	10 & U 200Y Free Relay	78	101	11-12 50Y Freestyle	102
79	8 & U 100 Free Relay	80	103	13 & O 200Y Free Relay	104
			105	11-12 200Y Free Relay	106
			107	11 and Over 400Y IM	108