



# 2026 FXX Summer Solstice LC Champs

June 26-28, 2026

Sanction # PVI-26-119



<b>MEET DIRECTOR</b> <b>Matt Salerno</b> <a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a> 412-952-0545	<b>MEET REFEREE</b> <b>Tim Husson</b> <a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a> <a href="#">Officials Signup</a>	<b>CLUB OFFICIALS CHAIR</b> <b>Tricia Feinberg</b> <a href="mailto:tfeinberg@gmail.com">tfeinberg@gmail.com</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-26-119</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairfax Foxes Swimming, and George Mason University 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 style="text-align: center;"><b>George Mason University – Aquatic and Fitness Center</b>  <b>4520 Patriot Circle</b>  <b>Fairfax, VA 22030</b>  <b>(703) 993-3939</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Water depth of 7' at the start end and 13.5' at the turn end.</li> <li>A separate 25yd pool for continuous warm-up will be available throughout the meet, except during posted warm-up times.</li> </ul>																																								
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Thursday, June 11, 2026, 11:00pm</b></p> <ul style="list-style-type: none"> <li><b>IMPORTANT:</b> 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.</li> </ul>																																								
<b>SCHEDULE</b>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2"></th> <th style="text-align: center; border-bottom: 1px solid black;">Warm-Ups</th> <th style="text-align: center; border-bottom: 1px solid black;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="4"><b>Friday, June 26, 2026</b></td> </tr> <tr> <td style="padding-left: 20px;">Session 1</td> <td>13 &amp; Over Prelims</td> <td style="text-align: center;">7:00am – 7:50am</td> <td style="text-align: center;">8:00am</td> </tr> <tr> <td style="padding-left: 20px;">Session 2</td> <td>12 &amp; Under Timed Finals</td> <td style="text-align: center;">12:00pm – 12:45pm</td> <td style="text-align: center;">12:50pm</td> </tr> <tr> <td style="padding-left: 20px;">Session 3</td> <td>13 &amp; Over Finals</td> <td style="text-align: center;">4:30pm – 5:00pm</td> <td style="text-align: center;">5:10pm</td> </tr> <tr> <td colspan="4"><b>Saturday, June 27, 2026</b></td> </tr> <tr> <td style="padding-left: 20px;">Session 4</td> <td>Distance Timed Finals</td> <td style="text-align: center;">2:00pm - 2:50pm</td> <td style="text-align: center;">3:00pm</td> </tr> <tr> <td colspan="4"><b>Sunday, June 28, 2026</b></td> </tr> <tr> <td style="padding-left: 20px;">Session 5</td> <td>13 &amp; Over Timed Finals</td> <td style="text-align: center;">7:00am – 7:50am</td> <td style="text-align: center;">8:00am</td> </tr> <tr> <td style="padding-left: 20px;">Session 6</td> <td>12 &amp; Under Timed Finals</td> <td style="text-align: center;">1:00pm – 1:45pm</td> <td style="text-align: center;">1:55pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>			Warm-Ups	Events	<b>Friday, June 26, 2026</b>				Session 1	13 & Over Prelims	7:00am – 7:50am	8:00am	Session 2	12 & Under Timed Finals	12:00pm – 12:45pm	12:50pm	Session 3	13 & Over Finals	4:30pm – 5:00pm	5:10pm	<b>Saturday, June 27, 2026</b>				Session 4	Distance Timed Finals	2:00pm - 2:50pm	3:00pm	<b>Sunday, June 28, 2026</b>				Session 5	13 & Over Timed Finals	7:00am – 7:50am	8:00am	Session 6	12 & Under Timed Finals	1:00pm – 1:45pm	1:55pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to invited USA Swimming teams.</li> <li>Clubs wishing to receive an invitation to attend should contact the Meet Director, Matt Salerno (<a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a>). Entries will be processed in the order they are received until the meet has reached capacity.</li> <li>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 &amp; Regulations</i> Article 302.</li> </ul>																																								

