



Annual Stars and Stripes Invitational

Hosted by the Bridlewaves

Tuesday July 4, 2023 – 8:30 AM

Sponsored by:

Nation's Capital Swim Club * Occoquan Swimming



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- Meet Director:** Zach Rowe/Blake Eyre – headcoach@bwaves.org
- Meet Referee:** Beth Sowers – Officials@bwaves.org
- Officials Contact:** Officials@bwaves.org
- Facility:** Bridlewood Community Swimming Pool
13622 Harness Shop Ct. Gainesville, VA 20155
Six-lane, 25-meter pool
- Meet Format and Focus:** This is an exhibition All-Star style meet with the sole purpose being geared toward a ***FUN*** event for all teams involved.
Each swim team will be randomly assigned a lane that they will start the meet from and then teams will rotate one spot to the left with each successive heat, with the team in lane 6 moving back to lane 1.
There will be 1 heat per event and each team can enter only one swimmer in each individual event and 1 team into each relay event.
- Schedule:** Warm up sessions will begin at 7:35 AM with 2 teams warming up at a time (see schedule below). A Coaches meeting will be held at 7:45 AM and lane assignments will be drawn. An Officials meeting will be held at 7:50 AM and a Timers meeting will be held at 8:00 AM.
The pool will be cleared at 8:20 AM for the meet to begin by 8:30 AM.
- Awards:** Medals will be awarded for 1st through 3rd place in each event and given to the swimmers on the podium during designated awards breaks. A trophy will also be awarded to the team that accumulates the most points.
- Eligibility:** All registered PWSL swimmers who are members of the invited teams. NOTE: This event is intended for six teams, but if there is enough interest, twelve teams may be considered.
- Rules:** Current PWSL Swimming rules will govern this meet.
- Officials and Volunteers:** Each participating team is required to provide 1 stroke & turn judge. Head Referees and Starters will also be required and will be determined by the Meet Director. Other volunteer requirements will be outlined in the pre-meet informational package that will be sent out only to the participating teams.
- Participation:** Please confirm your intent to participate or decline as early as possible so we have time to invite alternate teams as necessary. Teams that have participated in previous years will have priority; otherwise it will be first come, first served.
If your team has not confirmed that they will be participating in this event by 6:00 PM **Friday, June 2nd**, we will assume you have declined and we will proceed with finding replacements as needed.
- Entries:** Team entries are due no later than **Sunday, June 25th at 8:00 PM**. Our computer rep will provide a meet file to each team by Sunday, June 17th with instructions for entering your primary swimmers. An alternate swimmer will be required for each event and they should be entered into the corresponding alternate event in the file per instructions. The alternate can only be used in the event of injury or illness to a competing swimmer.



