



26th Annual Spring Championships

March 20-22, 2026

Sanction # PVC-26-91



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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-26-91. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Suburban Aquatics, and Fairland Sports and Aquatics Complex 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.
FACILITY	<p style="text-align: center;"><u>Fairland Aquatics Center</u> 13820 Old Gunpowder Road Laurel, Maryland 20707 (301) 362-6060</p> <ul style="list-style-type: none"> The pool at Fairland Aquatics Center is 50m x 25yd with two moveable bulkheads. One 10-lane 25-yard course running from wall to wall will be used for preliminary events. A second course that is 8-lanes, 25-yard course running wall to wall may be used for prelim events, if needed. Water depth ranges from 5' – 13' at both the start and turn ends. Finals events will be held in the 10-lane 25-yard course. Continuous warm-up will be available if only one course is used. PLEASE NOTE: Spectator capacity is limited to 250 people in the gallery. Facility Rules: <ul style="list-style-type: none"> Swimmers are not to leave the pool deck without appropriate attire. Glass containers are not permitted within the pool area. Camera cell phones are not permitted in the locker rooms. Swimmers should take a cleansing shower before entering the pool for warm up.
ENTRY DEADLINE	<p style="text-align: center;">March 11, 2026 - 11:59 PM</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> <ul style="list-style-type: none"> Entries will be accepted on a first-come, first-served basis.
SCHEDULE	<p style="text-align: center;"><u>Friday, March 20 – Distance Session - Timed Finals:</u> Warm-up 4:30 – 5:20 PM, Events: 5:30 PM</p> <p style="text-align: center;"><u>Saturday and Sunday, March 21 – 22:</u></p> <p style="text-align: center;">On Saturday and Sunday mornings, no one will be permitted to enter the building until 6:00 am.</p> <p style="text-align: center;">Morning Session - 13 & Over Prelims: Warm-up: 6:30 AM - 7:20 AM, Events: 7:30 AM</p> <p style="text-align: center;">Midday Session - 12 & Under Prelims: Warm-up: 11:45 – 12:35 PM, Events: 12:45 PM</p> <p style="text-align: center;">Afternoon Session - Finals : Warm-up: 5:00 – 5:30 PM, Events: 5:45 PM</p> <p style="text-align: center;">The Meet Director reserves the right to adjust times/sessions after entries are received.</p>

ELIGIBILITY	<p>Please read Meet Announcement carefully for new information.</p> <ul style="list-style-type: none"> • Open to athletes from invited USA Swimming clubs and registered athletes. • Entries are limited to 350 athletes per session. • Entries will be accepted on a first come, first served basis from invited teams. The Meet Director will endeavor to inform teams promptly when the meet has been fully subscribed. Once capacity per session is reached, no new entries can be accepted. • Athletes shall compete at the age attained on the first day of the meet. • An athlete may only compete in his or her own age division. • 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 Accommodations 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 <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. 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 may 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 & Under events per Rule 205.3.1F.
EVENT RULES	<ul style="list-style-type: none"> • A swimmer may enter a max of three (3) individual events per day. • Athletes are limited to seven (7) individual events for the meet. • Teams can enter no more than three (3) relay teams (A,B,C) per relay event, per session. All Relays will be Timed Finals. • Saturday and Sunday, Morning and Midday session’s events will be Prelim, except events noted below. • 12 & Under 200 Butterfly, Breaststroke, Backstroke, and Freestyle will be Timed Finals. • All 10 & Under individual events during the Finals Session will have one (1) heat (“A”) of ten (10) swimmers. • 11-12 individual events during the Finals session will have two (2) heats (“A”, “B”) of ten (10)

