

# **MAKO POLAR PLUNGE**

January 14-15, 2023 Sanction # PVC-23-47



MEET DIRE	ECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR	
Heather Coulson Haddock		Jan van Nimwegen	Ed Byers	
heatherhaddock@ma	koswimming.net	jnimwegen@earthlink.net	makosofficials@gmail.com	
		571-244-4588	Officials Signup	
SANCTION	Held under t	he sanction of USA Swimming through Poto	mac Valley Swimming: PVC-23-47.	
	In granting t	his sanction it is understood and agreed that	t USA Swimming, Potomac Valley	
	Swimming, N	Mason Makos Swim Team, and The St. James	s: Sports, Wellness & Entertainment	
	·	II be held free and harmless from any and al	<u> </u>	
	arising by re	ason of injuries to anyone during the conduc		
FACILITY		The St. James: Sports, Wellness & Enter	•	
	6805 Industrial Road			
		Springfield, VA 22151		
		703-239-6870		
	• The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool.			
<ul> <li>A minimum of 10 lanes will be used for warm-up. There will be 3 lanes av continuous warm-up/cool down for all sessions during the meet, with the 10&amp;U and 11-12 Sessions on Saturday only.</li> </ul>				
	Water d	epth of 7'4" at the starting end and 4' at the	turning end of the competition course.	
		petition course has been certified in accordaulations, Article 104.2.2(C). The copy of such		
ENTRY		Monday, January 2, 2023, 8	3:00 PM	
DEADLINE	IMPORTANT: Th	e above date is the deadline for clubs to sub	omit their entries to the Meet Director.	
		usually set an earlier deadline to receive en		
	your club for this	•		
SCHEDULE		Saturday, Jan 14		
		Session 1: 13&Over Warm-up: 7:30-7:55 am Start:	8:00 am	
		Session 2: 10&U		
	1st Warm-up: 10	0:10-10:30 am, 2nd Warm-up: 10:30-10:50 a, 3rd Session 3: 11-12	Warm-up: 10:55-11:15 am Start: 11:20 am	
		1st Warm-up: 1:50-2:10 pm, 2nd Warm-up: 2:19	5-2:35 pm Start: 2:40 pm	
		Sunday, January 15, 20	023	
		Session 1: 11-12	0.00	
		Warm-up: 8:30-8:50 am Start: Session 2: 10&U	. 9.00 am	
	1st V	Varm-up: 10:45-11:05 am, 2nd Warm-up: 11:		
	4.	Session 3: 13&Over		
		st Warm-up: 1:25-1:45 pm, 2nd Warm-up: 1:4 or reserves the right to adjust times/sessions	·	
ELIGIBILITY		egistered Potomac Valley Swimmers.	s arter entines are received.	
		•	where the culimmer is registered as a	
		will be permitted to compete in the meet unlier of USA Swimming as provided in the meet under the USA Swimming as provided in the meet under the USA Swimming as provided in the meet under the USA Swimming as provided in USA Sw	<del>-</del>	
	302.	iber of ODA Swittilling as provided in ODA SV	virining hales and hegalations, Article	

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DISABILITY SWIMMERS	<ul> <li>PVS and host clubs along with their meet directors are committed to the <u>Inclusion Policy</u> 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>	
TIMING SYSTEM	<ul> <li>Automatic timing (touchpads primary) will be used for 11-12 and 13&amp;O sessions. Semi- automatic timing (buttons primary) will be used for 10&amp;U sessions.</li> </ul>	
RULES	Current USA Swimming rules shall govern this meet.	
	<ul> <li>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.</li> </ul>	
	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.	
	<ul> <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> </ul>	
	<ul> <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> </ul>	
	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	All events are seeded as MIXED gender and 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.	
	Deck entries will be accepted with proof of current USA membership in empty lanes only. No new heats will be created.	
	• The 400 IM and 500 Free <i>may</i> be limited to the top 40 swimmers (Top 20 of each gender, 4 heats total) based on seed time in each event.	
	• The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines and space availability.	
POSITIVE CHECK	• There will be positive check-in for all 200 yds utilizing a check in sheet organized by <b>team</b> . The	
IN WARM LID	check-in will be due at the start of the session.	
WARM-UP	<ul> <li>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.</li> </ul>	
SUPERVISION	• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.	
MEDICAL ASSISTANCE	• Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.	
SEEDING	All events will be pre-seeded except for events 200 yards and longer.	
AWARDS	No Awards	
PROGRAMS	<ul> <li>Meet programs will be available on the MAKO website the evening before the meet at <u>www.makoswimming.net</u>.</li> </ul>	

