



FOX WINTER LONG COURSE CHALLENGE

Hosted by **FOX SWIM CLUB**

January 14-15, 2024

Held at Dulles South Recreation Center, 24950 Riding Center Drive, South Riding, VA 20152

Held under the sanction of USA Swimming, Inc. issued by Virginia Swimming, Inc.

Sanction # 23/24-034 / VS-24-04DS

In granting this sanction it is understood and agreed that USA Swimming, Virginia Swimming and Maryland Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event. USA Swimming Article 202.4.10

In applying for this sanction, the host, Fox Swim Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Maryland Swimming, Virginia Swimming, the Commonwealth of Virginia, and Loudoun County.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP"), and the Maryland Swimming Code of Conduct (www.mdswim.org) will govern this meet.

THIS MEET IS A CLOSED INVITATIONAL. Any interested teams should contact Rob Fox at rob@foxswimming.com for an invitation.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Rob Fox 240-529-5774 rob@foxswimming.com	Rob Fox 240-529-5774 rob@foxswimming.com
Meet Referee	USA Swimming Registered Operational Risk Director
Bruce Bator 301-788-9834 bbator@comcast.net	Kathy Capron & Bridgette Guyer
Officials Contact	Administrative Official
Sign Up Link	Carron Dunker 443-690-0019 carron@foxswimming.com

Deadline and Meeting Summary		
Tuesday, January 2, 2024	8:00 pm	Entry Deadline
Sunday, January 14, 2024	9:00 am	Coaches Meeting, if needed
All Sessions	1 hour prior to session start	Officials' Briefing Hospitality Room
All Sessions	½ hour prior to session start	Timers' Briefing Hospitality Room

Facility Information	
Facility Address	Dulles South Recreation Center 24950 Riding Center Drive South Riding, Virginia 20152 <u>Directions</u>
Pool Information	The pool at Dulles South is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 50 meters, running from wall to bulkhead. • Competition Pool: ○ 10 50-meter lanes ○ Competition lanes are a minimum of 8'wide. ○ Water depth is 12'6" at the starting end and 4'3" at the turning end of the competition course. • The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. • The meet will be swum in a 50-meter course. Lane configurations for competition will be determined upon receipt of entries. Lanes will not be available for continuous warm-up/down; however, breaks may be built into the timeline to allow for warm-up/down. • Daktronics timing system will be used.
Facility Information	• All swimmers and meet personnel on deck must have credentials to be on deck. • Locker rooms are located in the hallway adjacent to the pool area and will be clearly marked. No adults associated with the meet will be allowed in these locker rooms. • Restrooms for spectators and volunteers are located in the main lobby, or they may use the family restrooms in the hallway adjacent to the pool area. • Swimmers and spectators will enter at the back of the building and through the door on the right-hand side. Please do not prop the door at any time. Swimmers will exit the building through the door on the left side of the building. • Coaches, Officials, and volunteers will enter at the back of the building through the center door, they will leave through the same door. • Swimmers should enter through the door on the right and walk onto the deck to their team area. Swimmers are encouraged to wear their suits to the meet. • Swimmers will be seated on the deck. Swimmers should not bring chairs to the meet.

	• Spectators should enter through the door on the right and proceed directly to the spectator gallery. Spectators are not permitted in areas of the facility other than the restrooms and spectator gallery. • Swimmers may enter the building for their session 20 minutes prior to their warm-up time.
Medical Assistance and Supervision	• Lifeguards and AED device are available to athletes participating in the meet.
Parking	• Parking and entrance are located in the rear of the facility.
Hospitality	• There will be a hospitality area open to all coaches and officials. The hospitality room is located on the pool deck in the dryland training room.
Concessions	• There will not be concessions available.
Vendor	• There will not be a vendor available.

