



Annual Stars and Stripes Invitational

Hosted by the Bridlewaves
Thursday July 4, 2024 – 8:30 AM

Sponsored by:
Nation's Capital Swim Club & Occoquan Swimming



- Meet Director:** Zach Rowe – headcoach@bwaves.org
- Meet Referee:** TBD – Officials@bwaves.org
- Officials Contact:** Officials@bwaves.org
- Facility:** Bridlewood Community Swimming Pool
13622 Harness Shop Ct. Gainesville, VA 20155
6-lane, 25-meter pool
- Meet Format and Focus:** This is an exhibition All-Star style meet with the sole purpose being geared toward a **FUN** event for all teams involved.
Each swim team will be randomly assigned a lane that they will start the meet from and then teams will rotate one spot to the left with each successive heat, with the team in lane 6 moving back to lane 1.
There will be 1 heat per event and each team can enter only one swimmer in each individual event and 1 team into each relay event.
- Schedule:** Warm up sessions will begin at 7:35 AM with 2 teams warming up at a time (see schedule below). A Coaches meeting will be held at 7:45 AM and lane assignments will be drawn. An Officials meeting will be held at 7:50 AM and a Timers meeting will be held at 8:00 AM.
The pool will be cleared at 8:20 AM for the meet to begin by 8:30 AM.
- Awards:** Medals will be awarded for 1st through 3rd place in each event and given to the swimmers on the podium during designated awards breaks. A trophy will also be awarded to the team that accumulates the most points.
- Eligibility:** All registered PWSL swimmers who are members of the invited teams. NOTE: This event is intended for six teams, but if there is enough interest, twelve teams may be considered.
- Rules:** Current PWSL Swimming rules will govern this meet.
- Officials and Volunteers:** Each participating team is required to provide 1 stroke & turn judge. Head Referees and Starters will also be required and will be determined by the Meet Director. Other volunteer requirements will be outlined in the pre-meet informational package that will be sent out only to the participating teams.
- Participation:** Please confirm your intent to participate or decline as early as possible so we have time to invite alternate teams as necessary. Teams that have participated in previous years will have priority; otherwise it will be first come, first served.
If your team has not confirmed that they will be participating in this event by 6:00 PM **Friday May 31st**, we will assume you have declined and we will proceed with finding replacements as needed.
- Entries:** Team entries are due no later than **Sunday, June 23rd at 8:00 PM**. Our computer rep will provide a meet file to each team by Sunday, June 16th with instructions for entering your primary swimmers. An alternate swimmer will be required for each event and they should



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be entered into the corresponding alternate event in the file per instructions. The alternative can only be used in the event of injury or illness to a competing swimmer.

Substitution Policy:

Substitutions are only permitted if these 2 conditions exist, 1) an injury or illness prevents a swimmer from competing and 2) the alternate has already been used. If these conditions exist, a team may replace a swimmer with someone who has a slower time than the person originally entered.

Substitutions must be turned in to the Meet Referee by 8:00 AM on the morning of the meet. A substitution form will be handed out to the coaches when they arrive at the pool for warmups

Entry Limits:

There will be only one heat per event. Each team is permitted to bring one individual swimmer per event. These swimmers will also be used to form a medley relay team in each age group. There must be 4 individual swimmers in each relay with the exception of the crescendo relay. Each individual swimmer is allowed to swim in only 1 individual event but may swim in both relays.

The medley relay will be made up of the swimmers entered into each of the individual events. Each prescribed stroke of the relay will be completed by the same swimmer who was entered in that individual event (i.e., the swimmer entered in the individual freestyle must swim the freestyle leg of the relay).

The crescendo event will be made up from any of the swimmers entered into the meet regardless of the individual event they were entered in and shall consist of 1 swimmer from each age group (8 & under, 9-10, 11-12, 13-14, and 15-18). As part of the crescendo relay the 8 & under & 9-10 will swim 25 meters with the remaining age group swimmers completing 50 meters, for a total distance of 200 meters.

Entry Fees:

There is no fee required to enter this meet, however, the Bridlewaves request that everyone bring some canned or dried goods items that can be donated to the Food Bank at SERVE in Manassas. Here are the current items on their want list:

Canned vegetables, pasta and spaghetti, pasta sauce, canned meats, canned tomatoes and tomato sauce, cereal, canned fruit, cleaning supplies, toilet paper and paper towels

Food:

Our concessions will be open featuring a limited breakfast, snacks and drinks menu. The BWaves concessions accept CASH ONLY.

