



Polar Bear Invitational

January 15-16, 2022

Sanction # PVI-22-43



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| MEET DIRECTOR | MEET REFEREE | CLUB OFFICIALS CHAIR |
| Melanie McKula admin@seadevils.org (703) 283-1182 | Tim Husson tim.husson@gmail.com | Melanie McKula admin@seadevils.org (703) 283-1182 |

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| SANCTION | <ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-22-43. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The Capitol Sea Devils, and South Run Rec 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;">South Run Rec Center 7550 Reservation Dr Springfield, VA 22153 (703) 866-0566</p> <ul style="list-style-type: none"> The pool at South Run Rec Center is 25yd x 25yd. Competition will be held in 6-10 lanes, 25 yd. 10 lanes will be available during warm-ups. Water depth range of 12' at the starting end and 4' at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). |
| ENTRY DEADLINE | <p style="text-align: center;">Wednesday, January 5 at 5:00 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;">Saturday, January 15: 400 IM/500 Free: Warm-up 7:00-7:30 am, Events: 7:35 am *entries may be limited to meet available timeline</p> <p style="text-align: center;">January 15-16: 10 & Under Warm-ups: 12:40 -1:00 pm; Events: 1:05 pm The 10 & under Session will be swum using an 8 lane format.</p> <p style="text-align: center;">January 15-16: 11-14: Warm-ups: 3:00-3:25 pm; Events: 3:30 pm 11-14 Session will be swum using a 10 lane format</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 invited Potomac Valley Swimming registered athletes from The Capitol Sea Devils, The St. James Swim Club, Nation's Capital Swim Club (Burke), Fairfax Foxes, and Royal Wave Swim Team. 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. |
| 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"> Semi-automatic (buttons primary) timing will be used. |

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| <p>COVID-19 CONSIDERATIONS</p> | <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, Inc., 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, THE CAPITOL SEA DEVILS, AND SOUTH RUN REC CENTER 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. |
| <p>COVID-19 PROTOCOLS</p> | <ul style="list-style-type: none"> • Before registering your young swimmer, please consider that they can manage themselves for the duration of the meet session with just their coach overseeing them, including being able to visit the bathroom independently. • Before entering the facility, participants are required to be able to answer the following questions and will only be permitted entrance if answering with “no”: <ul style="list-style-type: none"> ○ Do you feel any symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? ○ Has anyone in your family been sick or diagnosed with COVID-19 in the last 14 days? ○ Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has in the past 14 days? • Each session will be limited to 100 swimmers. • Athletes should arrive and depart in their suits if possible. • Locker room use should be minimized. • All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. • No one with symptoms of COVID-19 is permitted in the facility. • Spectators are not permitted. The competition will be live streamed on the SDS Facebook page. |
| <p>RULES</p> | <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 Prevention Policy |

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| | <p>("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> • No on-deck USA Swimming 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 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. • Athletes may enter a total of six (6) events and no more than three (3) per day. • On Saturday, swimmers age 11-12 may participate in either Session 1 OR Session 3. • The 400 IM and 500 Free will be seeded fastest to slowest and will be mixed gender. Swimmers must provide their own timer/counter. • The meet director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability, and COVID-19 Considerations and COVID-19 Protocols, as set forth above. |
| 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 may determine the structure of warm-up, including times/lane assignments. • No more than 10 swimmers per lane during warm ups. |
| 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. No Deck Entries will be accepted. |
| AWARDS | <ul style="list-style-type: none"> • No awards will be given. |
| PROGRAMS | <ul style="list-style-type: none"> • Meet programs will be available on the SDS website the evening before the meet at www.seadevils.org. • The meet will be available 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 at all times. |
| SPECTATOR ENTRY FEE | <ul style="list-style-type: none"> • No spectators will be allowed in the building. The meet will be live streamed on the Sea Devils Facebook page. |

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| 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 Referee, Tim Husson (tim.husson@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. • Polar Bear - Timer & Volunteer Sign-up | | | | |
| ENTRY PROCEDURES | <ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director (admin@seadevils.org). • Include in the subject of the email, "Monster Mash 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 | <table border="0" style="margin-left: 40px;"> <tr> <td>Per Swimmer Surcharge:</td> <td style="text-align: right;">\$5</td> </tr> <tr> <td>Individual event fee:</td> <td style="text-align: right;">\$10</td> </tr> </table> <ul style="list-style-type: none"> • Make checks payable to The Capitol Sea Devils. Checks may be mailed to: PO Box 7965 McLean, VA 22106 • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. | Per Swimmer Surcharge: | \$5 | Individual event fee: | \$10 |
| Per Swimmer Surcharge: | \$5 | | | | |
| Individual event fee: | \$10 | | | | |

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Session 1
Saturday, January 15th
Warm up: 7:00-7:30 am
Events: 7:35 am

| Mixed | Event | |
|----------------------|-----------------|--|
| 1 | 11-14 400 IM * | |
| 2 | 11-14 500 Free* | |
| *Seeded Fast to Slow | | |

Session 2
Saturday, January 15th
Warm up: 12:40-1:00 pm
Events: 1:05 pm

| Girls Event # | Event | Boys Event # |
|---------------|-------------------------|--------------|
| 3 | 8 & Under 25 y Back | 4 |
| 5 | 8 & Under 25 y Breast | 6 |
| 7 | 10 & Under 200 y IM | 8 |
| 9 | 7 & Under 50 y Free | 10 |
| 11 | 10 & Under 100 y Breast | 12 |
| 13 | 10 & Under 100 y Fly | 14 |
| 15 | 10 & Under 50 y Back | 16 |
| 17 | 10 & Under 100 y Free | 18 |

Session 3
Saturday, January 15th
Warm up: 3:00-3:25 pm
Events: 3:30 pm

| Girls Event # | Event | Boys Event # |
|---------------|--------------------|--------------|
| 19 | 11-14 100 y Breast | 20 |
| 21 | 11-14 200 y Back | 22 |
| 23 | 11-14 50 y Fly | 24 |
| 25 | 11-14 100 y Free | 26 |
| 27 | 11-14 50 y Back | 28 |
| 29 | 11-14 200 y Fly | 30 |

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Session 4
Sunday, January 16th
Warm up: 12:40-1:00 pm
Events: 1:05 pm

| Girls Event # | Event | Boys Event # |
|----------------------|------------------------|---------------------|
| 31 | 10 & Under 100 y IM | 32 |
| 33 | 8 & Under 25 y Free | 34 |
| 35 | 8 & Under 25 y Fly | 36 |
| 37 | 10 & Under 200 y Free | 38 |
| 39 | 10 & Under 50 y Breast | 40 |
| 41 | 10 & Under 100 y Back | 42 |
| 43 | 10 & Under 50 y Fly | 44 |
| 45 | 8-10 50 y Free | 46 |

Session 5
Sunday, January 16th
Warm up: 3:00-3:25 pm
Events: 3:30 pm

| Girls Event # | Event | Boys Event # |
|----------------------|--------------------|---------------------|
| 47 | 11-14 100 y Fly | 48 |
| 49 | 11-14 200 y Free | 50 |
| 51 | 11-14 50 y Breast | 52 |
| 53 | 11-14 200 y IM | 54 |
| 55 | 11-14 100 y Back | 56 |
| 57 | 11-14 50 y Free | 58 |
| 59 | 11-14 200 y Breast | 60 |