



MAKO POLAR BEAR PLUNGE

January 15-16, 2022

Sanction # PVC-22-48



MEET DIRECTOR Heather Coulson Haddock heatherhaddock@makoswimming.net	MEET REFEREE Jan van Nimwegen jnimwegen@earthlink.net 571-244-4588	CLUB OFFICIALS CHAIR Josh Helms makosofficials@gmail.com Officials Signup
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-22-48. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mason Makos Swim Team, and George Mason Aquatics & Fitness 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;">George Mason University Aquatic and Fitness Center 4520 Patriot Circle Fairfax, VA 22030 (703) 993-3939</p> <ul style="list-style-type: none"> The pool at George Mason University is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 8 lanes, 25 yards, running lengthwise from the wall to the bulkhead. 19 lanes will be used for warm-up. 4 lanes will be available for continuous warm-up/cool down during the 13 & Over sessions. 3 lanes will be available during the 11-12 sessions. No lanes will be available during the 10 & Under sessions. The Meet Director may add breaks for warm-ups during the meet time permitted. Water depth of 7' at the starting end and 9' at the turning end of the competition course. The competition course has 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;">Thursday, December 30, 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;">Saturday, January 15, 2022</p> <p style="text-align: center;">13&O Warm-up: 8:50-9:10 am, Start Time 9:15 am 10&U Warm-up: 1st 12:15-12:35 pm & 2nd 12:35-12:55 pm, Start Time 1:00 pm 11-12 Warm-up: 4:35-4:55 pm, Start Time 5:00 pm</p> <p style="text-align: center;">Sunday, January 16, 2022</p> <p style="text-align: center;">11-12 Warm-up: 7:40-8:00 am, Start Time 8:05 am 10&U Warm-up: 1st 10:15-10:35 am & 2nd 10:35-10:55 am, Start Time 11:00 am 13&O Warm-up: 2:35-2:55 pm, Start Time 3:00 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 registered Potomac Valley 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 <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"> • 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.
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, 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, MASON MAKOS SWIM TEAM AND GEORGE MASON UNIVERSITY 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. • Before entering the facility, participants are required to fill out the Mason Health Screening Tool https://itsapps2.gmu.edu/symptom/Account/Login. • Each session will be limited to 450 swimmers. • Athletes should arrive and depart in their suits. • Locker rooms use will be limited to restroom use only. Locker rooms will not be available for showering and changing clothes. • No one with symptoms of COVID-19 is permitted in the facility. • 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. • Spectators are not permitted. The competition will be live streamed on the MAKO Facebook page.

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 Prevention 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 <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 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 times are short course yards. Athletes may enter a total of six (6) events and no more than three (3) per day. • 10 & Unders who want to enter the 12 & Under 500 freestyle may not enter the 10 & Under session on Saturday. • Swimmers must provide their own timer and counter (if desired) for the 500 freestyle and 400 IM. • No Deck entries will be accepted. • 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"> • For the 13 & Over sessions, there will be positive check in for events 200 yd and longer utilizing a check in sheet organized by team. The check in will be due 30 minutes before the start of events. All other events will be pre-seeded. • All events for the 11-12 and 10 & Under sessions 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.
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 except the 13 & Over events 200 yard and longer.
AWARDS	<ul style="list-style-type: none"> • No Awards
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 permitted in the facility. 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.

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13&O Warm-up: 8:50-9:10 am, Start Time 9:15 am

10&U Warm-up: 1st 12:15-12:35 pm & 2nd 12:35-12:55 pm, Start Time 1:00 pm

11-12 Warm-up: 4:35 4:55 pm, Start Time 5:00 pm

Sunday, January 16, 2022

11-12 Warm-up: 7:40-8:00 am, Start Time 8:05 am

10&U Warm-up: 1st 10:15-10:35 am & 2nd 10:35-10:55 am, Start Time 11:00 am

13&O Warm-up: 2:35-2:55 pm, Start Time 3:00 pm

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GIRLS	EVENT	BOYS
1	13&Over 100 Butterfly	2
3	13&Over 200 IM	4
5	13&Over 50 Freestyle	6
7	13&Over 200 Backstroke	8
9	13&Over 100 Breaststroke	10
129	13&Over MIXED 500 Freestyle	

Sunday, January 16, 2022

GIRLS	EVENT	BOYS
33	11-12 100 Individual Medley	34
35	11-12 50 Freestyle	36
37	11-12 100 Butterfly	38
39	11-12 50 Backstroke	40
41	11-12 100 Breaststroke	42
43	11-12 200 Freestyle	44

GIRLS	EVENT	BOYS
11	10&Under 100 Freestyle	12
13	8&Under 25 Freestyle	14
15	10&Under 50 Fly	16
17	8&Under 25 Backstroke	18
19	9-10 100 Backstroke	20
21	10&Under 50 Breaststroke	22

GIRLS	EVENT	BOYS
45	10&Under 50 Freestyle	46
47	8&Under 25 Butterfly	48
49	9-10 100 Butterfly	50
51	8&Under 25 Breaststroke	52
53	9-10 100 Breaststroke	54
55	10&Under 50 Backstroke	56
57	10&Under 100 Individual Medley	58

GIRLS	EVENT	BOYS
23	11-12 50 Butterfly	24
25	11-12 100 Backstroke	26
27	11-12 100 Freestyle	28
29	11-12 50 Breaststroke	30
31	11-12 200 Individual Medley	32
131	12& Under 500 Freestyle	132

GIRLS	EVENT	BOYS
59	13&Over 100 Backstroke	60
61	13&Over 200 Freestyle	62
63	13&Over 200 Breaststroke	64
65	13&Over 100 Freestyle	66
67	13&Over 200 Butterfly	68
69	13&Over 400 IM	70