



MARCH SPRING FLING

MARCH 19-21, 2021

Sanction # PVI-21-179



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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-179. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mason Makos Swim Team, and The St. James: Sports, Wellness & Entertainment Complex 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;">The St. James: Sports and Wellness & Entertainment Complex 6805 Industrial Road, Springfield, VA 22151 (703) 239-6870</p> <ul style="list-style-type: none"> The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition on Friday will be held in 8 lanes, 25 yards for session 1 and 10 lanes, 25 yards for sessions 2 and 3 of the northern end of the pool. Competition on Saturday and Sunday will be held in 7,8 or 10 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool. Water depth of 6'8" to 7'6" at both the start and turn ends of the northern competition course. Water depth of 7'4" at the starting end and 4' at the turning end of the southern competition course. The competition courses have been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.
ENTRY DEADLINE	<p style="text-align: center;">Wednesday, March 3, 2021, 8:00 PM</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;">Friday, March 19</p> <p style="text-align: center;">Session 1: 13&O Warm-up: 1:30-1:50pm. Events: 1:55 pm Session 2: 12&U GIRLS Warm-up: 4:30-4:50 pm. Events: 4:55 pm Session 3: 12&U BOYS Warm-up: 6:15-6:35 pm. Events 6:40 pm</p> <p style="text-align: center;">Saturday, March 20, 2021</p> <p style="text-align: center;">Session 4: 11-12 Warm-up: 7:30-7:50 am. Events: 7:55 am Session 5: 10 YR OLD Warm-Up: 9:25-9:45 am. Events: 9:50 am Session 6: 9&U Warm-up (2 sessions): 11:45 am-12:05 pm, 12:10-12:30 pm. Events: 12:35 pm Session 7: 13&O Warm-up (2 sessions): 2:55-3:15 pm, 3:20-3:40 pm. Events 3:45 pm</p> <p style="text-align: center;">Sunday, March 21, 2021</p> <p style="text-align: center;">Session 8: 11-12 Warm-up: 7:30-7:50 am. Events: 7:55 am Session 9: 10 YR OLD (2 sessions): Warm-up: 9:40-10:00 am, 10:05-10:25 am. Events: 10:30 am Session 10: 9&U Warm-Up (2 sessions): 12:25-12:45 pm, 12:50-1:10 pm. Events: 1:15 pm Session 11: 13-14 Warm-Up: 4:15-4:35 pm. Events: 4:40 pm Session 12: 15&O Warm-Up: 5:50-6:10 pm. Events: 6:15 pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.

	<ul style="list-style-type: none"> ● Two lanes of continuous warm-up/cool down will be available during the 13-14 and 15&Over Sessions during competition. Each lane will be limited to 6 swimmers. ● For the other sessions, there may not be continuous warm up/warm down space. If time allows, the Meet Director may open the competition pool for a brief warm down.
ELIGIBILITY	<ul style="list-style-type: none"> ● Open to USA Swimming Registered Athletes. 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. ● All athletes shall compete at the age attained on the first day of the meet. ● Only open to swimmers not competing in the PVS Championship Meet Series.
DISABILITY SWIMMERS	<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.
TIMING SYSTEM	<ul style="list-style-type: none"> ● Automatic timing (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> ● An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. ● USA Swimming cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. ● BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, MASON MAKOS SWIM TEAM, AND THE ST. JAMES: SPORTS WELLNESS & ENTERTAINMENT COMPLEX AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. ● We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. ● By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Fairfax County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> ● Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently. ● Athletes should arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed. ● Athletes must shower prior to arrival at the pool. ● All attendees (athletes, coaches, officials, volunteers) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when warming up, cooling down, and competing. ● All attendees (athletes, coaches, officials, volunteers) will submit to a health screening and

temperature check before they are permitted in the facility. Non-members of The St. James must complete the [St. James Self-Health Assessment and Participation Terms and Conditions](#) no earlier than 12 hours before attending (specify STJ Swimming Rental as “Sport”). Per CDC guideline, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the facility. Members of the St. James may complete this via The St. James app.