	<p>swimmers each. The B final will be swum first.</p> <ul style="list-style-type: none"> • 13 & Over 200 Butterfly will be Timed Finals. • For the Finals session, 13-14 and 15 & Over 200 IM and 200 Freestyle will have one (1) heat (“A”) of ten (10) swimmers. 13 & Over 200 Breaststroke and 200 Backstroke will have one (1) heat (“A”) of ten (10) swimmers. All other events for 13-14 and 15 & Over during the Finals session will have two (2) heats (“A”, “B”) of ten (10) swimmers each. The B final will be swum first. • All Friday night events are Timed Finals, will be swum fast to slow, and may require positive check-in. • A 14 & Under swimmer may not enter an event they are eligible to enter at PVS SC 14 & Under Championships. • A 15 & Over swimmer may not enter an event they are eligible to enter at PVS SC Open Championships. • If a swimmer is ineligible to swim an event in this meet, that swimmer is also ineligible to swim the corresponding relay leg of that stroke and distance on a relay team. • The 500 Freestyle, the 400 IM, and the 1000 Mixed Freestyle will be broken out by age groups and gender for scoring and awards purposes. • Friday Session is considered a Distance Session; Swimmers must provide their own timer for all events, and a counter if desired, for the 500 and 1000 Freestyle events. • Entries in the 400 IM, 500 Free and 1000 Free may need to be limited due to time constraints. If necessary, entries will be limited based on verifiable proof of entry time, fast to slow. Any athlete removed will be given the opportunity to enter another event in the meet as long as that entry does not create a new heat or exceed the entry limit per session. • SEED TIMES SHOULD BE SUBMITTED AS SHORT COURSE YARDS ONLY. • NT (No Time) entries will not be accepted.
POSITIVE CHECK-IN	<ul style="list-style-type: none"> • For those events requiring positive check-in athletes shall indicate their intention to swim the event on the forms provided at the check-in table. • Positive check-in cutoff times will be provided by email by the Meet Director. • Athletes who have not checked in by the specified time will not be seeded into the event. • The Meet Entry Coordinator, in conjunction with the Meet Director, reserves the right to require positive check-in of some or all the events in order to manage the timeline of the session.
WITHDRAWING FROM FINALS	<p>If you do not wish to swim in the Final, you may “Scratch” from the event by following this procedure:</p> <ul style="list-style-type: none"> • You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A” and “B” finals, if scheduled. • You may declare an “Intent to Scratch”. You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for “Intent to Scratch”. • If you declare an “Intent to Scratch” and do not wish to swim in finals, you must confirm your scratch on the Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded in the event. • Athletes who have checked-in, been seeded and fail to swim in the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.
WARM-UP	<ul style="list-style-type: none"> • The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed. • Continuous warm-up/cool-down will be available ONLY if single course is used. • The Meet Director reserves the right to modify the warm-up times and structure, if necessary.
SUPERVISION	<ul style="list-style-type: none"> • Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up. • Swimmers are required to take a shower before entering the pool for warm up. • Coaches are responsible for the conduct of their swimmers and families, and for cleaning up their team areas.

	<ul style="list-style-type: none"> • Due to limited deck space, there will be NO chairs on deck except for coaches.
SEEDING	<ul style="list-style-type: none"> • Standard seeding will be used. • Finals events for all 10 & Under will be seeded with the top ten (10) swimmers from that event making the "A" Final. • Finals events for all 11-12 will be seeded with the top twenty (20) swimmers. Ten (10) swimmers for each heat (A, B). • 200 yard Finals events for 13-14, 13 & Over, and 15 & Over will be seeded with the top ten (10) swimmers from that event making the "A" Final. • 50 and 100 yard Finals events for 13-14 and 15 & Over will be seeded with the top twenty (20) swimmers. Ten (10) swimmers for each heat (A, B).
SCORING	<ul style="list-style-type: none"> • Individual Events: 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.
AWARDS	<ul style="list-style-type: none"> • Ribbons will be awarded for 1st through 10th place for individual events. • Ribbons will be awarded for 1st through 3rd place for Relay events. • High Point: Special recognition will be given to the male and female swimmer from each age group: 10 & Under, 11-12, 13-14 and 15 & Over, who accumulates the most points from individual events. • The 11-12 and 13-14 events will be broken out as single age groups for scoring and ribbon purposes. The 10 & Under and 15 & Over will be scored as one group. • Events 1 through 8 will be broken out by age group and gender for scoring and awards.
PROGRAMS	<ul style="list-style-type: none"> • Programs will be available on Meet Mobile. • Printed programs will be available for coaches and officials.
CREDENTIALS	<ul style="list-style-type: none"> • Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. • Working coaches & deck officials are required to display or produce their current USA Swimming credentials on the USA Swimming App. • Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck. Please cooperate with the meet marshals.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • There is no admission charge. • All swimmers and spectators should enter the facility through the pool lobby. Coaches and Officials ONLY may use the side entrance to the pool deck. • The hospitality table, located on the pool deck will be available to all coaches, officials and other meet volunteers. • No chairs may be set up in the lobby or gallery 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.
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 may sign up on the officials sign up link or contact Carla Austin, caustin.enllc@gmail.com. • 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. One timer is requested for each 25 splashes. • Friday is a Distance Session; therefore, swimmers must provide their own timer and counter, if desired. Volunteers are still needed as Marshals and Head Timers. You will be able to leave your position to time your child, however, we do ask you to stay till the end of the session.

