



2026 ASA AGE GROUP DISTANCE MEET

Saturday, October 17th, 2026

Sanction #: PVQ-27-201



MEET DIRECTOR

Christopher Schlegel

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MEET REFEREE

Bill Pritchard

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CLUB OFFICIALS CHAIR

Erin Berger

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SANCTION	- Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-27-201 - In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, All Star Aquatics, and Stone Ridge School of the Sacred Heart 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	Stone Ridge School of the Sacred Heart 9101 Rockville Pike Bethesda, MD 20814 - The pool at Stone Ridge School of the Sacred Heart has 8 25-yard lanes. - Water depth range of 12' at the starting end and 4' at the turning end. - The meet hosts will ensure the required course dimensions.
ENTRY DEADLINE	Thursday, October 8th, 2026 at 12:00pm 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	Saturday, October 17th, 2026 1650 Session: Warm-Up 6:00am - 6:40am; Events at 6:45am 10-14 500 Session: Warm-Up 9:00am - 9:30am; Events at 9:35am 10&U 500 FR Session: Warm-Up 12:30pm - 1:00pm; Events at 1:05pm Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	- Teams Invited: ASA - 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 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 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 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.
EVENT RULES	• All events are timed finals. • A swimmer may enter one (1) event. • Events will be swum in 6 lanes. There will be 1 buffer lane and 1 warm-up / cool-down lane. • Swimmers in the 1650 will get splits off the touch pad at the 500 and 1000yd distances. • Swimmers in the 500 will get a split off the touch pad at the 200yd distance. • Deck entries will be accepted in available lanes only. No new heats will be created. Swimmers must provide proof of current USA Swimming registration, and the \$20 deck-entry fee must be paid before the swimmer competes. For events requiring positive check-in, deck-entered athletes will be entered with a No Time following the seeding of athletes who completed positive check-in. If the swimmer cannot be placed in the event, the deck-entry fee will be refunded. • Swimmers must provide their own timer and counter (if desired). • 10 & U swimmers may choose between Event 2 (10–14 500 Freestyle) and Event 3 (10 & Under 500 Freestyle).
POSITIVE CHECK IN	• The Meet Director and Meet Referee reserve the right to designate events for positive check-in after entries have been received. Events requiring positive check-in, along with the applicable procedures and deadlines, will be communicated to participating clubs prior to the meet.
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 pre-seeded. • Events will be seeded fastest to slowest.
SCORING	• No scoring for this meet.
AWARDS	• No awards for this meet.
PROGRAMS	• Programs will be available on Meet Mobile under the meet name “2026 ASA Age Group Distance Meet.”
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.
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.
SPECTATORS	• No spectators will be allowed. • The meet will be livestreamed on the ASA facebook page. Link: https://m.facebook.com/profile.php?id=100057838621618&_rdr
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. • Officials interested in volunteering should contact Erin Berger via email: emberger.crna@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 officials’ briefing will precede each session during warm-ups.
TIMERS	• Swimmers must provide their own timers and counters (if desired). Timers will be asked to leave immediately following their swimmer’s events.
ENTRY PROCEDURES	• Entries should be submitted by email to the Meet Director. • Include in the subject of the email, “2026 ASA Age Group Distance Meet - ***” 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 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, official 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.
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ENTRY FEES	Individual event fee: \$15.00 per event Athlete Surcharge: \$10 per swimmer Deck Entry: \$20 per individual swimmer • Entries fees are to be made payable to the “All Star Aquatics”. Fees are non-refundable. Entries will not be considered received until all fees are paid. • Each team/club is requested to remit only one check or money order to cover entry fees. NO CASH PAYMENTS WILL BE ACCEPTED. • Entry fees should be sent to: ASA 4801 Lytham Court Lothian, MD 20711
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OPEN 1650 FR	
Warm-Up: 6:00am - 6:40am; Events 6:45am	
1	OPEN 1650 FR

10-14 500 FR	
Warm-Up: 9:00am - 9:30am; Events 9:35am	
2	10-14 500 FR

10&U 500 FR	
Warm-Up: 12:30pm - 1:00pm; Events 1:05pm	
3	10&U 500 FR