



JACK-O-QUACKS / IMX MIXER

Intra-Squad Meet



Hosted by:



October 17 – 18

Sanction # PVQ-27-206

MEET DIRECTOR Dominique Banks Coachdbanks@gmail.com 301.300.9078	MEET REFEREE Heather Purk Hkpurk@gmail.com	CLUB OFFICIALS CHAIR Sherell Love Sherellmlove@gmail.com
SANCTION	- Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-27-206. - In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Accokeek Stroke Technique Swim Team, and Mount Vernon Rec 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	Mount Vernon Rec Center 2017 Belle View Blvd Alexandria, VA 22307 (703) 768-3224 - The pool at Mount Vernon Rec Center is 9 lanes, 25 yards 9 lanes will be used for warm-ups. 8 lanes will be used for competition. - Water depth range of 4.5' – 4.7' at the starting end and 3.5' – 5' at the turning end. - The meet hosts will ensure the required course dimensions.	
ENTRY DEADLINE	Sunday, October 11, 2026	
SCHEDULE	Saturday, October 17, 2026 Warm-up: 1:30—2:00 pm, Events Start: 2:15 pm Sunday, October 18, 2026 Warm-up: 1:30—2:00 pm, Events Start: 2:15 pm Meet Director reserves the right to adjust times/sessions after entries are received.	
ELIGIBILITY	- Open to all registered Potomac Valley Swimmers on Accokeek swimming. - 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 for all events except for 25 yd events. - The 25 yd. events, manual timing (watches only) may be used if no buttons or touch pads are	

	available.
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. • 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 not 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. • All "open" events will be seeded according to entry time and swum slowest to fastest. • Learn to Compete Swim School, Bronze, and Gold 1 swimmers will ONLY be entered in events "outside" the IMX swimming categories. These will be considered "Jack O' Quacks" events. • Silver, Gold 2, and Platinum swimmers will be entered ONLY in the "IMX Mixer" events. These events will correspond to their IMX age category. • Athletes may enter three (3) individual events and one (1) relay per day. • All relays are mixed gender. • Deck entries will be accepted in empty lanes only. No new heats will be created. • The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines and space availability.
POSITIVE CHECK IN	• No Positive Check-in.
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 time/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.
SCORING	• No Scoring
AWARDS	• No Awards
PROGRAMS	• Meet programs will be available on the ASTS website the evening before the meet at http://www.accokeekstroketechnique.com and 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. Deck Pass, live screen, is an acceptable form of proof.
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	No spectator entry fee.
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 the Heather Purk at Hkpurk@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	- Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. - A Timer Sign Up link will be sent to the coaches.
ENTRY PROCEDURES	This will be an inter-squad meet all entries will be managed by the meet director.
ENTRY FEES	Per Swimmer Surcharge: \$7.00 Relay event fee: \$12.00 Individual event fee: \$10.00 Deck Entry Fee: \$15.00

JACK O' QUACKS

LTC, Bronze, Gold 1

Open Saturday Events

GIRLS	EVENT	BOYS
1	Mixed 200 Freestyle Relay	1
3	25 Freestyle	4
5	100 Backstroke	6
7	50 Butterfly	8
9	25 Backstroke	10
11	100 Individual Medley	12
13	25 Breaststroke	14
15	50 Freestyle	16
17	25 Butterfly	18
19	50 Breaststroke	20
21	100 Freestyle	22
23	50 Backstroke	24

IMX Mixer

Silver, Gold 2, Platinum

Sunday Events

GIRLS	EVENT	BOYS
25	Mixed 200 Freestyle Relay	25
27	9-10 200 Freestyle	26
29	11-12 100 Backstroke	28
31	13 & Older 200 Butterfly	30
33	9-10 100 Backstroke	32
35	11-12 100 Butterfly	34
37	13 & Older 200 Breaststroke	36
39	9-10 100 Butterfly	38
41	Open 200 IM	40
43	Open 500 Free	42
45	13 & Older 400 IM	44