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- Substitution Policy:** Substitutions are only permitted if these 2 conditions exist, 1) an injury or illness prevents a swimmer from competing and 2) the alternate has already been used. If these conditions exist, a team may replace a swimmer with someone who has a slower time than the person originally entered.
- Substitutions must be turned in to the Meet Referee by 8:00 AM on the morning of the meet. A substitution form will be handed out to the coaches when they arrive at the pool for warmups
- Entry Limits:** There will be only one heat per event. Each team is permitted to bring one individual swimmer per event. These swimmers will also be used to form a medley relay team in each age group. There must be 4 individual swimmers in each relay with the exception of the crescendo relay. Each individual swimmer is allowed to swim in only 1 individual event but may swim in both relays.
- The medley relay will be made up of the swimmers entered into each of the individual events. Each prescribed stroke of the relay will be completed by the same swimmer who was entered in that individual event (i.e., the swimmer entered in the individual freestyle must swim the freestyle leg of the relay).
- The crescendo event will be made up from any of the swimmers entered into the meet regardless of the individual event they were entered in and shall consist of 1 swimmer from each age group (8 & under, 9-10, 11-12, 13-14, and 15-18). As part of the crescendo relay the 8 & under & 9-10 will swim 25 meters with the remaining age group swimmers completing 50 meters, for a total distance of 200 meters.
- Entry Fees:** There is no fee required to enter this meet, however, the Bridlewaves request that everyone bring some canned or dried goods items that can be donated to the Food Bank at SERVE in Manassas. Here are the current items on their want list:
- Canned vegetables, pasta and spaghetti, pasta sauce, canned meats, canned tomatoes and tomato sauce, cereal, canned fruit, cleaning supplies, toilet paper and paper towels
- Food:** Our concessions will be open featuring a limited breakfast, snacks and drinks menu. The BWaves concessions accepts CASH ONLY.
- T-Shirt:** A 2023 Stars and Stripes Invitational T-shirt will be given to each swimmer entered in the meet courtesy of our sponsors. Each team will receive 42 tee shirts in representative sizes (erring on the side of a size up) – 40 tees for swimmers plus 2 tees for coaches.
- Additional shirts are available for pre-order at the cost of \$15 each (2XL/3XL - \$17 each). **Sizes for additional shirts must be submitted no later than 12:00pm on Sunday, June 25th.**
- Parking:** There is a small parking lot at the pool that fills up quickly. Spots are first come, first served. The pool parking lot includes three reserved handicapped spots. There is plenty of parking at ImagiNation and surrounding streets.
- If you have any special requirements for parking, please let us know as early as possible so that we have an opportunity to accommodate your needs as best we can.
- PLEASE DO NOT PARK IN INTERSECTIONS OR BLOCK RESIDENTS' DRIVEWAYS OR MAILBOXES. CARS THAT BLOCK A RESIDENT'S DRIVEWAY OR MAILBOX WILL BE TOWED AT OWNER'S EXPENSE.**



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Scoring:

The Stars and Stripes Invitational meet is comprised of 52 events: 12 relays and 40 individual events. Swimmers earn points for their teams by competing in their individual and relay events. Barring a disqualification or lack of swimmer participating, each team will earn points in every event as designated in the tables below.

The team with the most points wins the meet.

Individual Events		Relay Events	
Place	Points	Place	Points
1 st	7	1 st	14
2 nd	5	2 nd	10
3 rd	4	3 rd	8
4 th	3	4 th	6
5 th	2	5 th	4
6 th	1	6 th	2

Schedule of Events:

Warmups will begin at 7:35 AM and consist of three 15-minute sessions, concluding at 8:20 AM.

Warm Up Session 7:35 AM – 8:20 AM

Time	Lanes	Team
7:35-7:50 AM	1-3	Bridlewood
	4-6	Kingsbrooke
7:50-8:05 AM	1-3	Braemar
	4-6	Victory Lakes
8:05-8:20 AM	1-3	Wellington
	4-6	Dominion Valley

Meet events will commence at 8:30 AM. Each event will consist of one heat in the order shown below. A ten-minute break will be observed between the individual events and the relay events.



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Events

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



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Events (cont.)

Girls Event #	Description	Boys Event #
41	8 & Under 100 Meter Medley Relay	42
43	9-10 100 Meter Medley Relay	44
45	11-12 100 Meter Medley Relay	46
47	13-14 200 Meter Medley Relay	48
49	15-18 200 Meter Medley Relay	50
Butterfly Awards		
51	18 & Under 200 Meter Freestyle Crescendo Relay	52
Relay and Team Awards		



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Team Logistics

Location: The meet will be held at the Bridlewood Bridlewaves Pool. The clubhouse address, for GPS purposes, is: 13622 Harness Shop Court, Gainesville, VA, 20155.

Parking: There is a small parking lot at the pool that fills up quickly. Spots are first come, first served. The pool parking lot includes three reserved handicapped spots. There is plenty of parking at ImagiNation and surrounding streets. **PLEASE DO NOT PARK IN INTERSECTIONS OR BLOCK RESIDENTS' DRIVEWAYS OR MAILBOXES. CARS THAT BLOCK A RESIDENT'S DRIVEWAY OR MAILBOX WILL BE TOWED AT OWNER'S EXPENSE.**

Directions:

From Route 66 – Take exit 43A toward Gainesville/Warrenton onto Lee Highway/Route 29 South. Turn left (at light) onto Linton Hall Road/Route 619 (continue for 1.5 miles). Turn right onto Harness Shop Road. Turn left onto Harness Shop Court. Pool is at the end of the court.





