



ASTS Invitational

January 3-4, 2026

Sanction: PVC-26-52

Hosted by:



MEET DIRECTOR Dominique Banks, Coachdbanks@gmail.com (301) 300-9078	MEET REFEREE Tom Allison, tom_allison@mac.com	CLUB OFFICIALS CHAIR Sherell Love, Sherellmlove@gmail.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-26-52 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Accokeek Stroke Technique Swim Team, and Fairland 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	<p style="text-align: center;">Fairland Aquatics Center 13820 Old Gunpowder Rd Laurel, MD 20707 (301) 362-6060</p> <ul style="list-style-type: none"> The pool at Fairland Aquatics Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 10 lanes, 25 yards, running from wall to wall. Water depth ranges from 5' – 13' at both the start and turn ends. 13 lanes are available for warmups. Continuous warm-up/cool down will be available. The meet hosts will ensure the required course dimensions.
ENTRY DEADLINE	<p style="text-align: center;">December 20, 2025</p> <p>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.</p>
SCHEDULE	<p style="text-align: center;">Saturday and Sunday Warm-Up</p> <p style="text-align: center;">13&O Warm-up: 7:30-8:15 am, Start Time 8:30 am 10&U Warm-up: 11:40-12:30 pm Start Time 12:40 pm 11-12 Warm-up: 3:00 – 3:50 pm, Start Time 4:00 pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming registered 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 USA Swimming Rules and Regulations, Article 302.
SWIMMERS WITH A DISABILITY	<ul style="list-style-type: none"> 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. NECESSARY ACCOMMODATIONS FORM

TIMING SYSTEM	<ul style="list-style-type: none"> Automatic timing (touchpads primary) will be used for 11-12 and 13&O sessions. Semi-automatic timing (buttons primary) will be used for 10&U sessions.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 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, restrooms, 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 may 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	<ul style="list-style-type: none"> All events are timed finals. Seed time are short course yards. Athletes may enter a total of four (4) events per day not including a relay. The 500 freestyle events will be swum mixed gender. All relays are mixed gender. Swimmers must provide their own timer and counter (if desired) for the 500 Freestyle. 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	<ul style="list-style-type: none"> All Events will be pre-seeded
WARM-UP	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
SEEDING	<ul style="list-style-type: none"> All events will be pre-seeded
SCORING	<ul style="list-style-type: none"> No scoring.
AWARDS	<ul style="list-style-type: none"> 12 and under swimmers will receive ribbons for 1st – 5th place.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will be available on the ASTS website the evening before the meet at http://www.accokeekstroketechnique.com and on Meet Mobile.

CREDENTIALS	<ul style="list-style-type: none"> 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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> Spectator seating will be made available on a first come first serve basis. Spectator Entry fees are as follows: <ul style="list-style-type: none"> All session pass: \$15.00. Spectators will receive a wristband that will need to worn in order to enter. There are no individual sessions passes Anyone under the age of 12 not swimming is free of charge
OFFICIALS	<ul style="list-style-type: none"> 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 Meet Official, Heather Purk, 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "ASTS Invitational- *****" 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 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	<p>Per Swimmer surcharge: \$7.00 Relay Event fee: \$14.00 Individual event fee \$12.00 Deck Entry: \$10.00</p> <p>Make checks payable to ASTS Swim Team. Checks may be mailed to: 9154 Maytide Street Waldorf, MD 20603</p> <ul style="list-style-type: none"> Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash, check, Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

ASTS Invitational Saturday Events

Session 1 - 13&Over

GIRLS	EVENT	BOYS
1	Mixed 200 Freestyle Relay	1
3	200 Freestyle	4
5	50 Fly	6
7	50 Breaststroke	8
9	200 Individual Medley	10
11	100 Backstroke	12
13	50 Freestyle	14
15	200 Breaststroke	16
17	Mixed 500 Freestyle	17

Session 2 – 10 & Under

GIRLS	EVENT	BOYS
19	Mixed 200 Freestyle Relay	19
21	100 Backstroke	22
23	100 Individual Medley	24
25	8 & under 25 Backstroke	26
27	100 Breaststroke	28
29	50 Freestyle	30
31	100 Butterfly	32
33	8 & under 25 Butterfly	34
35	200 Freestyle	36

Session 3 – 11-12

GIRLS	EVENT	BOYS
37	Mixed 200 Freestyle Relay	37
39	200 Freestyle	40
41	50 Fly	42
43	50 Breaststroke	44
45	200 Individual Medley	46
47	100 Backstroke	48
49	50 Freestyle	50
51	200 Breaststroke	52
53	Mixed 500 Freestyle	53

ASTS Invitational Sunday Events

Session 4 - 13&Over

GIRLS	EVENT	BOYS
55	Mixed 200 Medley Relay	55
57	400 Individual Medley	58
59	50 Backstroke	60
61	100 Breaststroke	62
63	200 Butterfly	64
65	100 Freestyle	66
67	100 Butterfly	68
69	200 Backstroke	70

Session 5 – 10 & Under

GIRLS	EVENT	BOYS
71	Mixed 200 Medley Relay	71
73	200 Individual Medley	74
75	8 & under 25 Freestyle	76
77	50 Breaststroke	78
79	100 Freestyle	80
81	8 & under 25 Breaststroke	82
83	50 Butterfly	84
85	50 Backstroke	86

Session 6 – 11-12

GIRLS	EVENT	BOYS
87	Mixed 200 Medley Relay	87
89	400 Individual Medley	90
91	50 Backstroke	92
93	100 Breaststroke	94
95	200 Butterfly	96
97	100 Freestyle	98
99	100 Butterfly	100
101	200 Backstroke	102