

2026 DHI Summer Send Off Championship

July 10-12th, 2026

Sanction # PVC-26-122



<p style="text-align: center;">MEET DIRECTOR</p> <p>Jason Cochran jason@machineaquatics.com</p>	<p style="text-align: center;">MEET REFEREE</p> <p>Jenn Detrisac officials@machineaquatics.com</p>	<p style="text-align: center;">CLUB OFFICIALS CHAIR</p> <p>Jenn Detrisac officials@machineaquatics.com Officials Sign Up</p>
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming, Inc: PVC-26-122. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Machine Aquatics, and St. James shall be held free and harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 																											
FACILITY	<p style="text-align: center;">The St. James: Sports, Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"> The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 lanes, 50 meters, running from bulkhead to wall at the southern end of the pool. The Meet Director reserves the right to use up to 10 competition lanes if necessary to accommodate entries and maintain reasonable session timelines. Water depth of 7'4" at the starting end and 4' at the turning end of the competition course. Warm-up and warm-down lanes may be available during competition. The Meet Director reserves the right to designate, modify, or eliminate these lanes as necessary to ensure the safe and efficient operation of the meet. The meet hosts will ensure the required course dimensions. 																											
ENTRY DEADLINE	<p style="text-align: center;">FINAL ENTRY FILE IS DUE BY 11:00 PM, Tuesday, June 30th, 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	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 40%;"></th> <th style="width: 30%;">Warm Ups</th> <th style="width: 30%;">Events</th> </tr> </thead> <tbody> <tr style="background-color: #e0e0e0;"> <td colspan="3">Friday, July 10th, 2026</td> </tr> <tr> <td>13 & Over Session</td> <td>6:30- 7:40 AM</td> <td>7:50 AM</td> </tr> <tr> <td>12 & Under Session</td> <td>12:15- 1:10 PM</td> <td>1:15 PM</td> </tr> <tr style="background-color: #e0e0e0;"> <td colspan="3">Saturday, July 11th, 2026</td> </tr> <tr> <td>Open Session- Timed Finals</td> <td>1:30- 2:30 PM</td> <td>2:40 PM</td> </tr> <tr style="background-color: #e0e0e0;"> <td colspan="3">Sunday, July 12th, 2026</td> </tr> <tr> <td>13 & Over Session</td> <td>6:30- 7:40 AM</td> <td>7:50 AM</td> </tr> <tr> <td>12 & Under Session</td> <td>12:15- 1:10 PM</td> <td>1:15 PM</td> </tr> </tbody> </table> <p>*NOTE: The Meet Director reserves the right to adjust start times in order to allow the full meet to fit within the pool rental time and USAS Rules.</p>		Warm Ups	Events	Friday, July 10th, 2026			13 & Over Session	6:30- 7:40 AM	7:50 AM	12 & Under Session	12:15- 1:10 PM	1:15 PM	Saturday, July 11th, 2026			Open Session- Timed Finals	1:30- 2:30 PM	2:40 PM	Sunday, July 12th, 2026			13 & Over Session	6:30- 7:40 AM	7:50 AM	12 & Under Session	12:15- 1:10 PM	1:15 PM
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ELIGIBILITY	<ul style="list-style-type: none"> ● Open to all USA Swimming Registered athletes. Priority will be given to teams who contact the Meet Manager reserving a spot for their team. ● 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. NECESSARY ACCOMMODATION FORM
TIMING SYSTEM	<ul style="list-style-type: none"> ● Automatic timing (touchpads primary) will be used.
RULES	<ul style="list-style-type: none"> ● Current USA Swimming rules shall 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 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. In compliance with PVS policy, the use of equipment capable of taking pictures and/or videos of athletes while they are on the blocks or exiting the pool (e.g. cell phones, cameras, etc.) is strictly prohibited. Credentialed and Meet Host, pre-approved media personnel are permitted to take pictures and/or videos of athletes after they have entered the pool and before exiting the pool. ● 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. 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. ● 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 & U events per Rule 205.3.1F.
ENTRY RULES	<p>Individual Events:</p> <ul style="list-style-type: none"> ● A contestant may enter a maximum of TEN (10) individual events. Swimmers may compete in a max of 4 events per day. ● LONG COURSE VERIFIABLE TIMES ONLY. ● NO TIME ENTRY OR COACHES TIMES ARE NOT ACCEPTED ● 400 FREE, 400 IM, 800 FREE ARE TIMED FINALS EVENTS SWUM FASTEST TO SLOWEST. ● ENTRIES MAY BE LIMITED DUE TO TIME CONSTRAINT ● 800 FREE ENTRIES MAY BE LIMITED DUE TO TIME CONSTRAINTS. ● SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR THE 400 FREE, 800 FREE, AND 400 IM AND COUNTERS (IF DESIRED) for the 400 and 800 FREE. ● NO DECK ENTRIES FOR THE MEET.
POSITIVE CHECK IN	<ul style="list-style-type: none"> ● All 400 & 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.
SEEDING	<ul style="list-style-type: none"> ● The Open 400 Free, 400 IM, 800 FREE will swim fastest to slowest.
WARM-UP	<ul style="list-style-type: none"> ● 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 based on entries submitted.

SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
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 the St. James, livestreaming of the meet is not guaranteed.
AWARDS	<ul style="list-style-type: none"> There will be no awards for this meet.
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 at all times.
PUBLICATIONS OF RESULTS	<ul style="list-style-type: none"> 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 CLICK HERE. 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 official briefing will precede each session during warm-ups.
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. Swimmers in the 400 FREE & 800 FREE & 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 DHI Invite Summer Send Off Championship" 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). 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 style="text-align: center;">Per Swimmer Surcharge: \$8.00 Individual event fee: \$10.50</p> <p>Make checks payable to Machine Aquatics Checks may be mailed to:</p> <p style="text-align: center;">Machine Aquatics 2026 DHI Invite Summer Send Off 204-D Mill Street, NE Vienna, VA 22180</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.

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| | <ul style="list-style-type: none">• 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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PLEASE NOTE: SESSION START TIMES MAY BE ADJUSTED ONCE ALL ENTRIES ARE SUBMITTED. WE WILL NOTIFY ALL ATTENDING TEAMS BY SUNDAY, JULY 5TH OF ANY CHANGES.

Friday, July 10th, 2026

13 & Over

Warm Up: 6:30 - 7:40 AM/ Events: 7:50AM

No FASTER Than	Girls Event #	Event	Boys Event #	No FASTER Than
1:15.30 LCM	1	15 & Over 100 Backstroke	2	1:10.00 LCM
1:15.30 LCM	3	13-14 100 Backstroke	4	1:12.70 LCM
2:22.40 LCM	5	15 & Over 200 Freestyle	6	2:09.30 LCM
2:22.40 LCM	7	13-14 200 Freestyle	8	2:15.00 LCM
1:14.20 LCM	9	15 & Over 100 Butterfly	10	1:06.50 LCM
1:14.20 LCM	11	13-14 100 Butterfly	12	1:10.30 LCM
3:07.20 LCM	13	15 & Over 200 Breaststroke	14	2:48.40 LCM
3:07.20 LCM	15	13-14 200 Breaststroke	16	2:58.70 LCM

Friday, July 10th, 2026

12 & Under

Warm Up: 12:15 - 1:10 PM/ Events: 1:15 PM

No FASTER Than	Girls Event #	Event	Boys Event #	No FASTER Than
2:56.90 LCM	17	11-12 200 IM	18	2:54.40 LCM
3:30.30 LCM	19	MIXED 10 & Under 200 IM	20	3:31.10 LCM
1:10.60 LCM	21	11-12 100 Freestyle	22	1:10.90 LCM
1:25.00 LCM	23	MIXED 10 & Under 100 Freestyle	24	1:24.00 LCM
44.20 LCM	25	11-12 50 Breaststroke	26	44.70 LCM
51.80 LCM	27	MIXED 10 & Under 50 Breaststroke	28	53.60 LCM
1:22.90 LCM	29	11-12 100 Backstroke	30	1:22.90 LCM
1:37.70 LCM	31	MIXED 10 & Under 100 Backstroke	32	1:37.00 LCM
36.50 LCM	33	11-12 50 Butterfly	34	36.20 LCM
44.10 LCM	35	MIXED 10 & Under 50 Butterfly	36	45.00 LCM
5:26.80 LCM	37	MIXED 11-12 400 Freestyle	38	5:26.70 LCM
6:36.10 LCM	39	MIXED 10 & Under 400 Freestyle	40	6:36.10 LCM

