



2026 June Long Course Invitational

June 18-21 , 2026

Sanction # PVI-26-115



<p>MEET DIRECTOR Paris Jacobs- 571-238-7657 paris@machineaquatics.com Jason Cochran jason@machineaquatics.com</p>	<p>MEET REFEREE Jenn Detrisac officials@machineaquatics.com</p>	<p>CLUB OFFICIALS CHAIR Jenn Detrisac officials@machineaquatics.com Officials Sign Up</p>
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<p>SANCTION</p>	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming through Potomac Valley Swimming, Inc: PVI-26-115. • In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Inc., Machine Aquatics, George Mason University 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. • In applying for this sanction, the Host, Machine Aquatics, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, Commonwealth of Virginia, and Loudoun County.
<p>FACILITY</p>	<p style="text-align: center;">George Mason University – Aquatic and Fitness Center – THURSDAY ONLY INVITED NATIONAL MACHINE SWIMMERS 4520 Patriot Circle Fairfax, VA 22030 (703) 993-3939</p> <ul style="list-style-type: none"> • The pool at George Mason University is a 50m x 25yd pool with two moveable bulkheads. • Competition will be held in 8 lanes, 50 meters. • Water depth of 7’ at the start end and 13.5’ at the turn end. • The meet hosts will ensure the required course dimensions. <p style="text-align: center;">-AND-</p> <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 8 lanes, 50 meters, running from wall to bulkhead at the southern end of the pool. • One (1) lane will be available for continuous warm-up/cool-down during the meet. • Water depth of 12’6” at the starting end and 4’3” at the turning end of the competition course. <p style="text-align: center;">The meet hosts will ensure the required course dimensions.</p>
<p>ENTRY DEADLINE</p>	<p style="text-align: center;">FINAL ENTRY FILE IS DUE BY 11:00 PM, TUESDAY, JUNE 9, 2026</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		Warm Ups	Events	
	Thursday, June 18th, 2026			
	All Ages- Invited Swimmers ONLY	3:00- 3:30 PM	3:35 PM	
	Friday, June 19th, 2026			
	13 & Over Session	7:15- 8:25 AM	8:30 AM	
	12 & Under Session	1:00- 2:00 PM	2:10 PM	
	Saturday, June 20th, 2026			
	Distance Session	1:40- 2:40 PM	2:45 PM	
	Sunday, June 21st, 2026			
	13 & Over Session	7:15- 8:20 AM	8:30 AM	
12 & Under Session	1:00- 2:00 PM	2:10 PM		
ELIGIBILITY	<ul style="list-style-type: none"> • Open to all Invited PVS Clubs. Teams wishing to attend should contact the Meet Director. • Athlete's age on June 18, 2026, will determine the age for the entire meet. • 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. 			
SWIMMERS WITH A DISABILITY	<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 using the NECESSARY ACCOMMODATIONS FORM 			
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used. 			
RULES	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, will 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 the 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 be used. • Entries will be processed in the order they are received to conform with the 4-hour 			

	<p>provision per Rule 205.3.1F for sessions that include 12 & U events.</p> <ul style="list-style-type: none"> • In accordance with PVS best practices, swimmers should shower before entering the pool. • Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will be removed immediately 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. <p>In accordance with PVS Policy, only those coaches who possess current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meeting. Coaches with expired or non-current credentials will be required to leave the deck area.</p>
EVENT RULES	<ul style="list-style-type: none"> • Individual Events: • Session 1a (Thursday) is only available to invited athletes Machine Aquatics National Group. • All Events are MIXED GENDER events. Boys and Girls will swim together by Age Group. • A contestant may enter a maximum of SEVEN (7) individual events. Swimmers may compete in a max of 3 events on Friday, 1 event on Saturday and 3 events on Sunday per day. <p>LONG COURSE TIMES ARE CONFORMING, (LO) ENTRY ONLY.</p> <p>NO TIME (NT) ENTRIES ARE PERMITTED.</p>
	<ul style="list-style-type: none"> • TIME CONVERSIONS ARE NOT PERMITTED. • ENTRIES MAY BE LIMITED DUE TO TIME CONSTRAINTS • THE 400 FREE, 800 FREE AND 400 IND. MEDLEY WILL BE SWUM FASTEST TO SLOWEST. • DISTANCE ENTRIES MAY BE LIMITED DUE TO TIME CONSTRAINTS. • Qualifying Provable Time for 13&O Swimmers: <ul style="list-style-type: none"> ◊ Minimum Time to enter 1000y/800m freestyle of 14:00 or a time of 6:30 or faster in the 500y/400m Freestyle. • Minimum provable times for 12 & Under Swimmers: <ul style="list-style-type: none"> Must meet the following stepping stone progression. A provable time of 7:20.00 must be swum in the 400M/500yd Free before entering the 800M/1000yd Free. • SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR THE 400 FREE, 1500 FREE, AND 400 IM AND COUNTERS (IF DESIRED) for the 800 FREE. • Deck entries are permitted for this meet and will only occur if there is an open lane in a preseeded heat. Deck entries will be \$20.00 each. (cash or check only). If an event is positive check-in, the check in will be completed per the schedule, then seeded. Any open lanes after this will be available for deck entry. Swimmers will be required to prove current USA Swimming membership in good standing if the swimmer is not already in the meet and vetted through the PVS meet recon procedure.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events in the Saturday Distance session are positive check-in events. Swimmers who do not check-in by the deadline will not be seeded into those events. • All 200 & Over Events will be positive check-In, unless otherwise announced once entries are completed. The positive check-in schedule will be determined after entries are received and the session timelines are finalized. Positive check-in closing times will be communicated to participating teams during the week leading into the meet.
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 will be swum slow-to-fast EXCEPT for the 400 Freestyle, 400 IM and 800 FREE and all events in the Saturday Distance session, which will be swum fast-to-slow.
AWARDS	<ul style="list-style-type: none"> No awards will be presented.
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.
PROGRAMS and LIVESTREAM	<ul style="list-style-type: none"> Programs will be made available on Meet Mobile prior to each session for free. Due to internet connection issues at GMU & Dulles South, livestreaming of the meet is not available.
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.
PUBLICATION OF RESULTS	By entering this meet, participants (and their parents or guardians, if applicable) acknowledge and consent to the posting of official meet results on the Potomac Valley Swimming (PVS) website. Athlete birthdates will not be included in any posted results. Meet results may be accessed by third-party organizations or applications that use publicly available swimming data for purposes such as rankings, recruitment, or goal tracking.
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 Jenn Detrisac at officials@machineaquatics.com or use the Officials Sign Up Form. 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.
ENTRY DEADLINE	<p style="text-align: center;">FINAL ENTRY FILE IS DUE BY 11:00 PM, TUESDAY, JUNE 9, 2026</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>
TIMERS	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries as assigned by the Meet Director. <ul style="list-style-type: none"> Swimmers in the 400 FREE, 800 FREE and 400 INDIVIDUAL MEDLEY MUST PROVIDE THEIR OWN TIMERS.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director at entries@machineaquatics.com. Include in the subject of the email, "2026 June Long Course Invitational" with the club's initials AND SITE. 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).