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CREDENTIALS	<ul> <li>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.</li> </ul>
OFFICIALS	• 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 complete the Officials Signup or contact Ed Byers,     makosofficials@gmail.com
	Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	Two (2) timers per lane.
	• Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
	• Timer signup will be available on the MAKO website, <u>www.makoswimming.net</u> .
ENTRY PROCEDURES	Entries should be submitted by email to the Meet Director. Heather Coulson Haddock     heatherhaddock@makoswimming.net.
	• Include in the subject of the email, "MAKO POLAR PLUNGE - ***" 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	Per Swimmer Surcharge: \$12 Individual Event Fee: \$12 Deck Entries \$15
	Make checks payable to HLR, LLC, and mail to: PO Box 168 Clifton, VA 20124
	Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.
	• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.
	Office at the conclusion of the meet.

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# **MAKO POLAR PLUNGE**

#### Saturday, January 14, 2023

Warm-up: 7:30-7:55 am Start: 8:00 am

Session 2: 10&U

1st Warm-up: 10:10-10:30 am, 2nd Warm-up: 10:30-10:50 a, 3rd Warm-up: 10:55-11:15 am Start: 11:20 am

Session 3: 11-12

1st Warm-up: 1:50-2:10 pm, 2nd Warm-up: 2:15-2:35 pm Start: 2:40 pm

Sunday, January 15, 2023

Warm-up: 8:30-8:50 am Start: 9:00 am

Session 2: 10&U

1st Warm-up: 10:45-11:05 am, 2nd Warm-up: 11:05-11:25 am Start: 11:30 am

Session 3: 13&Over

1st Warm-up: 1:25-1:45 pm, 2nd Warm-up: 1:45-2:05 pm Start: 2:15 pm

# Saturday, January 14, 2023

### Session 1

	EVENT
1	MIXED 13&Over 100 Butterfly
2	MIXED 13&O 200 IM
3	MIXED 13&O 100 Freestyle

# MIXED 13&O 200 Backstroke 5 MIXED 13&O 100 Breaststroke 6

#### Session 2

MIXED 13&O 500 Free

#### **EVENT** 7 MIXED 10&Under 50 Freestyle 8 MIXED 9-10 100 IM 9 MIXED 10&Under 50 Backstroke 10 MIXED 9-10 100 Freestyle 11 MIXED 9-10 50 Butterfly

12

# **Session 3**

MIXED 9-10 100 Breaststroke

	EVENT
13	MIXED 11-12 50 Butterfly
14	MIXED 11-12 100 Backstroke
15	MIXED 11-12 100 Freestyle
16	MIXED 11-12 50 Breaststroke
17	MIXED 11-12 200 IM
18	MIXED 11-12 500 Freestyle

#### **Session 4**

Sunday, January 15, 2023

	EVENT
19	MIXED 11-12 100 IM
20	MIXED 11-12 50 Freestyle
21	MIXED 11-12 100 Butterfly
22	MIXED 11-12 50 Backstroke
23	MIXED 11-12 100 Breaststroke
24	MIXED 11-12 200 Freestyle

#### **Session 5**

	EVENT
25	MIXED 8&Under 25 Freestyle
26	MIXED 9-10 100 Backstroke
27	MIXED 8&Under 25 Backstroke
28	MIXED 9-10 50 Breaststroke
29	MIXED 8&Under 25 Breaststroke
30	MIXED 8&Under 25 Butterfly
31	MIXED 9-10 100 Butterfly
32	MIXED 9-10 200 IM

# Session 6

		EVENT
33	3	MIXED 13&Over 100 Backstroke
34	1	MIXED 13&O 200 Freestyle
35	5	MIXED 13&O 200 Breaststroke
36	5	MIXED 13&O 50 Freestyle
37	7	MIXED 13&O 200 Butterfly
38	3	MIXED 13&O 400 IM

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