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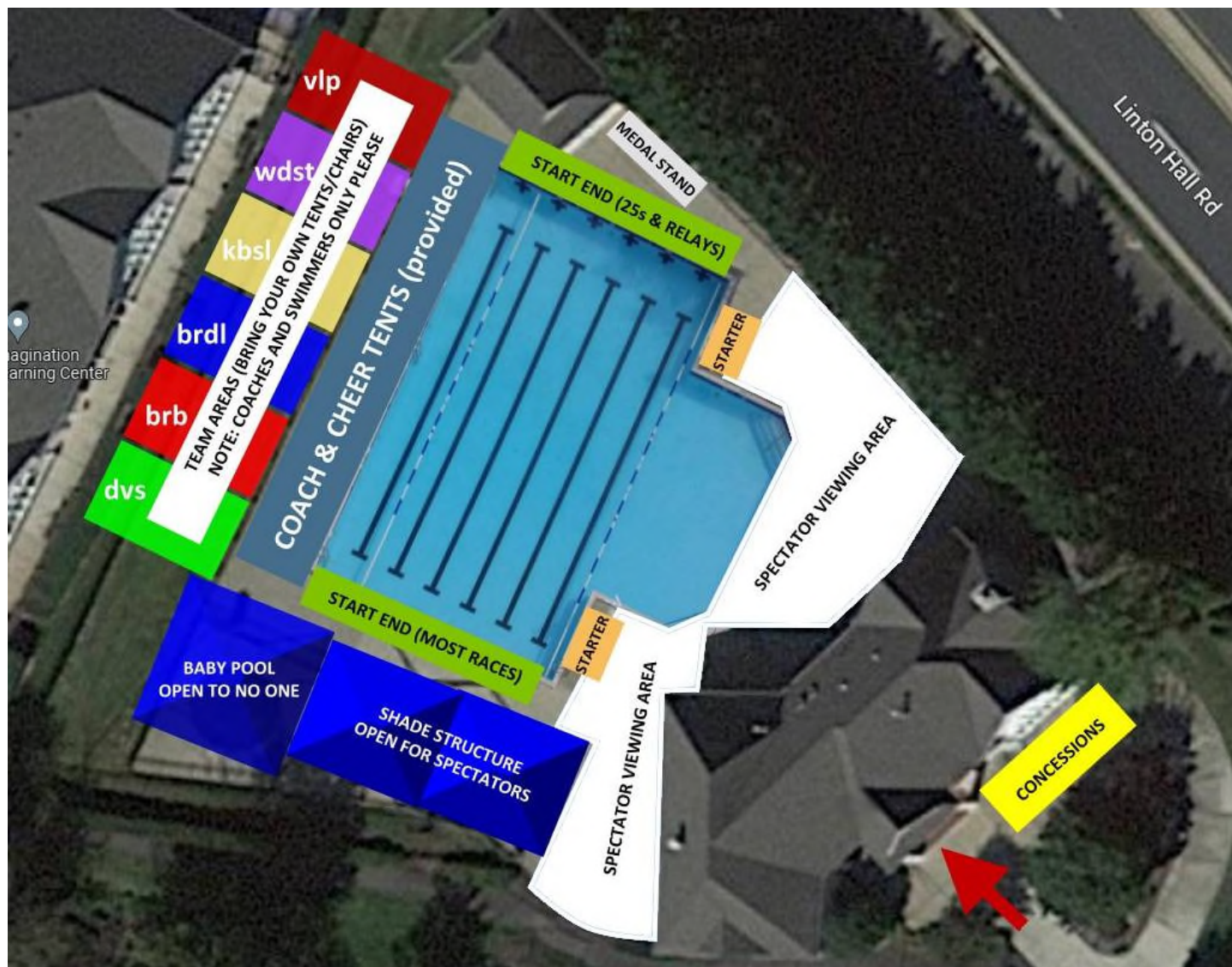
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Team Logistics

