



# Green & Orange Intersquad Dual Block Party

January 24<sup>th</sup> & 25<sup>th</sup>, 2026



Sanction # BLCK-PV-MACH-280454

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## MEET DIRECTOR

**Jason Cochran**

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**Tanya Chang**

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## MEET REFEREE

**Jenn Detrisac**

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## VOLUNTEERS-

**This is an intersquad dual meet so all parents will be asked to help.**

<b>SANCTION</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming:</li><li>In granting this sanction it is understood and agreed that USA Swimming, Machine Aquatics, The St. James &amp; USA Swimming 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>FACILITY</b>	<p><b>The St. James: Sports, Wellness and Entertainment Complex</b> 6805 Industrial Road Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"><li>The pool at The St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from bulkhead to wall. Continuous warm-up/cool-down will be available.</li><li>Water depth of 7'4" at the starting end and 4' at the turning end of the competition course.</li><li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.</li></ul>	
<b>ENTRY DEADLINE</b>	<b>FINAL ENTRY DUE MONDAY, JANUARY 19<sup>TH</sup>, 2026</b>	
<b>SCHEDULE</b>	<b>GREEN MEET DAY- SATURDAY</b> <b>13 &amp; Over Session</b> Warmup 7:30- 8:30 AM Events 8:40 AM	<b>ORANGE MEET DAY- SUNDAY</b> <b>13 &amp; Over Session</b> Warmup 7:30- 8:30 AM Events 8:40 AM
	<b>12 &amp; Under Session</b> Warmup 1:00- 1:40 PM Events 1:50 PM	<b>12 &amp; Under Session</b> Warmup 1:00- 1:40 PM Events 1:50 PM
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"><li>Automatic Timing will be used. Parent volunteer timers will be required as well.</li></ul>	
<b>ENTRY FEE</b>	<ul style="list-style-type: none"><li>\$4.00 PER EVENT</li></ul>	

**PLEASE NOTE: IF POSSIBLE ONCE ENTRIES ARE RECEIVED, THE 12& UNDER & 13 & OVER SESSIONS COULD BE COMBINED OR SESSION START TIMES CHANGING. THIS DECISION WILL BE MADE ON TUESDAY, 1/20 AFTER ENTRIES CLOSE.**

**GREEN MEET DAY- SATURDAY****13 & Over Session**

Warmup 7:30- 8:30 AM

Events 8:40 AM

**Swimmer may enter 4 events**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	13 & Over 100 Backstroke	2
3	13 & Over 200 Individual Medley	4
5	13 & Over 200 Butterfly	6
7	13 & Over 100 Breaststroke	8
9	13 & Over 50 Freestyle	10
11	13 & Over 500 Freestyle	12

**ORANGE MEET DAY- SUNDAY****13 & Over Session**

Warmup 7:30- 8:30 AM

Events 8:40 AM

**Swimmer may enter 4 events**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
43	13 & Over 200 Freestyle	44
45	13 & Over 100 Butterfly	46
47	13 & Over 200 Breaststroke	48
49	13 & Over 100 Freestyle	50
51	13 & Over 200 Backstroke	52
53	13 & Over 400 Individual Medley	54

**GREEN MEET DAY- SATURDAY****12 & Under Session**

Warmup 1:00- 1:40 PM

Events 1:50 PM

**Swimmer may enter 4 events**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
13	8 & Under 25 Freestyle	14
15	9-12 200 Breaststroke	16
17	11-12 50 Backstroke	18
19	10 & Under 50 Backstroke	20
21	11-12 100 Butterfly	22
23	10 & Under 100 Butterfly	24
25	8 & Under 25 Butterfly	26
27	9- 12 200 Backstroke	28
29	11-12 100 Freestyle	30
31	10 & Under 100 Freestyle	32
33	11-12 200 Individual Medley	34
35	9-10 200 Individual Medley	36
37	11-12 50 Breaststroke	38
39	10 & Under 50 Breaststroke	40
41	9-12 500 Freestyle	42

**ORANGE MEET DAY- SUNDAY****12 & Under Session**

Warmup 1:00- 1:40 PM

Events 1:50 PM

**Swimmer may enter 4 events**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
55	8 & Under 25 Backstroke	56
57	9-12 200 Butterfly	58
59	11-12 100 Individual Medley	60
61	10 & Under 100 Individual Medley	62
63	11-12 200 Freestyle	64
65	10 & Under 200 Freestyle	66
67	8 & Under 25 Breaststroke	68
69	11-12 100 Backstroke	70
71	10 & Under 100 Backstroke	72
73	11-12 50 Butterfly	74
75	10 & Under 50 Butterfly	76
77	11-12 100 Breaststroke	78
79	10 & Under 100 Breaststroke	80
81	11-12 50 Freestyle	82
83	10 & Under 50 Freestyle	84
85	9-12 400 Individual Medley	86

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