
	NORTH DISTRICT 9-12 CHAMPIONSHIP February 16 - 18, 2024 SANCTION NO. VS-24-70	Hosted by:  Prince William Swim Club
SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-70. • USA Swimming, Inc., Virginia Swimming, Inc., Prince William Swim Club and Prince William Schools Aquatics 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. • In applying for this sanction, the Host, Prince William Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Prince William County. 	
LOCATION:	Prince William County Schools Aquatics Center, 13833 Dumfries Road, Door #25, Manassas, VA 20112 571-374-6333	
FACILITY:	<ul style="list-style-type: none"> • 8 lane; 25 yard indoor competition pool, with non-turbulent lane lines; 12.5 feet deep at the start end and 4 feet at the turn end; Colorado Automatic Timing System • 7 lanes of 25-yard indoor pool, continuous warm-up/cool down. • The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. • The PWCS Aquatics Center provides appropriate medical supervision through the use of lifeguards available at the facility. • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming. 	
MEET DIRECTOR:	Name: Lorena Caballero / Peggy Giovinazzo Phone: 703-473-5676 / 718-986-3042 Email: colore5@comcast.net / giovinmm@pwcs.edu	
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming registered athletes 9 - 12 years old by the first day of the meet in the North District which includes: PWSC, RAYS, STAT, STLH, TORP, TSU, VSTP, WFS and WST • 8 & U Virginia Swimming registered athletes in the North District may enter the 10 & U 500 Free. • Unattached athletes in the same geographical district are also eligible to attend. • No on deck Virginia Swimming athlete registration will be permitted. • The qualifying period for this meet is November 1, 2022 through February 15, 2024. • Athletes may compete in any individual event or relay leg in which they do NOT have a VSI Age Group Championship qualifying time. • 10 and 12 year-old swimmers aging up from February 16 to March 7, 2024 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> ○ The swimmer does not qualify for the event in his/her new age group at Age Group Champs. ○ The swimmer will be seeded correctly by time but will swim Exhibition only and will not be eligible to receive an award or compete in the finals session. • Age on February 16, 2024 will determine age for the entire meet. 	
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. 	

ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> The swimmer (or 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 accommodations. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion. The swimmer/coach shall provide a Personal Assistant(s) as needed.
FORMAT:	<ul style="list-style-type: none"> 11-12 year old swimmers will swim prelim/finals in all individual events except the 400 IM and the 500 free which will be swum as timed finals. The top 16 swimmers in the 11-12 age group from prelims will come back to compete in finals, except for the 200 fly, 200 back, and 200 breast where only the top 8 swimmers will compete in finals. 9-10 year-old swimmers will swim prelim/finals in all individual events with the exception of the 200 IM and 500 Free which will be contested as timed finals. The top 8 swimmers in the 9/10 age group from prelims will come back to compete in finals. Ready Room: A Ready Room will be used at this Championship prior to each “A” final heat. Each Swimmer in the “A” Final (Final heat) should report to the Ready Room 10 minutes preceding the event and participate in the “A” Final parade. <ul style="list-style-type: none"> “A” Final swimmers will be presented with music and their names will be announced prior to the start of the race. “B” Final heats will report directly to their assigned lane. All heats of the 11–12-year-old 400 Free Relay will be swum during the Friday distance session. All heats of the 11-12- and 9–10-year-old 200 Free Relays and 200 Medley Relays will be swum during the Prelims sessions. There will be a 10-minute break at the conclusion of individual events, before the Relays, on the prelim sessions on Saturday and Sunday.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 6, 2024</p> <ul style="list-style-type: none"> Entries must be submitted in Short Course Yards times using Commlink-2 software. Teams submit entries via e-mail. A printout of entries must be included with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. “No Time” (NT) entries will be accepted for individual and relay events. Coach Times (CT) are <u>not allowed</u> for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay with a NT. Swimmers may enter a maximum of 8 individual events for the meet, no more than 3 per day and 1 relay event per day. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “AG Championship” times for the corresponding relay. See the “slower than” relay times chart on page 5. The Meet Director reserves the right to combine heats and events, which may require reseeding. Email entries to: Lorena Caballero, colore5@comcast.net Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$10.50 Relay Events: \$20 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> Checks should be made payable to: Prince William Swim Club Mail payment to: Lorena Caballero

