

**SDS**  
**Polar Bear Invitational**  
**January 9-10, 2016**

Sanctioned by United States Swimming Through  
 Potomac Valley Swimming  
 Sanction # PVI-16-41

<b>Meet Location</b>	<p style="text-align: center;"><u>South Run Recreation Center</u> – 10 Lanes; 25 yards                  7550 Reservation Drive                  Springfield, VA. 22153                  703-866-0566</p> <p>The pool is a 10 lane, 25 yard course with a starting end depth - 12 feet and a turning in depth of 4 feet.                  The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</p> <p>Semi Automatic timing (buttons primary) will be used for this meet.</p> <p>Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. Entries will be accepted on a first come, first serve basis from our invited teams. The Meet Director will endeavor to inform invited teams promptly when the meet has been fully subscribed.</p>
<b>Meet Director</b>	Melanie McKula      admin@seadevils.org
<b>Official's Chair</b>	William Deniston      wmdeniston@cox.net
<b>Meet Referee</b>	Mike Rubin      mrubin1@cox.net
<b>Schedule</b>	<p>Jan 9-10: 10 &amp;U warm-up 12:30-12:50; events 12:55 pm                  The 10 &amp; Under sessions may be swum using an 8 lane format.</p> <p>Jan 9-10: 11 -14 warm-up 2:50-3:10 pm, events 3:15 pm                  The 11 &amp; Older sessions will be swum using a 10 lane format.  <u><b>Warm-up times may be slightly adjusted after entries are received for the timeline.</b></u></p>
<b>Awards</b>	Ribbons will be awarded from 1 <sup>st</sup> thru 8 <sup>th</sup> place for individual events.
<b>Eligibility</b>	Open to all invited Potomac Valley Swimming registered athletes from AAC, HACC, Riptide, and CSC. Athletes must be in good standing with USA Swimming and their respective LSC.
<b>Swimmers with a Disability</b>	PVS and host clubs along with their Meet Directors are committed to the <a href="#">Inclusion Policy as adopted by the BOD</a> . Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

<p><b>Rules</b></p>	<p>Current USA Swimming rules shall govern the meet which include:</p> <p>All events are timed finals.</p> <p>A contestant may enter no more than <b>three (3) individual events per day</b>.</p> <p>Athletes shall compete at the age attained on the first day of meet.</p> <p>Events that are 200 yards or longer, <b>MAY require positive check-in 30 minutes prior to warm-up</b> based on the number of entries received for those events.</p> <p>The Meet Manager has the right to close entries once the maximum number of splashes allotted for water time is reached.</p> <p>Dive over starts may be used in the 11-14 session based on number of splashes received.</p> <p>Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</p> <p>In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, included a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy, the use of equipment capable of taking pictures (ie. cell phones, cameras, PDAs, etc.) are barred from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</p> <p>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. 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.</p> <p>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 12 &amp; U sessions in Rule 205.3.1F.</p>
<p><b>Warm ups</b></p>	<p>The prescribed PVS Warm-up procedures and safety policies will be followed. Lane assignments will be posted on deck. The meet manager reserves the right to adjust warm-up times after entries are received in order to streamline meet.</p>
<p><b>Supervision</b></p>	<p>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</p> <p><b>Parents will not be allowed on deck unless serving in an official capacity - timer, referee, judge or the like.</b></p>

	Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Working coaches & deck officials are required to display their 2013 USA Swimming card.
<b>Admission</b>	There is no admission charge.
<b>Programs</b>	Meet programs will not be sold. The meet program will be available online at <a href="http://www.seadevils.org">www.seadevils.org</a> &/or <a href="http://www.pvswim.org">www.pvswim.org</a> . Please remind your parents and coaches to download their own copy. Working officials and coaches will have a program provided.
<b>Concessions</b>	Concessions are limited to the snack machines and drink machines in the lobby.
<b>Seating</b>	Due to the limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers ONLY will be permitted on the pool deck. <b>Personal chairs will be permitted on the deck for COACHES only. Swimmers will NOT be permitted to bring chairs on deck. Due to the expected number of athletes, seating will also be limited in the stands. NO chairs will be permitted in the stands' viewing area.</b>
<b>Officials</b>	All certified officials desiring to volunteer for this meet should contact the SDS Officials' Chair William Deniston at <a href="mailto:wmdeniston@cox.net">wmdeniston@cox.net</a> or Referee Mike Rubin at <a href="mailto:mrubin1@cox.net">mrubin1@cox.net</a> with your certification, your club affiliation, and the session you wish to work. Please sign in at the recording table 10 minutes before the start of the warm-ups. Certified officials who have not been contacted should speak with the deck referee at the meet.
<b>Timers</b>	<b>The host club will provide at least one timer per lane. Participating clubs are requested to provide at least one timer every session the team participates in proportion to their entries. Upon submission of the meet entry, clubs will be notified of the number of timers to be provided. Acceptance of the club entry is based upon compliance with the above.</b>
<b>Deck Entries</b>	Deck entries are \$10.00 per individual event and must be submitted <u>with payment</u> and presentation of registration card no later than 30 minutes prior to the first event of each session. No new heats will be created. First come, first served.
<b>Warning</b>	Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00 and no further entries will be accepted from that Club until the said fine has been paid.
<b>Entry Fees:</b>	\$6.00 per individual event. There is a \$2.00 per swimmer surcharge. Make checks payable to "Sea Devil Swimming".
<b>MEET ENTRY PROCEDURES:</b>	<b>General Instructions:</b> Entries may be submitted <b>VIA EMAIL</b> . The following general instructions apply. <ul style="list-style-type: none"> <li>• ALL ENTRIES MUST BE RECEIVED BY <b>5:00PM, Tuesday, Dec. 29, NO LATE ENTRIES ACCEPTED</b></li> <li>• <b>Important:</b> The above date is the deadline for clubs to submit their entries to the Meet Entry Coordinator. Therefore, clubs usually set an</li> </ul>