Meet Fees: Checks payable to Fox Swim Club	
Athlete Surcharge	\$25.00 per swimmer
Individual Event Fee	\$5.25 per event entry
Relay Event Fee	No relay events will be swum at this meet

Organization Regulations	
Rules	• The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to the Meet Referee. The Meet Committee and/or Meet Referee may find it necessary to change some meet procedures and/or timeline to provide the best possible situations and conduct of the meet for the athletes; including, but not limited to start times, breaks, distance event procedures, weather related disruptions, etc. • This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated. MDSI Rules shall also apply. • USA Swimming / MDSI / VSI Safety Guidelines and warm-up procedures will be in effect for the entire 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 MAAPP is a condition of the participation in the conduct of this competition. • Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races. • No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing, marshal and administrative staff assisting with the conduct of the meet. • Swimmers entering the meet must be registered with MDSI by the entry deadline date. Per MDSI rules, any club that enters an unregistered athlete

	will be fined \$100.00 per unregistered athlete. No Deck Registrations will be permitted. • Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms. • Operation of a drone, or any other 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. • Videotaping or picture taking on deck, by any meet volunteer, shall not be permitted. Volunteers wishing to video or photograph their swimmer shall do so from the spectator area if available. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The MDSI Certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee. • Deck changes are prohibited. Swimmers participating in deck changing will be in violation of the USA Swimming Code of Conduct/Sportsmanship Policy and could be subject to removal from further competition in the meet. • Tech Suits are banned for all 12 & Under swimmers (USA Swimming Rule 102.8.1.F). • Failure to comply with any rules and/or the request of a Safety Marshal shall be considered a Code of Conduct Violation.
Safety	• The Maryland Swimming, Inc. and Virginia Swimming safety programs are in effect for this meet. • All USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet. • No running or horseplay will be tolerated. • Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.
Racing Starts	• Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing both a forward racing start, and a backstroke 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.
Health Guidelines	• All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Referee has the authority to inform and protect coaches, spectators, volunteers, and swimmers from a potential outbreak of illness. • At the discretion of the Meet Referee, anyone who exhibits symptoms of illness may be asked to withdraw from the competition for a 24-hour period. Swimmers must be cleared, by the Meet Referee, prior to returning to competition.
Deck Access	• There will be a check-in process for all coaches, officials, and approved meet staff.

	• The check-in table will be located in the admin office on the pool deck. • Credentials must be presented showing current fully certified USA Swimming membership. Meet staff must be listed on an approved list provided to the host team. • No one without proper clearance may be allowed in the competition areas without approval of the meet host.
Officials	• There will be a need for officials. Fox Swim Club welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. • The Maryland Swimming Officials uniform policies, available at www.mdswim.org, shall apply to this meet. • Official briefings will be held at the date and time listed in the Deadline and Meeting Summary. • Sign-up link
Volunteers	• Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet. • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • Swimmers must provide their own timer for the 400-meter Freestyle events.

Meet Information	
Format	• Timed Finals. • Meet will be run long course meters, but swimmers will be entered and seeded with short course yard times. • Events will be swum slowest to fastest unless otherwise indicated. • Upon request by the Meet Director, the Technical Planning Chair may split or combine sessions in order to run a more effective meet. The order of events may not be changed. Participating teams will be notified of any changes.
Eligibility	• All swimmers must be registered with USA Swimming, Inc. • Swimmers must be registered prior to the entry deadline. • There will be no on-deck registration available at this meet. • A swimmer's age on the first day of the meet will determine their age for the entire meet. • Qualifying times for 12 & under events will be the 9-10 SCY B standard (USA Swimming 2021-2024 National Age Group Motivational Times). • Qualifying times for 13 & over events will be the 13-14 SCY BB standard (USA Swimming 2021-2024 National Age Group Motivational Times).
Swimmers with Disabilities	• Fox Swim Club welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. • Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Entry Director, Meet Director, and Meet Referee by the entry deadline, including the need for any personal assistants required and/or registered service animals. • Failure to provide advance notice may limit the ability to accommodate all requests.

Entry Procedures	• Entry deadline is Tuesday, January 2nd, 2024 at 8:00 pm. • No Times (NT) will not be accepted. • The conforming time standard will be SCY times, but events will be swum in LCM. The entry time for the 400-meter Freestyle event shall be the swimmer's 500-yard Freestyle time. • Non-conforming times will be accepted and seeded in their appropriate heat. • Converted times will not be accepted. Please do not convert times. • A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline. • The host team's entries shall be processed first, then entries will be processed in the order in which they were received until the timeline limit is reached. Entries thereafter shall be returned immediately. • There will be deck entries allowed as space and time permit.
Entry Limitations	• Swimmers ages 13 & over may enter a maximum of 4 individual events per session and a total of 11 individual events for the meet. • Swimmers ages 12 & under may enter a maximum of 4 individual events per session and a total of 8 individual events for the meet. • Swimmers 12 & under may only swim in one session per day.
Entry Verification	• An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt.

