39th Annual Black History Swim Meet

February 13 – 15, 2026

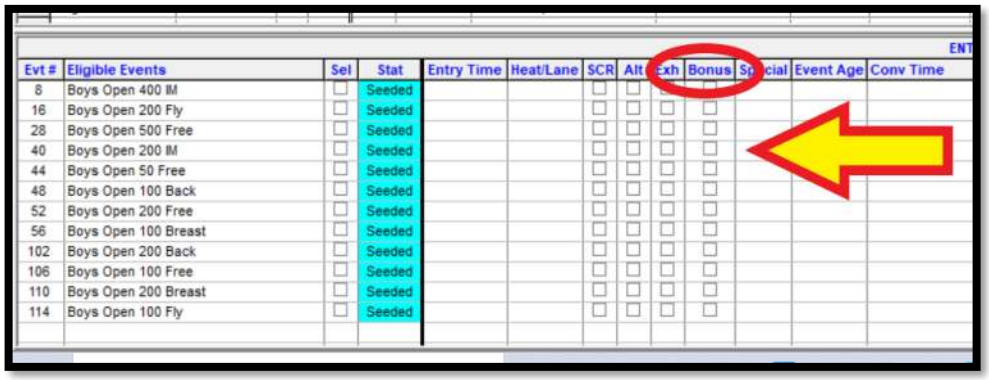
Approval # PVA

MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CONTACT
Rob Green	Melinda Bolling	Erika Livingston
Robert.green@dc.gov	mbolling1@hotmail.com	Erika@aimstutoring.com

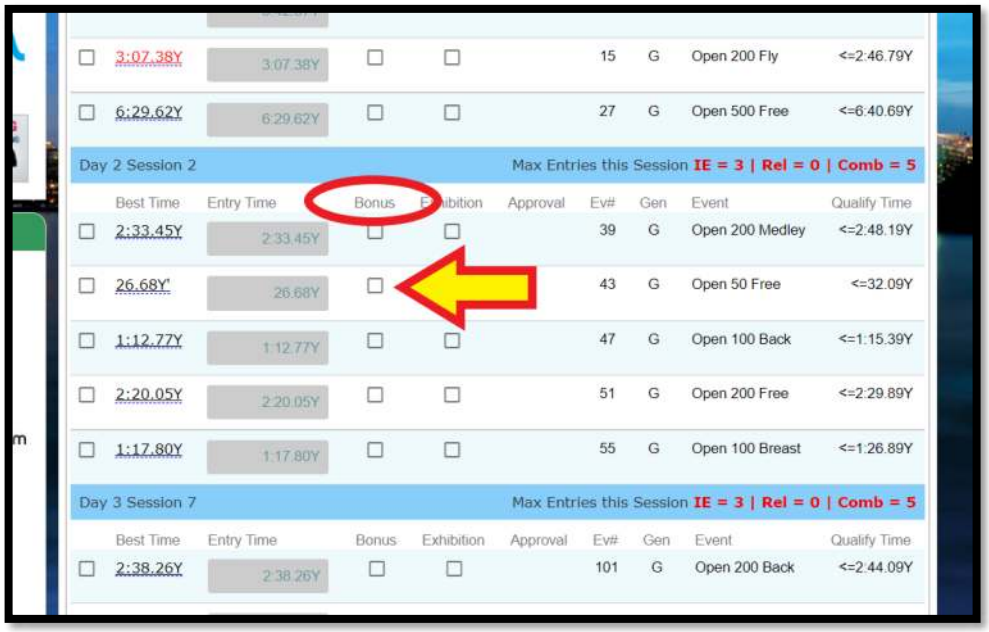
SANCTION	• Held under the approval of USA Swimming through Potomac Valley Swimming: PVA**-.** • In granting this approval, it is understood and agreed that USA Swimming, Potomac Valley Swimming, DC Wave Swim Team, and DC Department of Parks and Recreation shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
FACILITY	**Takoma Aquatic Center** 300 Van Buren Street NW Washington, DC 20012 (202) 576-9534 • The pool at Takoma Aquatic Center is 50m x 25 yd with two moveable bulkheads. Competition will be held on two courses. ○ **Course 1:** 6 lanes, 25 yards, running wall to wall. Water depth range of 5.0' - 7.0' at both the starting and turning ends. ○ **Course 2:** 8 lanes, 25 yards, running wall to bulkhead. Water depth range of 13.6' at the starting end and 7.0' at the turning end. The 8-lane course will be used for finals. • The meet hosts will ensure the required course dimensions.
ENTRY DEADLINE	**Tuesday, February 3rd at 11:59 pm** IMPORTANT: The above date is the deadline for clubs to submit their final 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	• **Friday, February 13th** • **All ages Warm Up** – 2:50 pm; Events – 4:00 pm • **Saturday & Sunday, February 14th - 15th** • **13 & Over Prelims** | Warm Up – 6:00 am; Events – 7:30 am • **12 & Under Prelims** | Warm Up – 11:30 am; Events – 12:40 pm • **FINALS** | Warm Up – 4:30 pm; Events – 5:30 pm • ***Note: Meet manager will determine if session start times will need to be adjusted or if age groups need to be moved to a different session based on the number of entries received. A timeline will be established and forwarded to each team by Friday, February 7th.***
ELIGIBILITY	• This meet is open to all swimmers. USA Swimming membership is not required for entry into the meet. Priority in acceptance of entries will be given to teams and athletes that swam in the meet the previous year. Any new teams or athletes interested in attending should notify the Meet Director with an estimated number of swimmers. • Swimmers must meet qualifying times. • ***Note: We have set a maximum number of athletes who may enter this meet. Selection will be based on first arrival, first entered in events. Preference will go to teams who attended the meet the previous year.**