Pool Layout and Coaches Areas:



NOTES: The BWaves will provide a coaching tent and “bench seating” for each team along the deck. Teams are encouraged to bring no more than four 8x8 tents for their team area (grassy area) as indicated on the pool layout above. Spectators will **only** be allowed in the areas indicated in white and this event is “standing room only” – NO CHAIRS OR TENTS WILL BE PERMITTED ON DECK. (If your team has a need for a handicap viewing area, please let us know ahead of time). The area on the far end of the pool (by the medal stand), will be closed off to spectators during the 25m events and the relays, to accommodate swimmers and/or timers.



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Team Logistics

Team Areas:

UPDATE: We have been informed by our HOA that we are not allowed to set up tents on the basketball or tennis courts as we have in past years. This is to prevent undue wear and tear as the courts have recently been resurfaced. As such, we will have a combined tent area in the grassy areas surrounding the pool.

Parents – we will have speakers facing out towards the tent areas and make frequent announcements for events and awards presentations. However, based on past experience – because the event moves along quickly – you may consider leaving your tents at home or tent-sharing with friends to be closer to the action!

NOTES: Swimmers are encouraged to check in at the beginning of the meet and remain in the team areas on deck to avoid missing events and maximize team cheering opportunities.



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Volunteer Requirements

General Information:

The meet will consist of 1 shift: 8:30am to the end of meet (about 11:30am).

Kingsbrooke is requested to bring their starter system, fully charged, as a backup.

Announcer: Bridlewood supplies system and announcer.

Awards Distributor: (Compare to the Ribbon Labelers) There will be medals for the 1st, 2nd, and 3rd place winners of each heat. Awards personnel will organize the medals for distribution during the designated awards breaks.

Wellington and Kingsbrooke each supply one (1) awards distributor for a total of two (2).

Computer: Bridlewood supplies system and worker, Dominion Valley supplies a computer rep.

Head Timer: Victory Lakes and Braemar each supply one (1) head timer, for a total of two (2).

Lane Assigners: In lieu of a Clerk of Course each team supplies one (1) lane assigner, for a total of five (5). This person will assist lining up swimmers and direct them to the appropriate lane. Lane assignments will rotate up one lane per event as described in the Meet Announcement.

Recorders: Each team supplies one (1) recorder, for a total of five (6) assigned as follows:

Lane 1:	Braemar
Lane 2:	Wellington
Lane 3:	Kingsbrooke
Lane 4:	Dominion Valley
Lane 5:	Bridlewood
Lane 6:	Victory Lakes

Timers: Each team supplies three (3) timers, assigned as follows:

Lane 1:	Wellington, Dominion Valley, Victory Lakes
Lane 2:	Bridlewood, Kingsbrooke, Braemar
Lane 3:	Wellington, Dominion Valley, Victory Lakes
Lane 4:	Bridlewood, Kingsbrooke, Braemar
Lane 5:	Wellington, Dominion Valley, Victory Lakes
Lane 6:	Bridlewood, Kingsbrooke, Braemar

Runners: Each team supplies one (1) runner for a total of five (6).



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Volunteer Requirements

Scorers: Bridlewood, Dominion Valley, and Braemar each supply one (1) scorer for a total of three (3). Note: Scoring is different than a standard meet. The scoring process is described in the meet announcement.

Verifiers: Kingsbrooke, Victory Lakes, and Wellington each supply one (1) verifier for a total of three (3).

Stroke and Turn Judges: At least one (1) per team – Head Referee and Starters supplied by Bridlewood.

Water Runner: Bridlewood supplies one (1) water runner.

Tee Shirts: Every swimmer participating in the Stars & Stripes Invitational will receive a commemorative tee shirt. Each team will receive 42 tee shirts (40 for swimmers and 2 for coaches) in a representative range of sizes. Each team should provide one (1) person to collect their team shirts and distribute shirts to the swimmers before the meet. **Extra shirts may be pre-ordered for \$15 each (2XL/3XL are \$17 each), but sizes must be sent in by Sunday, June 25th at 12:00pm.**

Concessions: For your convenience, concessions will open at 7:30am.