Meet Procedures	
Seeding	• The conforming time standard for this meet is short course yards, but will be swum in long course meters. • Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. • All non-conforming times will be seeded in the appropriate heat.
Positive Check-in	• Coaches may receive an entry list prior to the start of the session to declare their swimmers for the session. There will be no penalty for scratches or failure to swim.
Scoring	• There will be no team or individual scores kept for this meet.
Awards	• There will be no awards given for this meet.
Warm-Ups	• The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet and posted throughout the venue. • Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.
Results	• Results will be posted on the Maryland Swimming, Inc. website and emailed to participating teams within 24 hours of the conclusion of the meet. • The meet results will be available on Meet Mobile.



Order of Events & Qualifying Times

This meet will be swum in long course meters (LCM) but will be seeded with short course yard (SCY) times.

Session 1: 13 & Over				
Sunday, January 14, 2024				
Warm-up: 8:30 am			Session Start: 9:15 am	
	Girls SCY faster than or equal to		Boys SCY faster than or equal to	
1	1:05.49	100 Freestyle	1:00.89	2
3	2:57.29	200 Breaststroke	2:43.99	4
5	1:10.89	100 Butterfly	1:06.09	6
7	2:34.89	200 Backstroke	2:25.09	8

Session 2: 12 & Under				
Sunday, January 14, 2024				
Warm-up: 12:00 pm			Session Start: 1:00 pm	
	Girls SCY faster than or equal to		Boys SCY faster than or equal to	
9	47.39	50 Butterfly	45.69	10
11	1:29.59	100 Freestyle	1:27.79	12
13	53.19	50 Breaststroke	52.09	14
15	1:41.99	100 Backstroke	1:39.79	16

Session 3: 13 & Over				
Sunday, January 14, 2024				
Warm-up: 5:00 pm			Session Start: 5:35 pm	
	Girls SCY faster than or equal to		Boys SCY faster than or equal to	
17	30.19	50 Freestyle	27.79	18
19	2:37.59	200 Individual Medley	2:28.49	20
21	6:18.69	400 Freestyle*	5:58.99	22

*Swimmers must provide their own timer for the 400-meter Freestyle events.
Entry time for the 400-meter Freestyle shall be the swimmer's 500-yard Freestyle time.

Warm-up and session start times are subject to change after processing of entries with the approval of Technical Planning.



Order of Events & Qualifying Times

This meet will be swum in long course meters (LCM) but will be seeded with short course yard (SCY) times.

Session 4: 12 & Under				
Monday, January 15, 2024				
Warm-up: 8:30 am			Session Start: 9:15 am	
	Girls SCY faster than or equal to		Boys SCY faster than or equal to	
23	38.89	50 Freestyle	38.09	24
25	1:53.99	100 Butterfly	1:51.39	26
27	46.99	50 Backstroke	47.49	28
29	1:58.09	100 Breaststroke	1:53.39	30

Session 5: 13 & Over				
Monday, January 15, 2024				
Warm-up: 12:00 pm			Session Start: 12:45 pm	
	Girls SCY faster than or equal to		Boys SCY faster than or equal to	
31	1:21.69	100 Breaststroke	1:15.49	32
33	2:21.29	200 Freestyle	2:12.79	34
35	1:11.19	100 Backstroke	1:06.39	36
37	2:36.89	200 Butterfly	2:26.89	38

Warm-up and session start times are subject to change after processing of entries with the approval of Technical Planning.



FOX WINTER LONG COURSE CHALLENGE

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to Fox Swim Club):

Fox Swim Club
ATTN: Rob Fox
448 W South Street
Frederick, MD 21701
Email to: rob@foxswimming.com

Team Name	
Club Code	
Head Coach	
Head Coach Cell Phone Number	
Head Coach Email Address	
Team Mailing Address	

Item	Total Number	Cost Per	Total
Individual Entries		\$5.25 per event entry	
Swimmer Surcharge		\$25.00 per swimmer	
Relay Entries		No relay events in the meet	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Fox Swim Club, Dulles South Recreation Center, Maryland Swimming, Inc., Virginia Swimming, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE