



# 2022 Green & Orange Bowl

## Intrasquad Meet

January 15- 16<sup>th</sup>, 2022

Sanction # PVQ-22-45



<p><b>MEET DIRECTOR</b>  Paris Jacobs- 571-238-7657  <a href="mailto:paris@machineaquatics.com">paris@machineaquatics.com</a>  <b>Meet Entry Email:</b>  <a href="mailto:entries@machineaquatics.com">entries@machineaquatics.com</a></p>	<p><b>MEET REFEREE</b>  Courtney Johnston  <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a></p>	<p><b>CLUB OFFICIALS CHAIR</b>  Courtney Johnston  <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a>  Email to volunteer</p>
---	---	---

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVQ-22-45</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Machine Aquatics, and The Madeira School 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.</li> </ul>																							
<b>FACILITY</b>	<p style="text-align: center;"><b>The Madeira School</b>  <b>8328 Georgetown Pike</b>  <b>McLean, VA 22102-1203</b>  <b>703-556-8300</b></p> <ul style="list-style-type: none"> <li>The pool at The Madeira School has 6, 25 yard lanes. Water depth is 12' at the start end and 4' at the turn end.</li> <li>The competition course has not been certified in accordance with <i>USA Swimming Rules and Regulations</i> Article 104.2.2(C).</li> </ul>																							
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>FINAL ENTRY FILE IS DUE BY 11:00 PM, WEDNESDAY, JANUARY 12, 2022</b></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>																							
<b>SCHEDULE</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Ups</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;"><b>Saturday, January 15<sup>th</sup></b></td> </tr> <tr> <td>13 &amp; Over Prelims</td> <td style="text-align: center;">8:00- 9:20 AM</td> <td style="text-align: center;">9:30 AM</td> </tr> <tr> <td>12 &amp; Under Prelims- <b>UPDATED</b></td> <td style="text-align: center;"><b>12:00- 1:15 PM</b></td> <td style="text-align: center;"><b>1:25 PM</b></td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>Sunday, January 16<sup>th</sup>, 2022</b></td> </tr> <tr> <td>13 &amp; Over Prelims</td> <td style="text-align: center;">8:00- 9:20 AM</td> <td style="text-align: center;">9:30 AM</td> </tr> <tr> <td>12 &amp; Under Prelims</td> <td style="text-align: center;">12:30- 1:45 PM</td> <td style="text-align: center;">1:55 PM</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>				Warm Ups	Events	<b>Saturday, January 15<sup>th</sup></b>			13 & Over Prelims	8:00- 9:20 AM	9:30 AM	12 & Under Prelims- <b>UPDATED</b>	<b>12:00- 1:15 PM</b>	<b>1:25 PM</b>	<b>Sunday, January 16<sup>th</sup>, 2022</b>			13 & Over Prelims	8:00- 9:20 AM	9:30 AM	12 & Under Prelims	12:30- 1:45 PM	1:55 PM
	Warm Ups	Events																						
<b>Saturday, January 15<sup>th</sup></b>																								
13 & Over Prelims	8:00- 9:20 AM	9:30 AM																						
12 & Under Prelims- <b>UPDATED</b>	<b>12:00- 1:15 PM</b>	<b>1:25 PM</b>																						
<b>Sunday, January 16<sup>th</sup>, 2022</b>																								
13 & Over Prelims	8:00- 9:20 AM	9:30 AM																						
12 & Under Prelims	12:30- 1:45 PM	1:55 PM																						
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming Registered athletes of Machine Aquatics.</li> <li>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.</li> </ul>																							
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>																							
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Semi- Automatic timing (buttons primary) will be used.</li> </ul>																							
<b>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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</li> </ul>																							