DISABILITY SWIMMERS	• 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. ○ **NECESSARY ACCOMMODATIONS FORM**
TIMING SYSTEM	• Automatic timing (touchpads primary) will be used.
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.
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 **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 *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. 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 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	• Qualifying time standards will be used for all events. The qualifying time standard is a minimum B time standard (2025-2028). All 12 & Under 200-yard events will use a minimum B time standard for 11-12 age group as the qualifying time standard. 15 & Over events will use a minimum B time standard for the 15-16 age group as the qualifying time standard. • Each swimmer may enter a maximum of three (3) individual events per day, but not to exceed more than eight (8) individual events total for the entire meet. • Relay cards (furnished at the session) shall be submitted for each relay team. • Teams may enter up to three (3) relay teams per relay event. • All relays are timed finals and will be swum during preliminary sessions. • All events on Friday are timed finals. • All 8 & under and 9-10 events on Saturday and Sunday are timed finals. • All 11-12 events on Saturday and Sunday are prelims and finals events. The top eight (8) swimmers will qualify for finals.

- There will be two heats of finals for both the 13-14 and the 15 & Over age groups. The C/D final will be designated for 13-14 age group, the A/B final will be designated for 15 & Over age group.
- All events on Friday will be swum Fast to Slow.
- We intend to swim combined genders and ages on Friday evening to help conserve time.
- For positive check-in events, swimmers must check in prior to being seeded to indicate intent to swim.
- An online positive check-in will be used for Friday events. The link will be sent to all teams to distribute to their athletes as well as posted to the meet website in advance.
- Swimmers must provide their own timers and counters (if desired) for the 500 Freestyle.
- 12 & Under athletes may only participate in one (1) session per day.
- **No deck entries will be accepted.**
- Swimmers with at least one (1) qualifying time can swim a maximum of three (3) additional events as Bonus without meeting the qualifying time standard for those events.
- **NT times are not permitted.**
    - *When entering an athlete into a bonus event make sure to check the Bonus box next to the event(s) before submitting your entries.*



Evt #	Eligible Events	Sel	Stat	Entry Time	Heat/Lane	SCR	Alt	Exh	Bonus	Special	Event Age	Conv Time
8	Boys Open 400 IM	☐	Seeded			☐	☐	☐	☐			
16	Boys Open 200 Fly	☐	Seeded			☐	☐	☐	☐			
28	Boys Open 500 Free	☐	Seeded			☐	☐	☐	☐			
40	Boys Open 200 IM	☐	Seeded			☐	☐	☐	☐			
44	Boys Open 50 Free	☐	Seeded			☐	☐	☐	☐			
48	Boys Open 100 Back	☐	Seeded			☐	☐	☐	☐			
52	Boys Open 200 Free	☐	Seeded			☐	☐	☐	☐			
56	Boys Open 100 Breast	☐	Seeded			☐	☐	☐	☐			
102	Boys Open 200 Back	☐	Seeded			☐	☐	☐	☐			
106	Boys Open 100 Free	☐	Seeded			☐	☐	☐	☐			
110	Boys Open 200 Breast	☐	Seeded			☐	☐	☐	☐			
114	Boys Open 100 Fly	☐	Seeded			☐	☐	☐	☐			



