



Polar Bear Invitational

January 11-12, 2020

Sanction # PVI-20-44



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Melanie McKula, admin@seadevils.org , 703-283-1182	Kelly Rowell kmcr.pvs@gmail.com	Jim Mello the.mello.five@gmail.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-20-44. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The Capitol Sea Devils, and South Run RECenter 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 RECenter 7550 Reservation Dr Springfield, VA 22153 703-866-0566</p> <ul style="list-style-type: none"> 10 lanes, 25 yards 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;">Monday, December 30, 2019 at 5 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>January 11: 400 IM/500 Free: Warm-up: 7:00-7:30 am, 7:15-7:40 am Events: 7:35 am, 7:45 am</p> <p style="text-align: center;">*entries may be limited to meet available timeline</p> <p style="text-align: center;">January 11-12: 10 & Under Warm-ups: 12:40 -1:00 pm; Events: 1:05 pm</p> <p style="text-align: center;">The 10 & under Session will be swum using an 8 lane 10 lane format.</p> <p style="text-align: center;">January 11-12: 11-14: Warm-ups: 3:00-3:25 pm; Events: 3:30 pm</p> <p style="text-align: center;">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 TCSD, RIPS, NCAP-Burke, and FFX, OCCS. Athletes must be in good standing with USA Swimming and their respective LSC. 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 timing (buttons primary) will be used for this meet.
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 be used at this meet. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts. 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. The 400 IM and 500 Free will be seeded fastest to slowest; heats will alternate girls/boys. Heats may be combined to meet timelines. Swimmers may enter no more than four (4) events per day and no more than three (3) events per session. On Saturday, swimmers age 11-12 may participate in either Session 1 OR Session 3. Swimmers entered in the 400 IM/500 Free will need to provide their own timer/counter.
POSITIVE CHECK IN	<ul style="list-style-type: none"> Events #1, #2, #3, #4, #9, #10, #23, #24, #31, #32, #39, #40, #51, #52, #61, and #62 will be positive check-in. Positive check in will close 15 minutes after the start of each warm-up session.
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.
AWARDS	<ul style="list-style-type: none"> Ribbons will be awarded from 1st-8th place.
PROGRAMS	<ul style="list-style-type: none"> Programs will be available on the SDS website (www.seadevils.org) and distributed prior to the

	meet. Programs will not be sold at the meet.
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"> None
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. Please contact the SDS Officials Chair, Jim Mello at the.mello.five@gmail.com to volunteer to officiate. 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. Timer Sign-Up Link: timer link
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "[Polar Bear] - ****" 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	<p style="text-align: center;">Per Swimmer Surcharge: \$2.50 Individual event fee: \$7.50 Deck entries: None</p> <ul style="list-style-type: none"> Make checks payable to Sea Devil Swimming. 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.

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Session 1

Saturday, January 11th

Warm up: ~~7:00-7:30 am~~, **7:15-7:40 am**

Events: ~~7:35 am~~, **7:45 am**

Girls Event #	Event	Boys Event #
1	11-14 400 IM *^+	2
3	11-14 500 Free*^+	4
*Seeded Fast to Slow		
^Heats will alternate girls/boys and may be combined to meet the timeline		
+positive check-in event		

Session 2

Saturday, January 11th

Warm up: 12:40-1:00 pm

Events: 1:05 pm

Girls Event #	Event	Boys Event #
5	8 & Under 25 y Back	6
7	8 & Under 25 y Breast	8
9	10 & Under 200 y IM+	10
11	7 & Under 50 y Free	12
13	10 & Under 100 y Breast	14
15	10 & Under 100 y Fly	16
17	10 & Under 50 y Back	18
19	10 & Under 100 y Free	20
+positive check-in event		

Session 3

Saturday, January 11th

Warm up: 3:00-3:25 pm

Events: 3:30 pm

Girls Event #	Event	Boys Event #
21	11-14 100 y Breast	22
23	11-14 200 y Back+	24
25	11-14 50 y Fly	26
27	11-14 100 y Free	28
29	11-14 50 y Back	30
31	11-14 200 y Fly+	32
+positive check-in event		

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

Girls Event #	Event	Boys Event #
33	10 & Under 100 y IM	34
35	8 & Under 25 y Free	36
37	8 & Under 25 y Fly	38
39	10 & Under 200 y Free+	40
41	10 & Under 50 y Breast	42
43	10 & Under 100 y Back	44
45	10 & Under 50 y Fly	46
47	8-10 50 y Free	48
+positive check-in event		

Session 5
Sunday, January 12th
Warm up: 3:00-3:25 pm
Events: 3:30 pm

Girls Event #	Event	Boys Event #
49	11-14 100 y Fly	50
51	11-14 200 y Free+	52
53	11-14 50 y Breast	54
55	11-14 200 y IM+	56
57	11-14 100 y Back	58
59	11-14 50 y Free	60
61	11-14 200 y Breast+	62
+positive check-in event		