<b>SWIMMERS WITH A DISABILITY</b>	<ul style="list-style-type: none"> <li>• PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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. <a href="#">NECESSARY ACCOMMODATION FORM</a></li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic timing (touchpads primary) will be used.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• All athletes shall compete at the age attained on the first day of the meet.</li> <li>• 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.</li> <li>• No on-deck USA Swimming registration is permitted.</li> <li>• In compliance with USA Swimming Rules and Regulations, 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• The meet host will ensure required course dimensions.</li> <li>• 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.</li> <li>• Dive-over starts may be used.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events in Session 1 will follow a prelims/finals format except for the 200 Freestyle. There will be three heats swum at finals for each Preliminary event. Heats will be swum in the following order: C, B, A. All other events are timed finals.</li> <li>• Events will be seeded using LCM times. Non-conforming SCY times will be seeded after LCM times. Coaches times are preferred over NT entries.</li> <li>• All swimmers must provide their own timer for the 400m IM, the 400m Free and all events taking place on Saturday, June 27, 2026.</li> <li>• All swimmers may enter and compete in up to three (3) events on Friday, June 26, 2026, and Sunday, June 28, 2026. Swimmers may enter a maximum of 2 events on Saturday, June 27, 2026.</li> <li>• Deck entries will be accepted on a limited basis. No new heats will be created to accommodate a deck-entered swimmer.</li> </ul>
<b>POSITIVE CHECK-IN</b>	<ul style="list-style-type: none"> <li>• All events on Saturday, June 27, as well as 400m and longer will be positive check-in. Other events may be deemed positive check-in events at the discretion of the meet director.</li> <li>• The positive check-in schedule will be determined after entries are received and the session timelines are finalized. Positive check-in procedures and deadlines will be communicated to participating teams during the week prior to the meet.</li> </ul>

<b>WITHDRAWING FROM FINALS</b>	<ul style="list-style-type: none"> <li>Swimmers who do not wish to swim in the Final must “Scratch” from the event by completing the Scratch from Finals form within 30 minutes of the announcement of qualifiers for the A, B, and C finals, if scheduled.</li> <li>Swimmers may declare an “Intent to Scratch” by completing the Scratch from Finals form within 30 minutes of the announcement of qualifiers for the A, B, and C finals, if scheduled, indicating “Intent”. Intents to Scratch must be confirmed within 30 minutes of the conclusion of the swimmer’s last preliminary event of the session or they will be automatically seeded into Finals.</li> <li><b>If a swimmer fails to properly scratch from an event and does not appear for the “Final” event, they shall be removed from their next scheduled individual event.</b></li> <li>Coaches should make sure their contact information is up to date. The meet director will contact the coach or team representative should a swimmer scratch into finals.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments.</li> <li>Continuous warm-up/warm-down will be available in a 25 yard pool adjacent to the competition pool.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> <li>Spectators are not allowed on the pool deck; swimmers may not bring personal chairs on the pool deck; coaches may bring a personal chair on the pool deck.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>All preliminary and timed finals events, with the exception of positive check-in events, will be pre-seeded at 6:00pm the evening prior to the session. Known scratches may be sent to the meet director (<a href="mailto:fairfaxfoxes@gmail.com">fairfaxfoxes@gmail.com</a>).</li> <li>All events on Saturday, June 27, 2026 (Session 4), will be seeded fast to slow.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>The meet will not be scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>All swimmers will receive a commemorative Summer Solstice bag tag (that they will need for entry on deck at GMU).</li> <li>All swimmers placing in the Top 8 will receive a Summer Solstice Medal.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Meet programs and results will be available on Meet Mobile.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>Parents not working the meet as a deck official, volunteer timer, or other position are not permitted on deck or in the facility before, during, or after the meet.</li> <li>Only athletes, USA Swimming certified coaches, deck officials and volunteers will be permitted on deck. Coaches and Officials should always have proof of active USA Swimming membership with them.</li> <li>Athletes will need to present their Summer Solstice bag tag for entry to the pool deck.</li> </ul>
<b>PUBLICATION OF RESULTS</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials will be coordinated by the Meet Referee, Tim Husson (<a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>). Officials interested in volunteering should complete the <a href="#">Online Signup</a> or email the Meet Referee. Walk-on officials are welcome.</li> <li>A comprehensive official’s briefing will be conducted prior to each session.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Two (2) timers per lane.</li> <li>Each club will be required to provide timers in proportion to the number of entries. The Meet Director will assign timer requirements to each club after entries have been received. The Meet Director will notify clubs of their timer requirements by email.</li> <li>Lane assignments will be made in advance.</li> <li>Timers should report to the timers meeting 20 minutes before the start of the session.</li> </ul>