☐ 3:07.38Y	3:07.38Y	☐	☐	15	G	Open 200 Fly	<=2:46.79Y	
☐ 6:29.62Y	6:29.62Y	☐	☐	27	G	Open 500 Free	<=6:40.69Y	
Day 2 Session 2				Max Entries this Session IE = 3 | Rel = 0 | Comb = 5				
Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
☐ 2:33.45Y	2:33.45Y	☐	☐		39	G	Open 200 Medley	<=2:48.19Y
☐ 26.68Y	26.68Y	☐	☐		43	G	Open 50 Free	<=32.09Y
☐ 1:12.77Y	1:12.77Y	☐	☐		47	G	Open 100 Back	<=1:15.39Y
☐ 2:20.05Y	2:20.05Y	☐	☐		51	G	Open 200 Free	<=2:29.89Y
☐ 1:17.80Y	1:17.80Y	☐	☐		55	G	Open 100 Breast	<=1:26.89Y
Day 3 Session 7				Max Entries this Session IE = 3 | Rel = 0 | Comb = 5				
Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
☐ 2:38.26Y	2:38.26Y	☐	☐		101	G	Open 200 Back	<=2:44.09Y

WITHDRAWING FROM FINALS	• Swimmers who do not wish to swim in the Final, may "Scratch" from the event by following the proper procedure. Swimmers must fill out and sign a Finals Scratch Slip within 30 minutes of the

<table>
<tr><td></td><td>announcement of qualifiers for finals, if scheduled.
• Swimmers may declare an “intent to scratch" by marking the appropriate space for "intent" on the Finals Scratch Slip.
• Swimmers must confirm that “intent to scratch” on the Finals Scratch Sheet within 30 minutes after the conclusion of their last preliminary individual event of the day or they will be automatically seeded into the Final.
• If an athlete fails to properly scratch from a Final event and does not appear for the event Final, they will be scratched from their next preliminary swim as a penalty.</td></tr>
<tr><td>POSITIVE CHECK IN</td><td>• All events on Friday will be positive check in. The Meet Director will determine if other events require positive check-in and will communicate positive check-in events and schedule to participating clubs.</td></tr>
<tr><td>WARM-UP</td><td>• 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.</td></tr>
<tr><td>SUPERVISION</td><td>• Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</td></tr>
<tr><td>SEEDING</td><td>• Circle seeding will be used for all preliminary events. Standard seeding will be used for all final events.
• The 500 Free and 400 IM events will be swum Fast to Slow.</td></tr>
<tr><td>SCORING</td><td>• Medals will be awarded for 1st through 3rd place for individual and relay events, place ribbons will be awarded for 4th through 8th place in individual events only. Heat winner ribbons will be awarded during prelims of the 12 & Under sessions for individual events to heat winners.
• High Point: Special recognition will be given to the male and female swimmer from each age group who accumulates the most points.
• All individual events will be scored as: 8 & under, 9-10, 11-12, 13-14, 15-18.
Points will be awarded as follows:
<table>
<tr><th>Place</th><th>Points</th><th>Place</th><th>Points</th><th>Place</th><th>Points</th><th>Place</th><th>Points</th></tr>
<tr><td>1st</td><td>20</td><td>5th</td><td>14</td><td>9th</td><td>9</td><td>13th</td><td>4</td></tr>
<tr><td>2nd</td><td>17</td><td>6th</td><td>13</td><td>10th</td><td>7</td><td>14th</td><td>3</td></tr>
<tr><td>3rd</td><td>16</td><td>7th</td><td>12</td><td>11th</td><td>6</td><td>15th</td><td>2</td></tr>
<tr><td>4th</td><td>15</td><td>8th</td><td>11</td><td>12th</td><td>5</td><td>16th</td><td>1</td></tr>
</table>
• Relay events will not be considered in the individual’s point total. All relay events are timed finals. Individual scores through 16th place will be maintained and posted during the meet.</td></tr>
<tr><td>PROGRAMS</td><td>• Meet programs will be emailed to teams and available on Meet Mobile.</td></tr>
<tr><td>CREDENTIALS</td><td>• Certified USA Swimming coaches and officials must display valid 2026 USA Swimming credentials during check-in to receive credentials. Coaches are required to display 2026 BHISM Meet Credentials at all times while on deck. Credentials will be checked before each session to gain access to the deck and hospitality room.</td></tr>
<tr><td>SPECTATOR ENTRY FEE</td><td>• Due to the large number of expected athletes, the spectator seating area in the bleachers will be used for team/athlete areas during the prelim sessions. Spectator seating will be available for all Final sessions. All sessions of the swim meet can be viewed via livestream. A link to the livestream will be published before the start of the meet.</td></tr>
<tr><td>OFFICIALS</td><td>• 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 complete the Officials Signup form or contact the officials chair.
• 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</td></tr>
</table>