T-Shirt:

A 2024 Stars and Stripes Invitational T-shirt will be given to each swimmer entered in the meet courtesy of our sponsors. Each team will receive 42 tee shirts in representative sizes (erring on the side of a size up) – 40 tees for swimmers plus 2 tees for coaches. (unless advised, the sizes will include 8-YM, 8-YL, 9-S, 12-M, 4-L, 1-XL)

Additional shirts are available for pre-order at the cost of \$15 each (2XL/3XL - \$17 each).

Sizes for additional shirts must be submitted no later than 12:00pm on Sunday, June 23rd.

Email vicepresident@bwaves.org with your additional shirt numbers along with any adjustments on standard shirt sizes. Please bring a check with you to the meet for the cost of any extra shirts.

Parking:

There is a small parking lot at the pool that fills up quickly. Spots are first come, first served. The pool parking lot includes three reserved handicapped spots. There is plenty of parking at ImagiNation and surrounding streets.



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If you have any special requirements for parking, please let us know as early as possible so that we have an opportunity to accommodate your needs as best we can.

PLEASE DO NOT PARK IN INTERSECTIONS OR BLOCK RESIDENTS' DRIVEWAYS OR MAILBOXES. CARS THAT BLOCK A RESIDENT'S DRIVEWAY OR MAILBOX WILL BE TOWED AT OWNER'S EXPENSE.

Scoring:

The Stars and Stripes Invitational meet comprises 52 events: 12 relays and 40 individual events. Swimmers earn points for their teams by competing in their individual and relay events. Barring a disqualification or lack of swimmers participating, each team will earn points in every event as designated in the tables below.

The team with the most points wins the meet.

Individual Events		Relay Events	
Place	Points	Place	Points
1 st	7	1 st	14
2 nd	5	2 nd	10
3 rd	4	3 rd	8
4 th	3	4 th	6
5 th	2	5 th	4
6 th	1	6 th	2



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Schedule of Events:

Warmups will begin at 7:35 AM and consist of three 15-minute sessions, concluding at 8:20 AM.

Warm Up Session

7:35 AM – 8:20 AM

Time	Lanes	Team
7:35-7:50 AM	1-3	Bridlewood
	4-6	Kingsbrooke
7:50-8:05 AM	1-3	Braemar
	4-6	Victory Lakes
8:05-8:20 AM	1-3	Wellington
	4-6	Dominion Valley

Meet events will commence at 8:30 AM. Each event will consist of one heat in the order shown below. A ten-minute break will be observed between the individual events and the relay events.

Events

Girls Event #	Description	Boys Event #
1	8 & Under 25 Meter Freestyle	2
3	9-10 50 Meter Freestyle	4
5	11-12 50 Meter Freestyle	6
7	13-14 50 Meter Freestyle	8
9	15-18 50 Meter Freestyle	10
11	8 & Under 25 Meter Backstroke	12
13	9-10 50 Meter Backstroke	14
15	11-12 50 Meter Backstroke	16
17	13-14 50 Meter Backstroke	18
19	15-18 50 Meter Backstroke	20
Freestyle Awards		
21	8 & Under 25 Meter Breaststroke	22
23	9-10 50 Meter Breaststroke	24
25	11-12 50 Meter Breaststroke	26
27	13-14 50 Meter Breaststroke	28



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29	15-18 50 Meter Breaststroke	30
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Backstroke Awards		
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31	8 & Under 25 Meter Butterfly	32
33	9-10 25 Meter Butterfly	34
35	11-12 50 Meter Butterfly	36
37	13-14 50 Meter Butterfly	38
39	15-18 50 Meter Butterfly	40
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Breaststroke Awards		
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Events (cont.)

Girls Event #	Description	Boys Event #
41	8 & Under 100 Meter Medley Relay	42
43	9-10 100 Meter Medley Relay	44
45	11-12 100 Meter Medley Relay	46
47	13-14 200 Meter Medley Relay	48
49	15-18 200 Meter Medley Relay	50
Butterfly Awards		
51	18 & Under 200 Meter Freestyle Crescendo Relay	52
Relay and Team Awards		