



2024 NCAP 10&Under Polar Pentathlon



January 28, 2024

Sanction # PVC-

VSI Sanction # VS-

MEET DIRECTOR Karyn McCannon kmccannon@nationscapitalswimming.com 716-868-6611	MEET REFEREE Rich McMillen padre1993@gmail.com	CLUB OFFICIALS CHAIR Karyn McCannon kmccannon@nationscapitalswimming.com
SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC- Virginia Swimming: VS-23-. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Nation's Capital Swimming, and Dulles South Recreation 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. 	
FACILITY	<p style="text-align: center;">Dulles South Recreation Center 24950 Riding Center Drive South Riding, VA 20152 (571) 258-3456</p> <ul style="list-style-type: none"> The pool at Dulles South is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in ten (10) lanes, 25 yards, running from wall to bulkhead at the southern end of the pool. No continuous warm-up/cool-down will be available during the meet, but breaks will be scheduled during each session and the competition course will be available for warm-up/cool-down at that time. Water depth of 12'6" at the starting end and 6'8" at the turning end of the competition course. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). A copy of such certificate is on file with USA Swimming. 	
ENTRY DEADLINE	<p style="text-align: center;">Thursday, January 18, 2024 at 12:00pm</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>	
SCHEDULE	<p style="text-align: center;">Sunday January 28, 2024</p> <p style="text-align: center;">Girls: Warm up 8:10-8:55am, 9:00am start Boys: Warm up: 12:10-12:55pm, 1:00pm start</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers 10 years and under- EXCEPT those that have obtained 2 or more PVS 14&Under Championship qualifying times. 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. 	

DISABILITY SWIMMERS	<ul style="list-style-type: none"> PVS and host clubs along with their meet directors are committed to the Inclusion Policy 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.
TIMING SYSTEM	<ul style="list-style-type: none"> Semi-Automatic timing (buttons primary) will be used.
RULES	<ul style="list-style-type: none"> Current USA Swimming rules shall 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. No on-deck USA Swimming registration is permitted. In compliance with USA Swimming Rules and Regulations, 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. Deck changes are prohibited. 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 a 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. 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. Dive-over starts will NOT be used. 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 & U events per Rule 205.3.1F.
EVENT RULES	<ul style="list-style-type: none"> All events are timed finals. Athletes may enter no more than five (5) events. This meet is primarily a Pentathlon. In order to enter the "Pentathlon Competition" a SWIMMER MUST SWIM ALL FOUR (4) 25/50 YARD EVENTS PLUS THE 100 YARD I.M. EVENT IN THEIR AGE GROUP. The Championship scoring will be based on the accumulated times of the five (5) events. Winner of the Pentathlon will be determined by the lowest aggregate time of the events swum. A disqualification in any one of the events will make you ineligible for the pentathlon award. Deck entries will be accepted to fill empty lanes only. No new heats will be created.
POSITIVE CHECK IN	<ul style="list-style-type: none"> All events will be pre-seeded.
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will assign warm-ups, including times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> This facility provides Lifeguard and Pool Operator Supervision, along with an AED.
SEEDING	<ul style="list-style-type: none"> All events are pre-seeded.
SCORING	<ul style="list-style-type: none"> This meet is not scored.
AWARDS	<ul style="list-style-type: none"> Special awards will be given for 1st to 8th place – Pentathlon Ribbons will be given for 1st to 8th place – Individual events.
PROGRAMS	<ul style="list-style-type: none"> Will be emailed to attending teams/sites. No programs will be sold at the meet. Programs will be made available for coaches and officials at the meet, and available on Meet Mobile.
CREDENTIALS	<ul style="list-style-type: none"> 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.

SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> No spectator entry fee. SPECTATORS ARE LIMITED TO ONE (1) SPECTATOR PER ATHLETE.
OFFICIALS	<ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. Officials interested in volunteering should contact Rich McMillen (padre1993@gmail.com) 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.
TIMERS	<ul style="list-style-type: none"> VOLUNTEER ASSIGNMENTS WILL BE MADE BASED ON PROPORTION OF ENTRIES. The Signup Genius will be emailed to teams in advance.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "2024 NCAP Polar Pentathlon - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. Include in entry email: entry file, report of entries by name, report of entries by event. In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. 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. 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 by PVS and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	<p style="text-align: right;">Per Swimmer Surcharge: \$5.00 Deck Entries: \$10/ IE</p> <p style="text-align: right;">Individual event fee: \$7.50</p> <ul style="list-style-type: none"> Make checks payable to Nation's Capital Swimming. Checks may be mailed to: Nation's Capital Swimming Attn: Karyn McCannon 8101 Wolftrap Rd Vienna VA 22182 Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment must be made by check. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

2024 NCAP 10&Under Polar Pentathlon

Sunday January 28, 2024

Girls Event	Age Group	Event Description	Boys Event
1	10 year old	50 yard Butterfly	21
2	9 year old	50 yard Butterfly	22
3	8 year old	25 yard Butterfly	23
4	7& Under	25 yard Butterfly	24
5	10 year old	50 yard Backstroke	25
6	9 year old	50 yard Backstroke	26
7	8 year old	25 yard Backstroke	27
8	7& Under	25 yard Backstroke	28
9	10 year old	50 yard Breaststroke	29
10	9 year old	50 yard Breaststroke	30
11	8 year old	25 yard Breaststroke	31
12	7& Under	25 yard Breaststroke	32
13	10 year old	50 yard Freestyle	33
14	9 year old	50 yard Freestyle	34
15	8 year old	25 yard Freestyle	35
16	7& Under	25 yard Freestyle	36
17	10 year old	100 yard IM	37
18	9 year old	100 yard IM	38
19	8 year old	100 yard IM	39
20	7& Under	100 yard IM	40