



2025 NCAP 10&Under Pumpkin Plunge Mini

November 23, 2025

Sanction : Block Party :



<p>MEET DIRECTOR</p> <p>Kim Spina kspina@nationscapitalswimming.com Trish Buswell trishbuswell@gmail.com</p>	<p>MEET REFEREE</p> <p>Brooke Fulham brookefulham@yahoo.com</p>	<p>ENTRY COORDINATOR</p> <p>Karyn McCannon kmccannon@nationscapitalswimming.com</p>
<p>SANCTION</p>	<ul style="list-style-type: none"> Held under the sanction of USA Swimming: In granting this sanction it is understood and agreed that USA Swimming, 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. 	
<p>FACILITY</p>	<p>Ashburn Recreation Center 21105 Coopers Hawk Dr Ashburn, VA 20148 (571) 258-3456</p> <ul style="list-style-type: none"> The pool at Ashburn 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 may be scheduled during each session and the competition course will be available for warm-up/cooldown at that time. Water depth of 12'6" at the starting end and 6'8" at the turning end of the competition course. Event hosts shall ensure the required course dimensions. For pools with moveable bulkheads, the facilities host shall, prior to each session of competition, examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight and properly positioned and anchored. 	
<p>ENTRY DEADLINE</p>	<p>FRIDAY NOVEMBER 14, 2025 at 12:00pm NOON</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>	
<p>SCHEDULE</p>	<p>Sunday November 23, 2025</p> <p>Girls: Warm up 7:10-7:55am, 8:00am start Boys: Warm up: 11:10-11:55pm, 12:00pm start</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	
<p>ELIGIBILITY</p>	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers. Teams outside of PVS can request entry if space is available. 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. 	
<p>SWIMMERS WITH A DISABILITY</p>	<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. 	

	<ul style="list-style-type: none"> Athletes requiring special accommodation are asked to complete the form below. NECESSARY ACCOMMODATIONS FORM
TIMING SYSTEM	<ul style="list-style-type: none"> Semi-Automatic timing (buttons primary) will be used for all events
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 <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. 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 three (3) events. 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 for cleaning up their team areas.
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"> For individual events, ribbons will be awarded for 1st to 8th place. <ul style="list-style-type: none"> For 50 yd. events, ribbons will be awarded to the following age groups: 9&10-year-olds, 8-year-olds, and 7 and under. For 25 yd. events, ribbons will be awarded to 8-year-olds, 7-year-olds and 6 and under. Ribbons will be awarded for each session separately. For the 100 Freestyle, ribbons will be awarded to 9 & 10 year olds, and 8&Under.
PROGRAMS	<ul style="list-style-type: none"> Programs will be made available for coaches and officials at the meet, and 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.

SPECTATOR ENTRY FEE	<ul style="list-style-type: none">Spectator seating will be filled on a first come first serve basis. Once seating is full, no further spectators will be allowed into the pool area. No spectators will be allowed to stand in the lobby without purchasing a day pass from the facility.								
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 complete the availability form HEREOfficials 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.								
MEDICAL ASSISTANCE	<ul style="list-style-type: none">Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.								
ENTRY PROCEDURES	<ul style="list-style-type: none">Entries should be submitted by email to the ENTRY COORDINATOR (kmccannon@nationscapitalswimming.com)Include in the subject of the email, “NCAP Pumpkin Plunge Mini - ****” 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 Entry Coordinator 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	<table><tr><td>Per Swimmer Surcharge:</td><td>\$5.00</td><td>Deck Entries:</td><td>\$10.00/ IE</td></tr><tr><td>Individual event fee:</td><td>\$7.50</td><td></td><td></td></tr></table> <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 22182Payment 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 prohibit teams from entering future NCAP hosted club meets.	Per Swimmer Surcharge:	\$5.00	Deck Entries:	\$10.00/ IE	Individual event fee:	\$7.50		
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Sunday November 23, 2025

Girls Session

Warm up 1: 7:10-7:30am

Warm up 2: 7:35-7:55am

Events: 8:00am

Boys Session

Warm up 1: 11:10-11:30am

Warm up 2: 11:35-11:55am

Events: 12:00pm

Event #	Event	Event #
1	10 & Under 100 Backstroke	2
3	8 & Under 25 Freestyle	4
5	10 & Under 50 Freestyle	6
7	8 & Under 25 Backstroke	8
9	10 & Under 50 Backstroke	10
11	8 & Under 25 Breaststroke	12
13	10 & Under 50 Breaststroke	14
15	8 & Under 25 Butterfly	16
17	10 & Under 50 Butterfly	18
19	10&Under 100 Freestyle	20