	<ul style="list-style-type: none"> • 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 24-36 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>Per Swimmer Surcharge: \$2.50 Deck entry fee: \$20.00</p> <p>Individual event fee: \$14.00</p> <p>Make checks payable to Machine Aquatics Checks may be mailed to:</p> <p style="text-align: center;"><i>Machine Aquatics</i> <i>2026 June Long Course Invitational</i> <i>204-D Mill Street,</i> <i>NE Vienna, VA</i> <i>22180</i></p> <ul style="list-style-type: none"> • Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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June 18th- 21st, 2026

Sponsored by Machine Aquatics

Thursday, June 18th, 2026- @ George Mason University

INVITED MACHINE NATIONAL TEAM MEMBERS ONLY

Warm Up: 3:00 - 3:30 pm/ Events: 3:40 pm

Event #	Event - MIXED BOYS & GIRLS
1A	Mixed 13 & Over 400M FREE

FRIDAY, JUNE 19th, 2026

13 & OVER SESSION

WARMUP: 7:15- 8:25 AM/ EVENTS: 8:30 AM

<u>EVENT #</u>	<u>EVENT DESCRIPTION</u>
1	MIXED 13 & OVER 200M FREESTYLE
2	MIXED 13 & OVER 100M BACKSTROKE
3	MIXED 13 & OVER 200M BREASTSTROKE
4	MIXED 13 & OVER 100M BUTTERFLY
5	MIXED 13 & OVER 50M FREESTYLE
6	MIXED 13 & OVER 400M INDIVIDUAL MEDLEY

FRIDAY, JUNE 19th, 2026

12 & UNDER SESSION

WARMUP: 1:00- 2:00 PM/ EVENTS: 2:10 PM

<u>EVENT #</u>	<u>EVENT DESCRIPTION</u>
7	MIXED 8-12 YR. OLD 200M INDIV. MEDLEY
8	MIXED 8-12 YR. OLD 100M FREESTYLE
9	MIXED 8-12 YR. OLD 50M BREASTSTROKE
10	MIXED 8-12 YR. OLD 100M BACKSTROKE
11	MIXED 8-12 YR. OLD 50M BUTTERFLY
12	MIXED 8-12 YR. OLD 200M BREASTSTROKE

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SATURDAY, JUNE 20th, 2026

DISTANCE SESSION

WARMUP: 1:30- 2:30 PM/ EVENTS: 2:40 PM

EVENT #	EVENT DESCRIPTION
13	OPEN MIXED 800M FREE
14	9-12 YR. OLD MIXED 400M FREE
15	9-12 YR. OLD MIXED 400M INDIV. MEDLEY
16	9-12 YR. OLD MIXED 200M BUTTERFLY

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SUNDAY, JUNE 21st, 2026

13 & OVER SESSION

WARMUP: 7:15- 8:25 AM/ EVENTS: 8:30 AM

<u>EVENT #</u>	<u>EVENT DESCRIPTION</u>
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17	MIXED 13 & OVER 200M BACKSTROKE
18	MIXED 13 & OVER 100M BREASTSTROKE
19	MIXED 13 & OVER 200M BUTTERFLY
20	MIXED 13 & OVER 100M FREESTYLE
21	MIXED 13 & OVER 200M INDIV. MEDLEY
22	MIXED 13 & OVER 400M FREESTYLE

SUNDAY, JUNE 21st, 2026

12 & UNDER SESSION

WARMUP: 1:00- 2:00 PM/ EVENTS: 2:10 PM

<u>EVENT #</u>	<u>EVENT DESCRIPTION</u>
23	MIXED 8-12 YR. OLD 200M FREESTYLE
24	MIXED 8-12 YR. OLD 50M BACKSTROKE
25	MIXED 8-12 YR. OLD 100M BREASTSTROKE
26	MIXED 8-12 YR. OLD 100M BUTTERFLY
27	MIXED 8-12 YR. OLD 50M FREESTYLE
28	MIXED 8-12 YR. OLD 200M BACKSTROKE