



# MAKO POLAR PLUNGE

January 6-7, 2024

Sanction # PVC-24-45



<p><b>MEET DIRECTOR</b> Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a></p>	<p><b>MEET REFEREE</b> Jan van Nimwegen <a href="mailto:makomeetref@gmail.com">makomeetref@gmail.com</a> 571-244-4588</p>	<p><b>CLUB OFFICIALS CHAIR</b> Ed Byers <a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a> <a href="#">Officials Signup</a></p>
<p><b>SANCTION</b></p>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-24-45.</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mason Makos Swim Team, and George Mason Aquatics &amp; 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.</li> </ul>	
<p><b>FACILITY</b></p>	<p style="text-align: center;"><a href="#">GMU Aquatics &amp; Fitness Center</a> 4400 University Blvd Fairfax, VA 703-993-3939</p> <ul style="list-style-type: none"> <li>The pool at George Mason University is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 9 lanes, 25 yards, running from the bleachers towards to the opposite wall.</li> <li>19 lanes will be used for warm-up. 4 lanes will be available for continuous warm-up/cool down all sessions.</li> <li>The Meet Director may add breaks for warm-ups during the meet, time permitted.</li> <li>Water depth of 7' at the starting end and 9' at the turning end of the competition course.</li> <li>The meet hosts will ensure the required course dimensions.</li> </ul>	
<p><b>ENTRY DEADLINE</b></p>	<p style="text-align: center;"><b>Tuesday, December 19, 2023, 8:00 PM</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>	
<p><b>SCHEDULE</b></p>	<p style="text-align: center;"><b>Saturday, January 6, 2024</b></p> <p>Session 1: 13&amp;O Warm-up: 8:45-9:10am, Start Time 9:15 am Session 2: 10&amp;U 1<sup>st</sup> Warm-Up 11:40 am-Noon, 2<sup>nd</sup> Warm-up: 12:05-12:25 pm, Start Time 12:30 pm <b>Session 3: 11-12 1<sup>st</sup> Warm-up 2:55-3:15 pm, 2<sup>nd</sup> Warm-up: 3:20-3:40 pm, Start Time 3:45 pm</b></p> <p style="text-align: center;"><b>Sunday, January 7, 2024</b></p> <p>Session 4: 11-12 Warm-up: 8:10-8:30 am, Start Time 8:35 am Session 5: 10&amp;U 1<sup>st</sup> Warm-up: 10:40-11:00 am, 2<sup>nd</sup> Warm-up: 11:00-11:20 am, Start Time 11:30 am <b>Session 6: 13&amp;O 1<sup>st</sup> Warm-up: 1:35-2:00 pm, 2<sup>nd</sup> Warm-up 2:00-2:25 pm, Start Time 2:30 pm</b></p> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>	
<p><b>ELIGIBILITY</b></p>	<ul style="list-style-type: none"> <li>Open to all USA registered swimmers.</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>● Automatic timing (touchpads primary) will be used for all sessions, except for the 25yd events, where semi-automatic timing (buttons primary) will be used if no touch pads are available for the finish end of the event.</li> </ul>
<b>RULES</b>	<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> <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 without the use of backstroke ledge. 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 may 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>● All events are seeded as MIXED gender and are timed finals.</li> <li>● Seed times are short course yards. Athletes may enter a total of 7 events and no more than 4 on Saturday, and 3 events on Sunday. For this meet NT entries are allowed.</li> <li>● Deck entries will be accepted with proof of current USA membership, if it does not create another heat.</li> <li>● Swimmers in the 400 IM need to provide their own times. Swimmers in the 500 Freestyle need to provide their own timer, and their own counter if desired.</li> <li>● The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability as set forth above.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>● The first event of each session, along with the 8&amp;U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by <b>team</b>. The check-in will be due 5 minutes prior to the start of the session.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>● The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments.</li> </ul>
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>● 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.</li> </ul>
<b>SUPERVISION</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> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>● The first event of each session, along with the 8&amp;U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by <b>team</b>.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>● No Awards</li> </ul>



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**Saturday, January 6, 2024**

Session 1: 13&O Warm-up: 8:45-9:10am, Start Time 9:15 am

Session 2: 10&U 1<sup>st</sup> Warm-Up 11:40 am-Noon, 2<sup>nd</sup> Warm-up: 12:05-12:25 pm, Start Time 12:30 pm

Session 3: 11-12 1<sup>st</sup> Warm-up 2:55-3:15 pm, 2<sup>nd</sup> Warm-up: 3:20-3:40 pm, Start Time 3:45 pm

**Sunday, January 7, 2024**

Session 4: 11-12 Warm-up: 8:10-8:30 am, Start Time 8:35 am

Session 5: 10&U 1<sup>st</sup> Warm-up: 10:40-11:00 am, 2<sup>nd</sup> Warm-up: 11:00-11:20 am, Start Time 11:30 am

Session 6: 13&O 1<sup>st</sup> Warm-up: 1:35-2:00 pm, 2<sup>nd</sup> Warm-up 2:00-2:25 pm, Start Time 2:30 pm

## Saturday, January 6, 2024

### Session 1

	EVENT
1	Mixed 13&O 100 Butterfly
2	Mixed 13&O 200 IM
3	Mixed 13&O 100 Freestyle
4	Mixed 13&O 200 Backstroke
5	Mixed 13&O 100 Breaststroke
6	Mixed 13&O 500 Freestyle (*)

## Sunday, January 7, 2024

### Session 4

	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 2

	EVENT
7	Mixed 10&U 50 Free
8	Mixed 9-10 100 IM
9	Mixed 10&U 50 Backstroke
10	Mixed 9-10 100 Freestyle
11	Mixed 9-10 50 Butterfly
12	Mixed 9-10 100 Breaststroke
39	Mixed 9-10 200 Freestyle

### Session 5

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

### Session 3

	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 6

	EVENT
33	Mixed 13&O 100 Backstroke
34	Mixed 13&O 200 Freestyle
35	Mixed 13&O 200 Breaststroke
36	Mixed 13&O 50 Freestyle
37	Mixed 13&O 200 Butterfly
38	Mixed 13&O 400 IM (*)

(\*) bring own timer/counter