	<p>12513 Manchester Way, Woodbridge, VA 22192</p> <ul style="list-style-type: none"> • Payment must be received by Tuesday, February 13, 2024 for all entries. Failure to pay entry fees by this deadline may result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
WARM-UP:	<ul style="list-style-type: none"> • Friday Timed Finals Session: General warm-up starts at 4:00 pm; competition starts at 5:00 pm. • Morning / Preliminary sessions: Warm-ups start at 7:00 am; Competition starts at 8:00 am • Midday / Preliminary sessions: Warm-up start not before 11:00 am; Competition starts not before 12:00 pm • Afternoon or Finals sessions: Warm-ups start not before 4:00 pm; Competition starts not before 5:00 pm • Lane assignments and warm-up times for individual clubs will be posted on the Prince William Swim Club website no later than Monday, Feb. 12, 2024 and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
SEEDING:	<ul style="list-style-type: none"> • All events, except the 9-10 500 Free, 11-12 500 Free, and 11-12 400 IM, will be pre-seeded. • All swimmers should report directly to the blocks for all preliminary and “B” Final events. • Positive check-in for the 9-10 500 free, 11-12 500 free and 11-12 400 IM will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Administrative Official’s desk. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. • A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place. • Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. • The 10 & Under 500 Free will be awarded and scored separately for 8 & Under and 9-10 age groups. • Team Awards will be given. Total team points will be combined with scores from 8 & Under District Championships. Teams placing first through third will receive a plaque. • Scoring will be as follows: <ul style="list-style-type: none"> ○ All events will be scored to 16 places. ○ Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1 ○ Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 ○ Only the top two relay entries per team may score.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> ○ Entries using fraudulent or non-verifiable times. ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. • Any event in which an athlete participated illegally will be rescored and re-awarded.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this 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

	<p>understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement. 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) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval. Any swimmer initially announced as qualifying for an event in finals who fails scratch from the event and fails to compete in the event at finals will be barred from competing in any additional events in that session. Additionally, the athlete will be barred from competing in his/her next individual event in a subsequent session. Alternates will be announced along with final qualifiers but shall not be penalized if unavailable to compete in the finals. Rule 207.11.6.E 1-3, Exceptions for Failure to Compete, will be followed. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. In accordance with VSI best practices, all athletes should shower before entering the pool. Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Michael Sizemore Email: mcsizemore@gmail.com Phone: 540-834-8120</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook Officials/Apprentice Officials are asked to sign up to support the meet at the following link no later than Tuesday, February 6, 2024: 2024 Northern District 9-12 Championship (February 16-18, 2024) Officials Signup Any questions should be directed to the Meet Referee at the email above. Officials' meetings will be held in the hospitality area one hour prior to the start of the meet. General meeting for coaches and key officials will be held in the hospitality area 30 minutes prior to the start of the meet on Friday.
SAFETY:	<p>MEET SAFETY OFFICER: Lorena Caballero Email: colore5@comcast.net Phone: 703-473-5676</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> Swimmers supply their own timers and lap counters for the 500 Freestyle Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be posted on the Prince William Swim Club website no later than Monday, Feb. 12, 2024 and will also be emailed to the contact person of each of the individual clubs. These assignments will also be posted throughout the venue.
GENERAL:	<ul style="list-style-type: none"> Heat Sheets will be available for FREE download on the Prince William Swim Club website and on the Meet Mobile app with paid subscription. Hospitality will be provided for the USA-S officials and coaches.

