



FOX JANUARY DISTANCE AND SPRINT MEET

Hosted by **FOX SWIM CLUB**

January 12, 2025

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 # 24/25-037 / VS-25-04DS

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.

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
Brian Montgomery 410-903-8670 Bdmonty2000@gmail.com	Bridgette Guyer
Officials Contact	Administrative Official
Sign Up Link	Carron Dunker 443-690-0019 carron@foxswimming.com

Deadline and Meeting Summary		
Tuesday, December 31, 2024	8:00 pm	Entry Deadline
Sunday, January 12, 2025	9:45 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	<p>The pool at Dulles South is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25-yards, running from wall to wall.</p> <ul style="list-style-type: none"> • Competition Pool: <ul style="list-style-type: none"> ○ 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 25-yard course. Lane configurations for competition will be determined upon receipt of entries. Lanes may be available for continuous warm-up/down; however, breaks may also be built into the timeline to allow for warm-up/down. • Colorado timing system will be used.
Facility Information	<ul style="list-style-type: none"> • 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 will enter at the front of the building and will proceed directly to the pool deck. • Coaches, Officials, and volunteers will enter at the front of the building and should proceed directly to the pool deck. • Swimmers will be seated on the deck. Swimmers should not bring chairs to the meet. • Spectators should enter through front of the building 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.

	<ul style="list-style-type: none"> • Spectators requiring accommodations should contact Rob Fox, the Meet Director prior to the meet.
Medical Assistance and Supervision	<ul style="list-style-type: none"> • Lifeguards and AED device are available to athletes participating in the meet.
Parking	<ul style="list-style-type: none"> • Parking and entrance are located in the front of the facility
Hospitality	<ul style="list-style-type: none"> • There will be a hospitality area open to all coaches and officials. The hospitality area is located on the pool deck near the spectator stairs.
Concessions	<ul style="list-style-type: none"> • There will not be concessions available.
Vendor	<ul style="list-style-type: none"> • There will not be a vendor available.

Meet Fees: Checks payable to Fox Swim Club	
Athlete Surcharge	\$10.00 per swimmer
Individual Event Fee	\$6.00 per event
Relay Event Fee	No relay events at this meet

Organization Regulations	
Rules	<ul style="list-style-type: none"> • 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.

	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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.
Swimmers with Serious Medical Conditions	<ul style="list-style-type: none"> • The swimmer's coach is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodation. Early notice (e.g.,

	<p>concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.</p> <ul style="list-style-type: none"> • If the swimmer has a history of needing assistance exiting the pool at the completion of the race a coach must be in place to provide that assistance. • This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.
Deck Access	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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. • Athletes are responsible for providing their own timer and counter for distance events.

Meet Information	
Format	<ul style="list-style-type: none"> • Timed Finals. • Distance events (over 200-yards) will be swum fastest to slowest unless otherwise indicated. • All other events will be swum slowest to fastest unless otherwise indicated. • If the 8 & Under session (session 1) is undersubscribed, it will be combined with session 2. • 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	<ul style="list-style-type: none"> • 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. • There are no qualifying times for this meet.

Swimmers with Disabilities	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Entry deadline is Tuesday, December 31, 2024 at 8:00 pm. • No Times (NT) will be accepted. • The conforming time standard will be SCY times. • 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	<ul style="list-style-type: none"> • Swimmers may enter a maximum of 3 individual events per session and a total of 5 events for the meet. • Swimmers 12 & under may only swim in one session.
Entry Verification	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • The conforming time standard for this meet is short course yards. • 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	<ul style="list-style-type: none"> • No positive check-in required for this meet.
Scoring	<ul style="list-style-type: none"> • There will be no team or individual scores kept for this meet.
Awards	<ul style="list-style-type: none"> • There will be no awards given for this meet.
Warm-Ups	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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.



Session 1		
Sunday, January 12, 2025		
Warm-up: 9:00 am		Session Start: 9:30 am
Girls		Boys
1	8 & under 25 Breaststroke	2
3	8 & under 50 Breaststroke	4
5	8 & under 25 Backstroke	6
7	8 & under 50 Backstroke	8
9	8 & under 25 Butterfly	10
11	8 & under 50 Butterfly	12
13	8 & under 25 Freestyle	14
15	8 & under 50 Freestyle	16

If session 1 is undersubscribed it will be combined with session 2. Teams will be made aware of this change prior to the start of the meet.

Session 2		
Sunday, January 12, 2025		
Warm-up: 11:00 am		Session Start: 11:30 am
Girls		Boys
17	Open 50 Backstroke	18
19	12 & under 200 Freestyle	20
21	Open 50 Breaststroke	22
23	12 & under 500 Freestyle	24
25	Open 50 Butterfly	26
27	12 & under 400 Individual Medley	28
29	Open 100 Individual Medley	30

Session 3		
Sunday, January 12, 2025		
Warm-up: 2:30 pm		Session Start: 3:00 pm
Girls		Boys
31	Open 400 Individual Medley	32
33	Open 500 Freestyle	34
35	Open 1650 Freestyle	36

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



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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
Swimmer Surcharge		\$10.00 per swimmer	
Individual Entries		\$6.00 per event	
Relay Entries		No Relays at this 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 Recreational 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