



MAKO FALL DUAL

October 17, 2020

Sanction # PVD-21-104



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Heather Coulson Haddock heatherhaddock@makoswimming.net 703-263-2274	Jan van Nimwegen jnimwegen@earthlink.net 571-244-4588	Dave Charbonneau makosofficials@gmail.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVD-21-104. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mason Makos Swim Team, and The St. James Sports, Wellness & Entertainment Complex 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;">The St. James: Sports and Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 703-239-6870</p> <ul style="list-style-type: none"> 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. Water depth of 7'4" at the starting end and 4' 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;">Wednesday, October 7, 2020, 9:00 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, October 17, 2020</p> <p style="text-align: center;">11-12 Warm-up: 7:00-7:40 am, Start Time 7:45 am 13-14 Warm-up: 9:30-10:10 am, Start Time 10:15 am 15&O Warm-Up: 12:00-12:30 pm, Start Time 12:35 pm 10&U Warm-Up: 2:45-3:15 pm, Start Time 3:20 pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. There may not be continuous warm up/warm down space. If time allows, the Meet Director may open the competition pool for a brief warm down.
ELIGIBILITY	<ul style="list-style-type: none"> Open to select MAKO and TSJ swimmers registered as USA Swimming Athletes. 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 & Regulations</i> Article 302. All athletes shall compete at the age attained on the first day of the meet.

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 this meet.
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, Potomac Valley Swimming, The St. James: Sports, Wellness & Entertainment Complex, and Mason Makos Swim Team 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 THE ST. JAMES: SPORTS WELLNESS & ENTERTAINMENT COMPLEX 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"> ● Athletes should arrive and depart in their suits. Locker room use will be limited. ● All attendees (athletes, coaches, marshals and officials) must wear masks. ● All attendees will be required to complete a health attestation. Members of the St. James may complete this via The St. James app. Non-members will be required to fill out a form. ● Each session will be limited to 80 swimmers. ● Prior to Complex entry, all attendees will receive a touch-less temperature screening. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the Complex. ● We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID19 after attending the meet. ● No spectators will be permitted. Competition will be live-streamed via the St. James website (www.thestjames.com).

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. ● 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. ● No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> ● All events are timed finals. ● All events are mixed gender. ● Athletes may enter a total of 3 events.
POSITIVE CHECK IN	<ul style="list-style-type: none"> ● All events will be pre-seeded. No Positive Check in at this meet.
WARM-UP	<ul style="list-style-type: none"> ● The prescribed PVS warm-up procedures and safety policies will be followed. ● Warm up lanes and times will be assigned by the Meet Director. No more than 5 swimmers will be permitted in each warm up lane.
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 individual events will be pre-seeded. No Deck entries will be accepted.
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 on deck or in the facility before, during, or after each meet session. 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.
OFFICIALS	<ul style="list-style-type: none"> ● Officials will be identified in advance and coordinated by the Meet Referee, Jan van Nimwegen jnimwegen@earthlink.net. ● Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. Certified officials working this meet will need to wear a mask for the duration of the meet. A comprehensive official’s briefing will be conducted the night prior to the meet via zoom.

TIMERS	<ul style="list-style-type: none"> ● One timer per lane. Each participating club will be responsible for providing its share of timers. Lane assignments will be made in advance.
ENTRY PROCEDURES	<ul style="list-style-type: none"> ● Entries should be submitted by email to the Meet Director, Heather Coulson Haddock heatherhaddock@makoswimming.net. ● 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	<ul style="list-style-type: none"> ● \$25 per swimmer for 3 events

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Saturday, October 17, 2020

Session 1: 11-12 Warm-up: 7:00-7:40 am, Start Time 7:45 am

Session 2: 13-14 Warm-up: 9:30-10:10 am, Start Time 10:15 am

Session 3: 15&O Warm-Up: 12:00-12:30 pm, Start Time 12:35 pm

10&U Warm-Up: 2:45-3:15 pm, Start Time 3:20 pm

Session 1: 11-12 yr olds

Event #	EVENT
1	Mixed 50 Free
2	Mixed 100 IM
3	Mixed 50 Back
4	Mixed 100 Breast
5	Mixed 50 Fly
6	Mixed 100 Free
7	Mixed 50 Breast
8	Mixed 100 Back
9	Mixed 100 Fly

Session 3: 15&Over

Event #	EVENT
20	Mixed 200 Free
21	Mixed 100 Back
22	Mixed 200 Fly
23	Mixed 100 Breast
24	Mixed 50 Free
25	Mixed 200 Back
26	Mixed 100 Fly
27	Mixed 200 Breast
28	Mixed 100 Free
29	Mixed 200 IM

Session 2: 13-14 yr olds

Event #	EVENT
10	Mixed 200 Free
11	Mixed 100 Back
12	Mixed 200 Fly
13	Mixed 100 Breast
14	Mixed 50 Free
15	Mixed 200 Back
16	Mixed 100 Fly
17	Mixed 200 Breast
18	Mixed 100 Free
19	Mixed 200 IM

Session 4: 10&Under

Event #	EVENT
30	Mixed 50 Free
31	Mixed 100 IM
32	Mixed 50 Back
33	Mixed 50 Fly
34	Mixed 100 Free
35	Mixed 50 Breast