ENTRY PROCEDURES	<ul style="list-style-type: none"> ● Entries should be submitted by email to the Meet Director, Justin Eppard, at admin@suburban-aquatics.org. ● Include in the subject of the email, "2026 Spring Championships - ****" 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. ● Include in the entry email: entry file and report of entries by name. ● 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 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.
DECK ENTRIES	<ul style="list-style-type: none"> ● There will be no deck entries accepted at this meet.
ENTRY FEES	<p style="text-align: center;">Per Swimmer Surcharge: \$12.50 Relay event fee: \$20.00 Individual Event fee: \$10.00</p> <ul style="list-style-type: none"> ● Make checks payable to "Suburban Aquatics". ● Checks may be mailed to: 11222 Cherry Hill Road, APT 301, Beltsville, MD 20705. ● 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. ● Remit one check to cover the entry fees for the entire team. Do not send cash. ● Telephone entries will not be accepted.

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Friday, March 20, 2026 - DISTANCE SESSION

WARM-UP: 4:30 – 5:20 PM, EVENTS: 5:30 PM

Swimmers must provide own timer for all events,
and counter, if desired, for 500 and 1000 YD Freestyle

Girls Event #	Slower Than (SCY)	DISTANCE SESSION - Timed Finals	Slower Than (SCY)	Boys Event #
1	6:59.99/10&U	Open 500 YD Freestyle	6:59.99/10&U	2
	5:55.99/11-12		5:55.99/11-12	
	5:28.79/13-14		5:13.69/13-14	
	5:27.79/15&O		5:01.99/15&O	
3	2:57.99/10&U	12 & Under 200 YD IM	2:57.99/10&U	4
	2:33.19/11-12		2:33.39/11-12	
5	5:00.99/14&U	Open 400 YD IM	4:43.99/14&U	6
	4:59.99/15&O		4:35.29/15&O	
7	11:39.99/14&U	Open Mixed 1000 YD Freestyle	11:09.99/14&U	7
	11:29.99/15&O		10:21.39/15&O	
<p>Times Slower than 8:29.99 will not be entered in the 10 & Under 500 YD Freestyle Times Slower than 7:59.99 will not be entered in the 11-12 500 YD Freestyle Times Slower than 6:49.99 will not be entered in the 13 & Over 500 YD Freestyle Times Slower than 6:39.99 will not be entered in the 400 YD IM Times Slower than 14:59.99 will not be entered in the 1000 YD Freestyle</p>				

26th Annual Spring Championships

Morning 13 & Over Session

Saturday, March 21, 2026

WARM-UP: 6:30 - 7:20 AM, EVENTS: 7:30 AM

Girls Event #	Slower Than (SCY)	13 & Over Events	Slower Than (SCY)	Boys Event #
8	NT	13 & Over 200 YD Medley Relay	NT	9
10	34.59	13-14 50 YD Breaststroke	31.99	11
12	34.49	15 & Over 50 YD Breaststroke	31.09	13
14	2:03.59	13-14 200 YD Freestyle	1:56.99	15
16	2:03.19	15 & Over 200 YD Freestyle	1:52.09	17
18	1:04.59	13-14 100 YD Butterfly	1:00.69	19
20	1:03.99	15 & Over 100 YD Butterfly	57.29	21
22	2:39.99	13 & Over 200 YD Breaststroke	13-14: 2:31.39 15&O: 2:23.99	23
24	13-14: 2:17.99 15&O: 2:17.79	13 & Over 200 YD Backstroke	13-14: 2:11.99 15&O: 2:07.99	25
26	57.69	13-14 100 YD Freestyle	53.99	27
28	56.99	15 & Over 100 YD Freestyle	50.99	29

Morning 13 & Over Session

Sunday, March 22, 2026

WARM-UP: 6:30 - 7:20 AM, EVENTS: 7:30 AM

Girls Event #	Slower Than (SCY)	13 & Over Events	Slower Than (SCY)	Boys Event #
52	NT	13 & Over 200 YD Freestyle Relay	NT	53
54	29.39	13-14 50 YD Butterfly	27.59	55
56	29.29	15 & Over 50 YD Butterfly	26.99	57
58	30.99	13-14 50 YD Backstroke	28.59	59
60	30.89	15 & Over 50 YD Backstroke	27.69	61
62	2:19.49	13-14 200 YD IM	2:12.49	63
64	2:19.39	15 & Over 200 YD IM	2:06.99	65
66	1:04.99	13-14 100 YD Backstroke	1:02.19	67
68	1:04.99	15 & Over 100 YD Backstroke	58.79	69
70	13-14: 2:27.99 15&O: 2:27.89	13 & Over 200 YD Butterfly	13-14: 2:17.99 15&O: 2:11.99	71
72	1:14.49	13-14 100 YD Breaststroke	1:09.79	73
74	1:14.49	15 & Over 100 YD Breaststroke	1:06.19	75
76	26.39	13-14 50 YD Freestyle	24.89	77
78	26.29	15 & Over 50 YD Freestyle	23.59	79

