



PAC All Freestyle Meet

September 26, 2026 (Saturday)

Sanction # PVC-27-02

Hosted by:



CO-MEET DIRECTORS John Venit, 301-254-7946, patuxentswim@gmail.com	MEET REFEREE Bill McMahon wjcmahon@verizon.net	ENTRIES COORDINATOR Cherlynn Venit, patuxentswim@gmail.com
SANCTION	- Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-27-02. - In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Patuxent Aquatic Club, and Fairlands 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.	
FACILITY	Fairland Aquatics Center 13820 Old Gunpowder Rd. Laurel, MD 20707 301-362-6060 - The pool at Fairland Aquatics Center is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in a dual course with 10 lanes, 25 yards, running from wall to wall for the girls and 8 lanes, 25 yards, running from wall to wall for the boys. - Eighteen (18) lanes will be used for warm-ups. - Water depth range of 5' – 13' at the starting end and 5' – 13' at the turning end. - The meet host shall ensure the required course dimensions.	
ENTRY DEADLINE	September 16, 2026 at 11:59 p.m. 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.	
SCHEDULE	Saturday, September 26, 2026 <u>13 & Over Session:</u> Warm-ups start at 6:30 a.m. (2 x 25 min sessions) Events start at 7:25 a.m. <u>11-12 Session:</u> Warm-ups start at 11:30 a.m. (2 x 25 min sessions) Events start at 12:25 p.m. <u>10 & Under Session:</u> Warm-ups start at 3:15 pm (2 x 15 min sessions) Events start at 3:50 pm Meet Director reserves the right to adjust times/sessions after entries are received.	
ELIGIBILITY	- Open to all registered Potomac Valley Swimmers. - 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	● PVS and host clubs, along with Meet Directors and Meet Referees, are committed to the Inclusion Policy as adopted by the BOD. The swimmer or the swimmer's coach is responsible for notifying the Referee, prior to competition, of any swimmer with a disability and of the requested accommodations and/or modifications. It is preferable that this notice be provided on the Accommodations/Modifications form NECESSARY ACCOMMODATIONS FORM
TIMING SYSTEM	● Automatic timing (touchpads primary) will be used.
RULES	● Current USA Swimming rules shall 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 understand that compliance with MAAPP 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. 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 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. ● The meet will be limited to no more than 350 swimmers per session. ● Dive-over starts may be used for ages 9 & over ONLY. ● 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.
EVENT RULES	● All events are timed finals. ● A swimmer may enter no more than four (4) individual events. ● Deck entries must be submitted with payment no later than 30 minutes prior to the first event. No new heats will be created. The athlete's member card must be shown to the meet referee for entry.
POSITIVE CHECK IN	● The 500 Freestyle will be a positive check-in event. The check-in deadlines will be sent to participating clubs after entries are received. ● Swimmers for the 500 are responsible for their own timer and counter
WARM-UP	● 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.
SUPERVISION	● Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
SEEDING	● All events will be seeded fastest to slowest.
SCORING	● The meet will not be scored.
AWARDS	● There will be no awards.
PROGRAMS	● Meet programs will be emailed to teams and available on Meet Mobile.

CREDENTIALS	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.
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.
SPECTATOR ENTRY FEE	None
MEDICAL ASSISTANCE	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	- 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. If the meet is oversubscribed, entry priority will be given to teams that provide officials for the meet by the entry deadline. This meet does not count as an apprentice session for stroke & turn. - Officials interested in volunteering should signup at https://formsnarts.com/form/28y6 - Officials volunteering for this meet should sign in at the official's 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.
TIMERS	- Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for every 25 entries. - Two timers will be used per lane. There will be two Head Timers per course. - An online Timer's Signup will be emailed to participating clubs.
ENTRY PROCEDURES	- Entries should be submitted by email to the Entries Coordinator at patuxentswim@gmail.com. - If the meet is oversubscribed, entry priority will be given to teams that provide officials for the meet by the entry deadline. - Include in the subject of the email, "PAC All Free Meet - ****" with the club's initials in place of the asterisks. 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 postal service, 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.
ENTRY FEES	Individual event fee: \$7.00 Deck entry fee: \$15.00 Per Swimmer Surcharge: \$5.00 Make checks payable to PAC. Checks may be mailed to: Patuxent Aquatics Club 414 Forest Bridge Ct.

Laurel, MD 20724

- Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. A certified USA-S coach must also be designated as the responsible coach on deck. Payment may be made by cash or check.
- Entry fees are due with meet entry. Unpaid fees at the start of the meet will incur a late fee equal to 20% of the entry fee. Unpaid fees will also be reported to the PVS Administrative Office.

2026 PAC All-Freestyle Meet

September 26, 2026 (Saturday)

13 & Over Session

Warmup 6:30 am – 7:20 am Events 7:25 am

GIRLS	EVENT	BOYS
1	13 & Over 50 Freestyle	2
11	13 & Over 100 Freestyle	12
21	13 & Over 200 Freestyle	22
31	13 & Over 500 Freestyle	32

11-12 Session

Warmup 11:30am – 12:20 pm Events 12:25pm

GIRLS	EVENT	BOYS
3	11-12 50 Freestyle	4
13	11-12 100 Freestyle	14
23	11-12 200 Freestyle	24
29	11-12 500 Freestyle	30

10 & Under Session

Warmup 3:15pm – 3:45pm Events 3:50pm

GIRLS	EVENT	BOYS
5	9-10 50 Freestyle	6
Break (2 min to move timers)		
7	7-8 25 Freestyle	8
9	6 & Under 25 Freestyle	10
Break (2 min to move timers)		
15	9-10 100 Freestyle	16
17	7-8 50 Freestyle	18
19	6 & Under 50 Freestyle	20
25	9-10 200 Freestyle	26
27	8 & Under 100 Freestyle	28
33	10 & Under 500 Freestyle	34