<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>● Entries should be submitted by email to the Meet Director, fairfaxfoxes@gmail.com.</li> <li>● Include in the subject of the email, “2026 FXX LC Summer Solstice - XXXX” with the club’s initials in place of the asterisks. If your club submits multiple entry files, include the training site in the subject of the email.</li> <li>● Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>● In the body of your email, provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>● Entries directly from individual team members will not be accepted.</li> <li>● Entries by phone or fax will not be accepted.</li> <li>● The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.</li> <li>● 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 per occurrence by PVS and no further entries will be accepted from that club until the fine is paid.</li> </ul>				
<b>ENTRY FEES</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: right;">Per swimmer surcharge: \$15.00</td> <td style="width: 50%; text-align: right;">Individual event fee: \$15.00</td> </tr> <tr> <td></td> <td style="text-align: right;">Deck Entry: \$20.00</td> </tr> </table> <ul style="list-style-type: none"> <li>● Make checks payable to <b>Fairfax Foxes Swimming</b>.</li> <li>● Checks may be mailed to:  Fairfax Foxes Swimming  4144 Orchard Drive  Fairfax, VA 22032</li> <li>● Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>	Per swimmer surcharge: \$15.00	Individual event fee: \$15.00		Deck Entry: \$20.00
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# 2026 FXX Summer Solstice LC Champs

Friday, June 26, 2026

## SESSION 1: 13&Over Prelims

GIRLS	EVENT	BOYS
1	13 & Over 100M Butterfly	2
3	13 & Over 50M Butterfly	4
5	13 & Over 100M Backstroke	6
7	13 & Over 50M Freestyle	8
9	13 & Over 100M Breaststroke	10
11	13 & Over 200M Freestyle*	12

*\*Timed Finals.*

## SESSION 2: 12&Under Timed Finals

MIXED	EVENT
13	12 & Under 100M Butterfly
14	12 & Under 200M Freestyle
15	12 & Under 50M Butterfly
16	12 & Under 200M Breaststroke
17	12 & Under 50M Freestyle
18	12& Under 100M Backstroke

## SESSION 3: 13&Over Finals

GIRLS	EVENT	BOYS
1	13 & Over 100M Butterfly	2
3	13 & Over 50M Butterfly	4
5	13 & Over 100M Backstroke	6
7	13 & Over 50M Freestyle	8
9	13 & Over 100M Breaststroke	10

# 2026 FXX Summer Solstice LC Champs

## Saturday, June 27, 2026

### SESSION 4: Distance Timed Finals

*All events are positive check-in. Swimmers must provide their own timer.*

MIXED	EVENT
19	Open 200M Butterfly
20	Open 800M Freestyle <sup>§</sup>
21	12 & Under 400M Freestyle
22	Open 400M Individual Medley

<sup>§</sup> Swimmers must provide their own counter (if desired).

## Sunday, June 28, 2026

### SESSION 5: 13&Over Timed Finals

GIRLS	EVENT	BOYS
23	13 & Over 50M Breaststroke	24
25	13 & Over 200M Individual Medley	26
27	13 & Over 200M Backstroke	28
29	13 & Over 100M Freestyle	30
31	13 & Over 200M Breaststroke	32
33	13 & Over 50M Backstroke	34
35	13 & Over 400M Freestyle**	36

*\*\* Swimmers must provide their own timer.*

### SESSION 6: 12&Under Timed Finals

MIXED	EVENT
37	12 & Under 50M Breaststroke
38	12 & Under 200M Backstroke
39	12 & Under 50M Backstroke
40	12 & Under 100M Freestyle
41	12 & Under 100M Breaststroke
42	12 & Under 200M Individual Medley