- All attendees should maintain a minimum of ten (10) feet distance from all other participants whenever possible.
- Each session will be limited to no more than 110 swimmers.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- During warm-ups, swimmers will wear their masks until they arrive at their lane. They will put it in a plastic zipper bag behind their lane. Once warm-ups are completed, swimmers will immediately put their masks back on.
- During competition, swimmers will wear their masks until they arrive at their lane and they will take it off and put it in a plastic zipper bag. The zipper bag will be placed beneath their block. Swimmers will immediately put their masks back on at the completion of their swims before they leave the bulkhead.
- For the 25 yd events, which will start at the far end, the swimmers will put their masks in a plastic zipper bag and hook the bag on a “holding stick” with labeled hooks. Upon collecting masks from all swimmers on the start (far) end, marshals will walk to the finish end of the race and place the masks and zipper bags on the lane for the swimmer. Upon completion of the race swimmers will retrieve their masks and immediately put their masks back on.
- Swimmers must follow all directions as posted and adhere to all marshal directions.
- For the sessions on Friday, competition will be in the northern end of the pool. Upon completion of their race, swimmers seated in the stands will turn left after leaving the bulkhead, walk around the pool deck and line back up in the designated area with proper social distancing until they are cleared to go up the stairs back to their seating area. Swimmers seated in the splash park area will access the competition area while walking against the “scoreboard” wall and merge into the staging area by walking behind the turn end of the competition pool. Upon completion of their race, upon leaving the bulkhead, swimmers will return to the splash park area while walking against the scoreboard wall. The marshal at the end of the bulkhead will ensure that there are no swimmers walking in both directions at the scoreboard wall.
- For the sessions on Saturday and Sunday, competition will be held in the southern end of the pool. Swimmers seated in the stands will enter the pool deck through the stairwell on the shallow end of the pool. They will return to their assigned area via the same stairwell. Volunteers will ensure one-way traffic on the stairwell at all times. Swimmers seated in the splash park area will access the competition area while walking against the “scoreboard” wall and merge into the staging area by walking behind the turn end of the competition pool. Upon completion of their race, upon leaving the bulkhead, swimmers will return to the splash park area while walking against the scoreboard wall. The marshal at the end of the bulkhead will ensure that there are no swimmers walking in both directions at the scoreboard wall.
- Swimmers will walk around the pool deck and line back up in the designated area with proper social distancing until they are cleared to go up the stairs back to their seated area or walk back against the scoreboard wall to the splash area seating.
- All swimmers must remain in their designated area for their group until they are called for their event and they must return to their area immediately following their event.
- Swimmers may not enter another swimmer’s “square” of seating.
- Any swimmer not following the meet protocols will be subject to immediate removal from the meet.
- Limited hospitality may be provided for coaches, officials, and volunteers.
- We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-

	<p>19 after attending the meet.</p> <ul style="list-style-type: none"> No spectators will be permitted. Competition will be live-streamed via the St. James Swimming Facebook page (https://www.facebook.com/stjswimming).
RULES	<ul style="list-style-type: none"> Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), shall govern this meet. No on-deck USA-S registration is permitted. In compliance with <i>USA Swimming Rules and Regulations</i>, 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. 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. No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> All 8&Under events are mixed gender. All events are timed finals. In case of mixed gender events, it is recommended that swimmers do not sign up for consecutive events to avoid back-to-back heats in different events. Swimmers 13& over can swim (combined) a maximum of six (6) events in the Friday and Saturday sessions. Swimmers 13 & Over may not swim the same stroke or distance more than once in these 2 sessions. Athletes 9-12 yr olds may enter a maximum of (9) individual events, no more than 3 events per session. Athletes age 8&Under may enter a maximum of (6) individual events. Swimmers may designate one (1) counter (if desired) for 500 Freestyle, but the counter must be a swimmer, coach, or volunteer who is already on deck at the meet. The 500 Freestyle may be limited to comply with USA Swimming Rule 205.3.1F and to keep the session within the time available at the facility. The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability, COVID-19 Considerations, and COVID-19 Protocols.
POSITIVE CHECK IN	<ul style="list-style-type: none"> All events will be pre-seeded. No Positive Check in at this meet.
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. Warm up lanes and times will be assigned by the Meet Director. No more than 5 swimmers will be permitted in each warm up lane.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> All events will be pre-seeded.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will be available on the MAKO website the evening before the meet at www.makoswimming.net.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not

Friday, March 19, 2021

Session 1: 13&Over		
Warm-up: 1:30-1:50pm. Events: 1:55 pm		
GIRLS #	EVENT	BOYS #
1	13&O 200 Freestyle	2
3	13&O 200 Breaststroke	4
5	13&O 100 Fly	6
7	13&Over 400 IM	8
9	13&O 100 Freestyle	10
11	13&O 200 Backstroke	12
13	13&O 500 Freestyle	14
15	13&O 100 Breaststroke	16

Session 2: 12&U Girls		
Warm-up: 4:30-4:50 pm. Events: 4:55 pm		
GIRLS #	EVENT	
17	10&Under 50 Freestyle	
18	11-12 200 Backstroke	
19	10&Under 100 Breaststroke	
20	10&Under 100 Fly	
21	11-12 200 Breaststroke	
22	10&Under 200 IM	
23	11-12 200 Fly	

Session 3: 12&U Boys		
Warm-up: 6:15-6:35 pm. Events 6:40 pm		
	EVENT	BOYS #
	10&Under 50 Freestyle	24
	11-12 200 Backstroke	25
	10&Under 100 Breaststroke	26
	10&Under 100 Fly	27
	11-12 200 Breaststroke	28
	10&Under 200 IM	29
	11-12 200 Fly	30

