



NCAP Autumn Kingfish Splash

October 17-18, 2026

Sanction # PVI-27-14



MEET DIRECTORS Trish Buswell, Kim Spina trishbuswell@gmail.com	MEET REFEREE Rich McMillen padre1993@gmail.com	ENTRY COORDINATOR Karyn McCannon kmccannon@nationscapitalswimming.com
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SANCTION	- Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-27-14 - In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation’s Capital Swimming, J&M Swimming, and The St. James: Sports, Wellness & Entertainment 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	The St. James: Sports and Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703) 239-6870 - The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from wall to wall at the southern end of the pool. - Water depth of 7’ across all lanes of the competition course. - The meet hosts shall ensure the required course dimensions.																				
ENTRY DEADLINE	Tuesday, October 6, 2026 at 5:00pm 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	<table><tr><td>Sat- Session 1</td><td>13&Over, 8&under</td><td>Warm up: 7:30am</td><td>Events: 8:30am</td></tr><tr><td colspan="4">RACE FOR EVERY CHILD SWIM</td></tr><tr><td>Sat- Session 2</td><td>12&Under</td><td>Warm up: 1:00pm</td><td>Events: 2:00pm</td></tr><tr><td>Sun- Session 3</td><td>13&Over</td><td>Warm up: 7:30am</td><td>Events: 8:30am</td></tr><tr><td>Sun- Session 4</td><td>12&Under</td><td>Warm up: 12:30pm</td><td>Events: 1:30pm</td></tr></table> - Meet Director and Staff reserve the right to adjust times/sessions after entries are received. - There may be continuous warm up/ warm down space. If time allows, the competition pool may open for a brief warm down.	Sat- Session 1	13&Over, 8&under	Warm up: 7:30am	Events: 8:30am	RACE FOR EVERY CHILD SWIM				Sat- Session 2	12&Under	Warm up: 1:00pm	Events: 2:00pm	Sun- Session 3	13&Over	Warm up: 7:30am	Events: 8:30am	Sun- Session 4	12&Under	Warm up: 12:30pm	Events: 1:30pm
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ELIGIBILITY	- Open to all Potomac Valley Swimming Registered athletes from Nation’s Capital Swimming sites, and Invited Teams. Please contact the meet director for an Invitation and the event file. - 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 & Regulations</i> Article 302.																				
SWIMMERS WITH A DISABILITY	- 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. - Athletes requiring special accommodation are asked to complete the form below.																				

	<u>NECESSARY ACCOMMODATIONS FORM</u>
TIMING SYSTEM	Automatic timing (touchpads primary) will be used for all events except 8&Under 25's, which will use semi-automatic timing (buttons).
RULES	- 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 <u>Minor Athlete Abuse Prevention Policy</u> ("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. 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. - 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 may be used for all events EXCEPT 8&U events. - 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 - All events are mixed gender. - Athletes ages 9 & Over may enter no more than three (3) events per day, six (6) events for the meet. - Athletes ages 8 & Under may enter four (4) events on Saturday, no more than three (3) events on Sunday. 12 & Under athletes may only enter one (1) session per day. - Swimmers will be responsible for providing their own timer and counter (if desired) for the 13 & Over 500 freestyle and 11-12 500 freestyle on Sunday. - Deck entries will be accepted (\$15 per event) for swimmers already entered in the meet as long as the maximum entry limit is not exceeded. Entries will be accepted in empty lanes only. No new heats will be created.
POSITIVE CHECK IN	200 yd events may utilize positive check in, dependent on the number of entries. Meet Director will provide information prior to the meet. All other events will be pre-seeded.
WARM-UP	- The prescribed PVS warm-up procedures and safety policies will be followed. - Warm up lanes will be assigned for each Team/Site.
SUPERVISION	Coaches are responsible for the conduct of their swimmers and cleaning up their team areas.



Race for Every Child Fundraiser @ Kingfish



Join Team NCAP to raise money to fight childhood cancer with Children's National

FUNRAISER DETAILS

The Race for Every Child 5K is happening on Oct 17th, the same day as our Kingfish Meet! To help raise awareness & support this important fundraiser, we're inviting our swimmers to participate during the meet and encourage family & friends to donate!

Swimmers can ask family, friends, and supporters to make a donation in honor of their challenge. Every lap helps us make an impact!

Donation link below — thank you for supporting the Race for Every Child!

**JOIN TEAM NCAP &
DONATE HERE**



SWIMMER CHALLENGE

10 & Unders: 20 laps

11 & Overs: 40 laps

NCAP Autumn Kingfish

Saturday, October 17

Session 1: 13&Over and 8&Under Warm-ups: 7:30am EVENTS: 8:30am	
Event #	Event
1	13& over 100 Backstroke
2	8&Under 25 Butterfly
3	13&Over 200 Freestyle
4	8&Under 25 Backstroke
5	13&Over 100 Breaststroke
6	8&Under 25 Breaststroke
7	13&Over 50 Freestyle
8	8&Under 25 Freestyle
Athletes in Event #7 are invited to stay for Event #8 and cheer on the 8&Unders	

Session 2: 11-12 and 10&Under Warm-up: 1:00 PM. Events: 2:00 PM	
Event #	Event
9	10&U 100 IM
10	11-12 100 Backstroke
11	10&U 50 Backstroke
12	11-12 50 Freestyle
13	10&U 100 Freestyle
14	11-12 100 Breaststroke
15	10&U 100 Breaststroke
16	11-12 50 Butterfly
17	10&U 50 Butterfly
18	11-12 100 Freestyle

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Sunday, October 18

Session 3: 13&Over Warm-ups: 7:30am EVENTS: 8:30am	
Event #	Event
19	13&Over 200 IM
20	13&Over 100 Butterfly
21	13&Over 100 Freestyle
22	13&Over 500 Freestyle**
Event 22- 13&Over 500 FR will have a maximum of 6 heats. Athletes over this limit will be offered an alternate entry. Athletes are responsible for providing their own timer and counter (if desired).	

Session 4: 11-12 and 10&Under Warm-up: 1:00 PM. Events: 2:00 PM	
Event #	Event
23	11-12 200 IM
24	10&U 200 Freestyle
25	11-12 200 Freestyle
26	10&under 50 Freestyle
27	11-12 50 Backstroke
28	10&Under 100 Backstroke
29	11-12 50 Breaststroke
30	10&Under 50 Breaststroke
31	11-12 100 Butterfly
32	10&Under 100 Butterfly
33	11-12 500 Freestyle**
Event 24- 10&Under 200 FR will have a maximum of 4 heats. Athletes over this limit will be offered an alternate entry.	
Event 33- 11-12 500 Free will have a maximum of 5 heats. Athletes over this limit will be offered an alternate entry. Athletes are responsible for providing their own timer and counter (if desired).	