	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. • Two (2) timers per lane are required. There will be two Head Timers per course. Each team is required to provide two volunteer timers for the duration of each session. Depending on the number of teams present, the meet director reserves the right to request teams to contribute a certain number of timers proportional to their entries. • An online Timer's Signup will be emailed to participating clubs after the entry deadline.

ENTRY PROCEDURES	• The master entry shall show the name, address, and telephone number of the person responsible for each team's entry.
	• Entries must be submitted electronically via e-mail. Follow the instructions under the appropriate heading below.
	• Entries must indicate the athlete's legal name and date of birth. Each club is requested to remit one check to cover the entry fees for the entire team. Please put the club's name on the entry check (if not a club check) and note the number of entries. Do not send cash. Meet director has been instructed not to accept telephone or fax entries.
	• Entries not submitted on the required forms, not complete, not legible, or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry.
	• Electronic entries files should include:
	  ○ Export of meet entries
	  ○ Entry report by name
	  ○ Entry report by event

ENTRY FEES	**Per Swimmer Surcharge: $5.00** **Relay event fee: $12.00** **Individual event fee: $7.00** • Entries fees are to be made payable to the "**DC TREASURER**". Fees are non- refundable. Entries will not be considered received until all fees are paid. **NO CASH PAYMENTS WILL BE ACCEPTED.** • Electronic Payments will be accepted via DPR's registration system. Click Here to Create an Account. Meet entry fees will be charged to your DPR account prior to the meet. Fees may be paid online with a Debit/Credit card. • Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made via debit/credit card. • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

EVENT SCHEDULE

Session 1 - Friday, February 13						
NST (SCY)	NST (SCY)	GIRLS	EVENT	BOYS	NST (SCY)	NST (SCY)
3:42.09	3:03.89	1	12U Mixed 200 Individual Medley	1	2:59.29	3:38.59
6:05.79	5:54.99	2	13 & Over Mixed 400 Individual Medley	2	5:22.19	5:37.69
3:25.69	3:25.69	3	12U Mixed 200 Breaststroke	3	3:16.39	3:16.39
*	*	4	Open Mixed 200 Butterfly	4	*	*
2:59.49	2:59.49	5	12U Mixed 200 Backstroke	5	2:52.89	2:52.89
**	**	6	Open Mixed 500 Freestyle	6	**	**

**500 Free NST Time Standards		
Girls		Boys
8:36.69	10U	8:24.29
7:16.89	11&12	6:59.89
6:52.19	13&14	6:25.69
6:40.99	15O	6:08.39

*200 Butterfly NST Time Standards		
Girls		Boys
3:03.39	10U	2:56.59
3:03.39	11&12	2:56.59
2:51.19	13&14	2:36.79
2:45.79	15O	2:30.19

Session 2 & 3 - Saturday, February 14						
NST (13-14)	NST (15O)	GIRLS	EVENT	BOYS	NST (15O)	NST (13-14)
		7	13 & 14 400 Freestyle Relay	8		
		9	Open 400 Freestyle Relay	10		
2:51.79	2:46.19	11	13 & Over 200 Individual Medley	12	2:30.89	2:37.99
32.49	31.79	13	13 & Over 50 Freestyle	14	28.29	29.89
1:16.89	1:14.69	15	13 & Over 100 Backstroke	16	1:07.49	1:11.29
2:33.59	2:28.99	17	13 & Over 200 Freestyle	18	2:15.99	2:22.49
1:28.69	1:25.89	19	13 & Over 100 Breaststroke	20	1:16.89	1:20.49
		21	13 & 14 200 Medley Relay	22		
		23	Open 200 Medley Relay	24		