Bridlewood BWaves Contacts:

Meet Manager / Computer Contact:

Reggie Sheetz

computers@bwaves.org

Meet Referee:

Beth Sowers

officials@bwaves.org

Volunteer Coordinator:

volunteers@bwaves.org



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MEET RECORDS

BOYS			FREESTYLE	GIRLS		
Jacob Hochard (KBSL)	18.39	2019	8&U 25M	Kenzie Alex (DVS)	18.14	2021
Ethan McDonald (BRDL)	32.64	2022	9-10 50M	Lucy Lu (DVS)	34.66	2019
Ian Millsaps (WDST)	29.22	2021	11-12 50M	Emmy Fargo (DVS)	30.39	2022
Will Ossenfort (BRDL)	27.35	2017	13-14 50M	Savannah Nash (DVS)	28.25	2015
AJ Ross (BRDL)	24.59	2017	15-18 50M	Lexi Sawwa (DVS)	28.28	2021
BOYS			BACKSTROKE	GIRLS		
Mateus Nunes Fuller (WDST)	21.16	2019	8&U 25M	Ariana Aldeguar (WDST)	19.14	2018
Ryan Maynard (DVS)	36.83	2018	9-10 50M	Madalyn Witt (BRDL)	37.90	2018
Elliot Ha (BRB)	32.65	2021	11-12 50M	Madalyn Witt (BRDL)	33.14	2019
Joe Durocher (BRDL)	30.15	2018	13-14 50M	Jordan Durocher (BRDL)	31.07	2017
Daniel Wong (VOSD)	28.27	2018	15-18 50M	Catherine Purnell (BLST) Abby Daniel (KBSL)	30.75	2018 2019
BOYS			BREASTSTROKE	GIRLS		
Ryan Maynard (DVS)	23.58	2016	8&U 25M	Ellie Wells (BRDL)	22.69	2019
Jacob Cho (DVS)	42.26	2019	9-10 50M	Ellie Wells (BRDL)	42.21	2021
Daniel Uribe (BRDL)	36.77	2021	11-12 50M	Abigail Daniel (KBSL)	37.76	2016
Brandon Gardner (BRDL)	34.27	2019	13-14 50M	Olivia Buckley (BRDL)	38.27	2022
Spencer Rowe (BRDL)	30.82	2015	15-18 50M	Georgia Johnson (BRDL)	33.71	2019
BOYS			BUTTERFLY	GIRLS		
Ryan Maynard (DVS)	19.15	2015	8&U 25M	Lucy Daniel (KBSL)	19.02	2016
Paul Querijero (BRDL)	15.68	2018	9-10 25M	Olivia Ahearn (DVS)	15.81	2018
Lionel Martinez (WDST)	29.45	2022	11-12 50M	Amelia Edwards (DVS)	33.22	2022
Calum O'Shea (DVS)	27.56	2022	13-14 50M	Maecy Wells (BRDL)	30.66	2021
Joshua Hochard (KBSL)	26.19	2022	15-18 50M	Sienna Golembiewski (BRB)	29.21	2021
BOYS			MEDLEY RELAY	GIRLS		
KINGSBROOKE	1:28.84	2019	8&U 100M	BRIDLEWOOD	1:31.75	2017
DOMINION VALLEY	1:14.00	2018	9-10 100M	BRIDLEWOOD	1:15.51	2018
WELLINGTON	1:01.53	2022	11-12 100M	KINGSBROOKE	1:04.62	2016
DOMINION VALLEY	2:02.02	2022	13-14 200M	BRIDLEWOOD	2:14.81	2016
BRIDLEWOOD	1:53.14	2022	15-18 200M	BRIDLEWOOD	2:03.21	2019
BOYS			CRESCENDO	GIRLS		
DOMINION VALLEY	1:53.25	2022	18&U 200M	DOMINION VALLEY	2:00.58	2018