	<ul style="list-style-type: none"> Swim items will be available through Sport Fair and commemorative shirts will be on sale in the lobby. All athletes, coaches and spectators shall follow the posted rules of the PWCS Aquatics Center as well as directions given by the lifeguards and other facility staff. Only Officials, Volunteers, Coaches and Swimmers are allowed on the Pool Deck during the meet. Spectators must remain in the lobby, hallway, or spectator areas (sitting area located on second floor); spectators and non-swimming team members are not permitted on the pool deck. Access to the following areas is restricted to facility staff: concession stand, all offices, all storage rooms, pool equipment room. Swimming is only permitted when a PWCS Aquatics Center lifeguard is present. All walkways and emergency exits must always remain clear. No tape of any kind is to be used inside to hang signs, banners or decorations. Eating, drinking and gum chewing is prohibited on the pool deck (water is permitted). Smoking is prohibited on PWCS property and inside the PWCS Aquatics Center; the use of smokeless tobacco and vapor producing products is also prohibited in the facility. Glass bottles and containers are prohibited on the pool deck. Children 12 years and younger must be accompanied by a responsible adult. Running on the pool deck is prohibited. Roughhousing, horseplay, pushing and shoving are all prohibited on the pool deck and the entirety of the Aquatics Center. The use of cellular telephones or cameras is prohibited in PWCS locker rooms, family changing rooms, and bathrooms. Please secure your valuables in a locker or bring onto the pool deck – PWCS is not responsible for the loss, damage, or theft of any personal property. Individuals not complying with facility rules, or the direction of facility staff will be asked to leave. Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperone them closely. No shaving allowed anywhere in the venue. Clean up your area after each session.
PARKING:	<ul style="list-style-type: none"> Located in the rear of the school
DIRECTIONS:	<ul style="list-style-type: none"> Prince William County Schools Aquatics Center is on the premises of Charles J. Colgan High School and is located at 13833 Dumfries Road, Manassas VA 20112 (Door #25) From I-66, take Route 234 South (exit 44) Prince William County Parkway. Proceed approximately 11 miles to Walton Drive. Turn left and follow the road to the right to the rear of the school. From I-95, take Route 234 North (exit 152B) approximately 9 miles to Walton Drive. Turn right and follow the road to the right to the rear of the school.

RELAY "SLOWER THAN TIMES" CHART

Age Group	Gender	Free	Medley
9-10	Girls	2:05.16	2:25.56
	Boys	2:03.96	2:23.86
11-12	Girls	1:49.96 (200) 4:01.96 (400)	2:05.56
	Boys	1:49.96 (200) 4:00.76 (400)	2:06.66

2024 North District Short Course 9 – 12 Championships

Friday, February 16, 2024

Girls	9 to 12 Year Old Timed Finals	Boys
1	11-12 400 Free Relay	2
3	9–10 200 IM	4
5	11-12 400 IM	6
7	10 & U 500 Free	8
9	11-12 500 Free	10

Saturday, February 17, 2024

Girls	11-12 Prelims	Boys
11	11-12 100 Free	12
15	11-12 50 Fly	16
19	11-12 200 Breast	20
21	11-12 100 Back	22
25	11-12 200 IM	26
29	11-12 50 Breast	30
33	11-12 200 Fly	34
35	11-12 200 Free Relay	36

Girls	9-10 Year Old Prelims	Boys
13	9–10 100 Free	14
17	9–10 50 Fly	18
23	9–10 100 Back	24
27	9–10 50 Breast	28
31	9–10 100 IM	32
37	9-10 200 Free Relay	38

Girls	Finals	Boys
11	11-12 100 Free	12
13	9-10 100 Free	14
15	11-12 50 Fly	16
17	9-10 50 Fly	18
19	11-12 200 Breast *	20
21	11-12 100 Back	22
23	9-10 100 Back	24
25	11-12 200 IM	26
27	9-10 50 Breast	28
29	11-12 50 Breast	30
31	9–10 100 IM	32
33	11-12 200 Fly *	34

* Top 8 Only

Sunday, February 18, 2024

Girls	11-12 Prelims	Boys
39	11-12 200 Free	40
43	11-12 50 Back	44
47	11-12 100 Fly	48
51	11-12 100 IM	52
55	11-12 50 Free	56
59	11-12 100 Breast	60
61	11-12 200 Back	62
63	11-12 200 Medley Relay	64

Girls	9-10 Year Old Prelims	Boys
41	9–10 200 Free	42
45	9-10 50 Back	46
49	9-10 100 Fly	50
53	9-10 50 Free	54
57	9-10 100 Breast	58
65	9-10 200 Medley Relay	66

Girls	Finals	Boys
39	11-12 200 Free	40
41	9-10 200 Free	42
43	11-12 50 Back	44
45	9-10 50 Back	46
47	11-12 100 Fly	48
49	9-10 100 Fly	50
51	11-12 100 IM	52
53	9-10 50 Free	54
55	11-12 50 Free	56
57	9-10 100 Breast	58
59	11-12 100 Breast	60
61	11-12 200 Back *	62

* Top 8 Only