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Saturday, March 20, 2021

Session 4: 11-12		
Warm-up: 7:30-7:50 am. Events: 7:55 am		
GIRLS #	EVENT	BOYS #
31	MIXED 11-12 200 IM	
33	11-12 100 Freestyle	34
35	11-12 50 Breaststroke	36
37	11-12 100 Backstroke	38
39	11-12 50 Fly	40
41	MIXED 11-12 500 Freestyle	

Session 5: 10 YR OLD		
Warm-Up: 9:25-9:45 am. Events: 9:50 am		
GIRLS #	EVENT	BOYS #
43	10 YR 100 Freestyle	44
45	10 YR 50 Breaststroke	46
47	10 YR 100 Backstroke	48
49	MIXED 10 YR 500 Free	

Session 6: 9&UNDER		
Warm-up (2 sessions): 11:45 am-12:05 pm, 12:10-12:30 pm. Events: 12:35 pm		
GIRLS #	EVENT	BOYS #
50	MIXED 7&U 25 Freestyle	
51	9&U 100 Freestyle	52
53	MIXED 7&U 50 Freestyle	
54	MIXED 7&U 100 Freestyle	
55	MIXED 7&U 25 Breaststroke	
56	9&U 50 Breaststroke	57
58	MIXED 7&U 50 Breaststroke	
59	MIXED 7&U 100 Breaststroke	
60	MIXED 7&U 100 Backstroke	
61	MIXED 7&U 25 Backstroke	
62	9&U 100 Backstroke	63
64	MIXED 7&U 50 Backstroke	
65	MIXED 9&U 500 Free	
66	MIXED 7&U 100 Butterfly	
67	MIXED 7&U 25 Butterfly	
68	MIXED 7&U 50 Butterfly	
69	MIXED 7&Under 100 IM	

Session 7: 13&O		
Warm-up (2 sessions): 2:55-3:15 pm, 3:20-3:40 pm. Events 3:45 pm		
GIRLS #	EVENT	BOYS #
71	13&O 200 Freestyle	72
73	13&O 200 Breaststroke	74
75	13&O 100 Butterfly	76
77	13&O 400 IM	78
79	13&O 100 Freestyle	80
81	13&O 200 Backstroke	82
83	13&O MIXED 500 Free	84
85	13&O 100 Breaststroke	86

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Sunday, March 21, 2021

Session 8: 11-12 Warm-up: 7:30-7:50 am. Events: 7:55 am		
GIRLS #	EVENT	BOYS #
87	11-12 100 IM	88
89	11-12 50 Backstroke	90
91	11-12 100 Breaststroke	92
93	11-12 50 Freestyle	94
95	11-12 200 Freestyle	96
97	11-12 MIXED 100 Fly	
101	11-12 400 IM	102

Session 9: 10 YR OLD Warm-up (2 sessions): 9:40-10:00 am, 10:05-10:25 am. Events: 10:30 am		
GIRLS #	EVENT	BOYS #
103	10 YR 100 IM	104
105	10 YR 50 Backstroke	106
107	10 YR 200 Freestyle	108
109	10 YR 50 Fly	110

Session 10: 9&UNDER Warm-Up (2 sessions): 12:25-12:45 pm, 12:50-1:10 pm. Events: 1:15 pm		
GIRLS #	EVENT	BOYS #
111	9&U 100 IM	112
113	MIXED 8 YR 25 Backstroke	
	3 MINUTE BREAK	
114	9&U Backstroke	115
116	MIXED 8 YR 50 Backstroke	
117	MIXED 8 YR 100 Backstroke	
118	MIXED 8 YR 25 Freestyle	
	3 MINUTE BREAK	
119	9&U 200 Freestyle	120
121	MIXED 8 YR 50 Freestyle	
122	MIXED 8 YR 100 Freestyle	
123	MIXED 8 YR 25 Butterfly	
	3 MINUTE BREAK	
124	9&U 50 Fly	125
126	MIXED 8 YR 25 Breaststroke	
	3 MINUTE BREAK	
127	MIXED 8 YR 50 Breaststroke	
128	MIXED 8 YR 100 Breaststroke	
129	MIXED 8 YR 50 Butterfly	
130	MIXED 8 YR 100 Butterfly	
131	MIXED 8 YR 100 IM	

Session 11: 13-14

Warm-Up: 4:15-4:35 pm. Events: 4:40 pm

GIRLS #	EVENT	BOYS #
133	13-14 50 Freestyle	134
135	13-14 200 IM	136
137	13-14 100 Backstroke	138
139	13-14 200 Fly	140

Session 12: 15&OVER

Warm-Up: 5:50-6:10 pm. Events: 6:15 pm

GIRLS #	EVENT	BOYS #
141	15&O 50 Freestyle	142
143	15&O 200 IM	144
145	15&O 100 Backstroke	146
147	15&O 200 Fly	148