Session 4 & 5 - Saturday, February 14						
NST (10U)	NST (11-12)	GIRLS	EVENT	BOYS	NST (11-12)	NST (10U)
1:44.29	1:25.19	25	12U 100 Individual Medley	26	1:21.89	1:39.69
39.79	33.99	27	12U 50 Freestyle	28	32.79	38.19
2:00.29	1:36.49	29	12U 100 Breaststroke	30	1:32.59	1:54.09
1:56.69	1:25.79	31	12U 100 Butterfly	32	1:22.89	1:53.49
1:45.79	1:26.59	33	12U 100 Backstroke	34	1:22.19	1:40.69
		35	10U 200 Freestyle Relay	36		
		37	11-12 200 Freestyle Relay	38		

Session 7 & 8 - Sunday, February 15						
NST (13-14)	NST (15O)	GIRLS	EVENT	BOYS	NST (15O)	NST (13-14)
		39	13 & 14 400 Medley Relay	40		
		41	Open 400 Medley Relay	42		
2:46.39	2:42.19	43	13 & Over 200 Backstroke	44	2:27.59	2:34.69
1:10.99	1:08.79	45	13 & Over 100 Freestyle	46	1:01.99	1:04.99
3:10.99	3:05.99	47	13 & Over 200 Breaststroke	48	2:47.09	2:54.89
1:16.79	1:14.39	49	13 & Over 100 Butterfly	50	1:07.19	1:10.49
		51	13 & 14 200 Freestyle Relay	52		
		53	Open 200 Freestyle Relay	54		

Session 9 & 10 - Sunday, February 15						
NST (10U)	NST (11-12)	GIRLS	EVENT	BOYS	NST (11-12)	NST (10U)
48.39	36.89	55	12U 50 Butterfly	56	37.09	46.49
3:22.79	2:42.59	57	12U 200 Freestyle	58	2:35.99	3:09.49
48.59	38.79	59	12U 50 Backstroke	60	38.49	48.29
1:30.79	1:14.69	61	12U 100 Freestyle	62	1:11.49	1:27.99
54.59	43.99	63	12U 50 Breaststroke	64	43.49	53.39
		65	10U 200 Medley Relay	66		
		67	11-12 200 Medley Relay	68		

SESSION 6 - FINALS		
#	EVENT	FINALS
11 & 12	13 & 14 200 IM	C/D
	15 & Over 200 IM	A/B
25 & 26	11 & 12 100 IM	A
13 & 14	13 & 14 50 Freestyle	C/D
	15 & Over 50 Freestyle	A/B
27 & 28	11 & 12 50 Freestyle	A
15 & 16	13 & 14 100 Backstroke	C/D
	15 & Over 100 Backstroke	A/B
29 & 30	11 & 12 100 Breaststroke	A
17 & 18	13 & 14 200 Freestyle	C/D
	15 & Over 200 Freestyle	A/B
31 & 32	11 & 12 100 Butterfly	A
19 & 20	13 & 14 100 Breaststroke	C/D
	15 & Over 100 Breaststroke	A/B
33 & 34	11 & 12 100 Backstroke	A

SESSION 11 - FINALS		
#	EVENT	FINALS
55 & 56	11-12 50 Butterfly	A
43 & 44	13 & 14 200 Backstroke	C/D
	15 & Over 200 Backstroke	A/B
57 & 58	11 & 12 200 Freestyle	A
45 & 46	13 & 14 100 Freestyle	C/D
	15 & Over 100 Freestyle	A/B
59 & 60	11 & 12 50 Backstroke	A
47 & 48	13 & 14 200 Breaststroke	C/D
	15 & Over 200 Breaststroke	A/B
61 & 62	11 & 12 100 Freestyle	A
49 & 50	13 & 14 100 Butterfly	C/D
	15 & Over 100 Butterfly	A/B
63 & 64	11 & 12 50 Breaststroke	A

DPR DC DEPARTMENT OF PARKS AND RECREATION

arena

DC WAVE SWIM TEAM