earlier deadline to receive entries from their swimmers. Check with your club for this information.

Make checks payable to "SEA DEVIL SWIMMING" .

- **Send entries and checks to Meet Entry Coordinator:**

**Melanie McKula  
P.O. Box 650070  
Potomac Falls, VA 20165-0070**

- **Email:** [admin@seadevils.org](mailto:admin@seadevils.org)

- Entry fees are due with each club's meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. No further entries will be accepted from clubs for future meets until all entry fees are paid in full by the club to the meet director

- **Optional:** Before preparing your entries, events for this meet can be downloaded and then imported into team manager (go to team manager/file/import/meet events).

- **E-mail Entries**

- Attach the "meet entries" export file from Hy-Tek Meet Manager. Also attach a meet entry report by swimmer and a meet entry report by event. Create these reports in Team Manager and save as Word for Windows files.

- In body of e-mail, give entry numbers (girls, boys, total) and contact information (e-mail, phone, officials contact).

- Submit entries to the Meet Entry Coordinator, Melanie

McKula at [admin@seadevils.org](mailto:admin@seadevils.org) . In the subject heading please indicate "Polar Bear Invitational - ####" with the club's initials substituted in place of the number symbols. If the club is submitting entries from more than one location, please add the location to the heading with the club initials.

**Check payments must be received at the address listed above prior to the start of the meet.**

- Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgment should contact the Meet Director by other than e-mail to confirm receipt.

- **Special note: The Meet Entry Coordinator may limit entries to prevent oversubscription of this meet to conform with time and swimmer limits with regards to Fairfax County Park Authority contracts.**

In granting this sanction, it is understood and agreed that USA Swimming, Potomac Valley Swimming, South Run Recreation Center and Sea Devil Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

## Sea Devil Swimming Polar Bear Invitational

**Session 1**  
**Saturday, January 9th**  
**Warm up: 12:30-12:50 pm**  
**Events: 12:55 pm**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
1	8 & Under 25 y Back	2
3	8 & Under 25 y Breast	4
5	10 & Under 200 y Free	6
7	7 & Under 50 y Free	8
9	10 & Under 100 y Breast	10
11	10 & Under 100 y Fly	12
13	10 & Under 50 y Back	14
15	10 & Under 100 y Free	16

**Session 2**  
**Saturday, January 9th**  
**Warm up: 2:50-3:10 pm**  
**Events: 3:15 pm**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
17	11-14 100 y Breast	18
19	11-14 200 y Back	20
21	11-14 50 y Fly	22
23	11-14 100 y Back	24
25	11-14 200 y Fly	26
27	11-14 50 y Free	28

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**Session 3  
Sunday, January 10th  
Warm up: 12:30-12:50 pm  
Events: 12:55 pm**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
29	8 & Under 25 y Free	30
31	8 & Under 25 y Fly	32
33	10 & Under 100 y IM	34
35	10 & Under 50 y Breast	36
37	10 & Under 100 y Back	38
39	10 & Under 50 y Fly	40
41	8-10 50 y Free	42

**Session 4  
Sunday, January 10th  
Warm up: 2:50-3:10 pm  
Events: 3:15 pm**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
43	11-14 200 y IM	44
45	11-14 100 y Fly	46
47	11-14 200 y Free	48
49	11-14 50 y Breast	50
51	11-14 100 y Free	52
53	11-14 200 y Breast	54
55	11-14 50 y Back	56