Saturday, July 11th, 2026

All Ages Session

Warm Up: 1:30 - 2:30 PM/ Events: 2:40 PM

No FASTER Than	Girls Event #	Event	Boys Event #	No FASTER Than
5:48.50 LCM	41	MIXED 15 & Over 400 IM	42	5:24.60 LCM
5:48.50 LCM	43	MIXED 13- 14 400 IM	44	5:28.80 LCM
30.50 LCM	45	15 & Over 50 Freestyle	46	27.40 LCM
30.50 LCM	47	13-14 50 Freestyle	48	28.70 LCM
10:22.00 LCM	49	15 & Over MIXED 800 Freestyle	50	9:41.00 LCM
10:30.00 LCM	51	13-14 MIXED 800 Freestyle	52	10:00.00 LCM

Sunday, July 12th, 2026

13 & Over

Warm Up: 6:30 - 7:40 AM/ Events: 7:50 AM

No FASTER Than	Girls Event #	Event	Boys Event #	No FASTER Than
2:41.20 LCM	53	15 & Over 200 Backstroke	54	2:30.70 LCM
2:41.20 LCM	55	13-14 200 Backstroke	56	2:34.00 LCM
1:27.70 LCM	57	15 & Over 100 Breaststroke	58	1:18.00 LCM
1:27.70 LCM	59	13-14 100 Breaststroke	60	1:22.20 LCM
2:54.50 LCM	61	15 & Over 200 Butterfly	62	2:39.00 LCM
2:54.50 LCM	63	13-14 200 Butterfly	64	2:44.90 LCM
1:05.60 LCM	65	15 & Over 100 Freestyle	66	1:00.00 LCM
1:05.60 LCM	67	13-14 100 Freestyle	68	1:02.50 LCM
2:41.90 LCM	69	15 & Over 200 IM	70	2:29.00 LCM
2:41.90 LCM	71	13-14 200 IM	72	2:33.60 LCM
4:56.50 LCM	73	MIXED 15 & Over 400 Freestyle	74	4:35.50 LCM
5:01.70 LCM	75	MIXED 13-14 400 Freestyle	76	4:42.10 LCM

Sunday, July 12th, 2026

12 & Under

Warm Up: 12:15 - 1:10 PM/ Events: 1:15 PM

No FASTER Than	Girls Event #	Event	Boys Event #	No FASTER Than
2:35.80 LCM	77	11-12 200 Freestyle	78	2:33.50 LCM
3:01.00 LCM	79	MIXED 10 & Under 200 Freestyle	80	3:01.00 LCM
39.20 LCM	81	11-12 50 Backstroke	82	39.00 LCM
44.80 LCM	83	MIXED 10 & Under 50 Backstroke	84	45.30 LCM
1:35.80 LCM	85	11-12 100 Breaststroke	86	1:35.70 LCM
1:51.60 LCM	87	MIXED 10 & Under 100 Breaststroke	88	1:53.60 LCM
1:24.20 LCM	89	11-12 100 Butterfly	90	1:24.20 LCM
1:49.30 LCM	91	MIXED 10 & Under 100 Butterfly	92	1:51.60 LCM
32.80 LCM	93	11-12 50 Freestyle	94	32.20 LCM
37.80 LCM	95	MIXED 10 & Under 50 Freestyle	96	37.60 LCM

**** NO FASTER THAN Cuts for MIXED events are by gender but the event will be swum as a MIXED event.****