26th Annual Spring Championships

Midday 12 & Under Session

Saturday, March 21, 2026

WARM-UP: 11:45 AM - 12:35 PM, EVENTS: 12:45 PM

Girls Event #	Slower Than (SCY)	12 & Under Events	Slower Than (SCY)	Boys Event #
30	NT	12 & Under 200 YD Medley Relay	NT	31
32	10&U: 2:36.99 11-12: 2:15.99	12 & Under 200 YD Freestyle	10&U: 2:35.59 11-12: 2:14.99	33
34	36.99	10 & Under 50 YD Butterfly	36.99	35
36	31.29	11-12 50 YD Butterfly	31.89	37
38	1:33.89	10 & Under 100 YD Breaststroke	1:33.89	39
40	1:21.19	11-12 100 YD Breaststroke	1:21.59	41
42	2:48.99	12 & Under 200 YD Butterfly	2:43.99	43
44	1:22.49	10 & Under 100 YD Backstroke	1:22.49	45
46	1:10.99	11-12 100 YD Backstroke	1:10.99	47
48	32.49	10 & Under 50 YD Freestyle	32.49	49
50	28.39	11-12 50 YD Freestyle	28.09	51

Midday 12 & Under Session

Sunday, March 22, 2026

WARM-UP: 11:45 AM - 12:35 PM, EVENTS: 12:45 PM

Girls Event #	Slower Than (SCY)	12 & Under Events	Slower Than (SCY)	Boys Event #
80	NT	12 & Under 200 YD Freestyle Relay	NT	81
82	2:31.39	12 & Under 200 YD Backstroke	2:32.69	83
84	1:22.09	10 & Under 100 YD IM	1:21.79	85
86	1:11.19	11-12 100 YD IM	1:11.29	87
88	2:54.09	12 & Under 200 YD Breaststroke	2:53.69	89
90	37.99	10 & Under 50 YD Backstroke	37.99	91
92	32.89	11 -12 50 YD Backstroke	33.09	93
94	1:30.99	10 & Under 100 YD Butterfly	1:30.99	95
96	1:11.99	11-12 100 YD Butterfly	1:12.29	97
98	43.59	10 & Under 50 YD Breaststroke	43.59	99
100	37.29	11-12 50 YD Breaststroke	37.59	101
102	1:12.29	10 & Under 100 YD Freestyle	1:11.99	103
104	1:01.99	11-12 100 YD Freestyle	1:02.39	105

26th Annual Spring Championships

Finals Session

Saturday, March 21, 2026

WARM-UP: 5:00 PM - 5:30 PM, EVENTS: 5:45 PM

Girls Event #	Finals Events	Boys Event #
18	13-14 100 YD Butterfly	19
20	15 & Over 100 YD Butterfly	21
34	10 & Under 50 YD Butterfly	35
36	11-12 50 YD Butterfly	37
10	13-14 50 YD Breaststroke	11
12	15 & Over 50 YD Breaststroke	13
38	10 & Under 100 YD Breaststroke	39
40	11-12 100 YD Breaststroke	41
22	13 & Over 200 Breaststroke	23
44	10 & Under 100 YD Backstroke	45
46	11-12 100 YD Backstroke	47
24	13 & Over 200 Backstroke	25
26	13-14 100 YD Freestyle	27
28	15 & Over 100 YD Freestyle	29
48	10 & Under 50 YD Freestyle	49
50	11-12 50 YD Freestyle	51
14	13-14 200 YD Freestyle	15
16	15 & Over 200 YD Freestyle	17

26th Annual Spring Championships

Finals Session

Sunday, March 22, 2026

WARM-UP: 5:00 PM - 5:30 PM, EVENTS: 5:45 PM

Girls Event #	Finals Events	Boys Event #
66	13-14 100 YD Backstroke	67
68	15 & Over 100 YD Backstroke	69
94	10 & Under 100 YD Butterfly	95
96	11-12 100 YD Butterfly	97
54	13-14 50 YD Butterfly	55
56	15 & Over 50 YD Butterfly	57
90	10 & Under 50 YD Backstroke	91
92	11-12 50 YD Backstroke	93
58	13-14 50 YD Backstroke	59
60	15 & Over 50 YD Backstroke	61
72	13-14 100 YD Breaststroke	73
74	15 & Over 100 YD Breaststroke	75
84	10 & Under 100 YD IM	85
86	11-12 100 YD IM	87
62	13-14 200 YD IM	63
64	15 & Over 200 YD IM	65
98	10 & Under 50 YD Breaststroke	99
100	11-12 50 YD Breaststroke	101
76	13-14 50 YD Freestyle	77
78	15 & Over 50 YD Freestyle	79
102	10 & Under 100 YD Freestyle	103
104	11-12 100 YD Freestyle	105