	<p>Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <ul style="list-style-type: none"> <li>• 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, MACHINE AQUATICS, AND THE MADERIA SCHOOL 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.</li> <li>• 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.</li> <li>• By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, Commonwealth of Virginia and Fairfax County.</li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<ul style="list-style-type: none"> <li>• <b>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.</b></li> <li>• No more than four hours before entering the facility, all attendees (athletes, coaches, officials, and volunteers) are required to assess their own health for symptoms and exposure to COVID-19. No one with COVID-19 symptoms will be permitted to attend this event.</li> <li>• Athletes must arrive and depart in their suits. Locker room use will be for emergency use only, no showers may be used. Family bathroom will be reserved for coach, official, and volunteer use.</li> <li>• All attendees (swimmers, coaches, officials and volunteers) must bring their own water bottle and snacks. Limited hospitality may be provided.</li> <li>• Attendees will enter and exit the facility through the Front doors. Walk to their assigned seating area of either the stands or the pool deck.</li> <li>• 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 competing or warming up.</li> <li>• Athletes will bring a plastic zipper bag with their name on it in which to place their masks when they are in the water.</li> <li>• Each session will be limited to a maximum of 200 swimmers.</li> <li>• A clerk of course will be used to organize each heat of swimmers for all events offered.</li> <li>• No spectators will be permitted. Competition will be live-streamed Machine Aquatics YouTube Page.</li> <li>• We request that all attendees notify the meet director as quickly as possible should they test positive for COVID-19, show symptoms or have been in contact with anyone exposed or tested positive for COVID-19 after attending the meet.</li> <li>• <b>Any attendee failing or refusing to comply with any of these Protocols will be prohibited from entering the facility and/or asked to leave the facility.</b></li> </ul>
<p><b>RULES</b></p>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> </ul>

	<ul style="list-style-type: none"> <li>No on-deck USA Swimming registration is permitted.</li> <li>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.</li> <li>Deck changes are prohibited.</li> <li>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.</li> <li>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.</li> <li>Dive-over starts will be used.</li> <li>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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>Swimmers may enter up to FIVE EVENTS (5) on Saturday &amp; Sunday Sessions.</li> <li>All events are timed finals.</li> <li>Swimmers must provide their own timers and counter (if desired) for the 500 FREESTYLE.</li> <li>Deck entries will be accepted in empty lanes only. No new heats will be created.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>The Meet Director reserves the right to require positive check in for events 200 yards or longer.</li> <li>If used, positive check-in close times will be sent to all coaches and families. Any swimmer that fails to check-in will be not be seeded into the event.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> <li>No more than 10 swimmers per lane at any time.</li> <li>Warm up assignments will be created to maintain this guideline</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>None</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will be electronically available to parents for a nominal fee.</li> </ul>
<b>LIVESTREAM</b>	<ul style="list-style-type: none"> <li>Professional Livestreaming services will be provided. Viewing of the meet will be available on the Machine Aquatics YouTube Page at <a href="https://www.youtube.com/channel/UCTEzhlo10AKjLZEKtlxVvAw">https://www.youtube.com/channel/UCTEzhlo10AKjLZEKtlxVvAw</a></li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li><b>PER FACILITY POLICY, SPECTATORS ARE NOT PERMITTED IN THE STANDS OR IN THE HURD CENTER.</b></li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials interested in volunteering should contact Courtney Johnston at <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a>.</li> <li>An officials briefing will be held prior to the meet on Thursday, January 13<sup>th</sup> via Zoom.</li> </ul>
<b>TIMERS/ VOLUNTEERS</b>	<ul style="list-style-type: none"> <li><b>Volunteer &amp; timer sign up will be on the Machine Aquatics Volunteer Sign Up.</b></li> </ul>

<p><b>ENTRY PROCEDURES</b></p>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director at <a href="mailto:entries@machineaquatics.com">entries@machineaquatics.com</a>.</li> <li>• Include in the subject of the email, "2022 Green &amp; Orange Bowl" with the club's initials AND SITE. If your club submits multiple entry files include training site in the subject of the email.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• The Meet Director will acknowledge receipt by return email within 24-36 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.</li> <li>• 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.</li> </ul>								
<p><b>ENTRY FEES</b></p>	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">Per Swimmer Surcharge:</td> <td style="padding-right: 20px;">\$5.00</td> <td style="padding-right: 20px;">Deck event fee:</td> <td>\$20.00</td> </tr> <tr> <td>Individual event fee:</td> <td>\$9.00</td> <td></td> <td></td> </tr> </table> <ul style="list-style-type: none"> <li>• Meet Entry Fees will be charged to your Team Unify Account for all Machine Aquatics Members</li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>	Per Swimmer Surcharge:	\$5.00	Deck event fee:	\$20.00	Individual event fee:	\$9.00		
Per Swimmer Surcharge:	\$5.00	Deck event fee:	\$20.00						
Individual event fee:	\$9.00								

# 2022 Green & Orange Bowl Intrasquad

Saturday, January 15<sup>th</sup>, 2022

## 13 & Over Session

Warm Up: 8:00- 9:30am/ Events: 9:40am

<u>Girls Events #</u>	<u>Event</u>	<u>Boys Event #</u>
19	15 & Over 200 Butterfly	20
21	13- 14 200 Butterfly	22
23	15 & Over 100 Breaststroke	24
25	13- 14 100 Breaststroke	26
27	15 & Over 200 Freestyle	28
29	13-14 200 Freestyle	30
31	15 & Over 100 Backstroke	32
33	13- 14 100 Backstroke	34
35	15 & Over 50 Freestyle	36
37	13- 14 50 Freestyle	38
7	15 & Over 200 Backstroke	8
9	13-14 200 Backstroke	10

Saturday, January 15<sup>th</sup>, 2022

## 12 & Under Session

Warm Up: 12:00- 1:15pm/ Events: 1:25pm- **UPDATED**

*\*\*8 & Under participating in 200 events MUST have coaches approval & have swum the 100 of the event PRIOR to this meet.  
8 & Unders without approval will be removed.\*\**

<u>Girls Events #</u>	<u>Event</u>	<u>Boys Event #</u>
39	11-12 200 Butterfly	40
41	10 & Under 200 Butterfly	42
43	11-12 100 Backstroke	44
45	10 & Under 100 Backstroke	46
47	11-12 50 Butterfly	48
49	10 & Under 50 Butterfly	50
51	11-12 100 Breaststroke	52
53	10 & Under 100 Breaststroke	54
55	11-12 200 Freestyle	56
57	10 & Under 200 Freestyle	58
59	11-12 100 Individual Medley	60
61	10 & Under 100 Individual Medley	62
11	12 & Under 200 Backstroke	12

# 2022 Green & Orange Bowl Intrasquad

Sunday, January 16<sup>th</sup>, 2022

**13 & Over Session**

Warm Up: 8:00- 9:30am/ Events: 9:40am

<u>Girls Events #</u>	<u>Event</u>	<u>Boys Event #</u>
63	15 & Over 200 Individual Medley	64
65	13- 14 200 Individual Medley	66
67	15 & Over 100 Freestyle	68
69	13-14 100 Freestyle	70
71	15 & Over 200 Breaststroke	72
73	13-14 200 Breaststroke	74
75	15 & Over 100 Butterfly	76
77	13- 14 100 Butterfly	78
13	15 & Over 500 Freestyle	14
15	13- 14 500 Freestyle	16

Sunday, January 16<sup>th</sup>, 2022

**12 & Under Session**

Warm Up: 12:30- 1:45pm/ Events: 1:55pm

*\*\*8 & Unders participating in 200 events MUST have coaches approval & have swum the 100 of the event PRIOR to this meet.  
8 & Unders without approval will be removed.\*\**

<u>Girls Events #</u>	<u>Event</u>	<u>Boys Event #</u>
79	11-12 200 Individual Medley	80
81	10 & Under 200 Individual Medley	82
83	11-12 50 Breaststroke	84
85	10 & Under 50 Breaststroke	86
87	11-12 100 Freestyle	88
89	10 & Under 100 Freestyle	90
91	11-12 50 Backstroke	92
93	10 & Under 50 Backstroke	94
95	11- 12 200 Breaststroke	96
97	10 & Under 200 Breaststroke	98
99	11-12 100 Butterfly	100
101	10 & Under 100 Butterfly	102
103	11-12 50 Freestyle	104
105	10 & Under 50 Freestyle	106
17	12 & Under 500 Freestyle	18