



# Potomac Marlins November Meet

November 14-15, 2020

Sanction # PVT-21-119

Hosted by:



<b>MEET DIRECTOR</b>	<b>Cub Run RECenter</b> Bill Marlin 571-334-0987 <a href="mailto:Bill.Marlin@verizon.net">Bill.Marlin@verizon.net</a>	<b>Mount Vernon RECenter</b> Bill Sprague <a href="mailto:coachbillsprague@gmail.com">coachbillsprague@gmail.com</a>
<b>MEET REFEREE</b>	<b>Cub Run RECenter</b> John Kost <a href="mailto:MarlinsOfficials@gmail.com">MarlinsOfficials@gmail.com</a>	<b>Mount Vernon RECenter</b> Sergio Nirenberg (Saturday) <a href="mailto:snirenberg@gmail.com">snirenberg@gmail.com</a> Morgan Hurley (Sunday) <a href="mailto:mhurley@peerreview.com">mhurley@peerreview.com</a>
<b>CLUB OFFICIALS CHAIR</b>	John Kost <a href="mailto:MarlinsOfficials@gmail.com">MarlinsOfficials@gmail.com</a>	

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVT-21-119</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Potomac Marlins, Cub Run RECenter, and Mt. Vernon 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.</li> </ul>	
<b>FACILITY</b>	<p><b>Cub Run RECenter</b> 4630 Stonecroft Blvd. Chantilly, VA 20151 (703) 817-9407</p> <ul style="list-style-type: none"> <li>11 lanes, 25 yards. 8 lanes will be used for competition.</li> <li>There will be 2 lanes for continuous warm-up/cool down, with a 1 lane buffer. A maximum of 5 swimmers permitted in warm-up/cool down lanes at any time.</li> <li>Water depth ranges from 5'-12' at the starting and turning ends.</li> </ul> <p>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</p>	<p><b>Mount Vernon RECenter</b> 2017 Belle View Blvd. Alexandria, VA 22313 (703) 768-3223</p> <ul style="list-style-type: none"> <li>11 lanes, 25 yards. 8 lanes will be used for competition.</li> <li>There will be 2 lanes for continuous warm-up/cool down, with a 1 lane buffer. A maximum of 5 swimmers permitted in warm-up/cool down lanes at any time.</li> <li>Water depth ranges from 5'-12' at the starting and turning ends.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>
<b>ENTRY DEADLINE</b>	<p align="center"><b>November 10, 2020 by 9:00 p.m.</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>	<p align="center"><b>Saturday and Sunday, November 14 &amp; 15, 2020</b></p> <p align="center"><b>Warm-ups: 5:30-6:10 a.m., Events at 6:20 a.m.</b></p> <p align="center">Saturday – 13&amp;Over swimmers only Sunday - 12&amp;U swimmers only</p> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>	

<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming registered swimmers from Potomac Marlins, Fort Belvoir Swim Team, and Moons Aquatics Club swimmers only. 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 &amp; Regulations Article 302</i>.</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.</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 Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19</li> <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, POTOMAC MARLINS, FAIRFAX COUNTY, CUB RUN RECENTER, MOUNT VERNON RECENTER, 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, the Commonwealth of Virginia, and Fairfax County.</li> </ul>
<b>COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>Swimmers not in the same family must sit 10 feet apart on the pool deck. Seating areas on the pool deck will be marked at 10' intervals.</li> <li>Athletes should arrive and depart in their suits. Locker room use is not permitted.</li> <li>All attendees (athletes, coaches, officials, and volunteers) must wear masks, with the exception of athletes when warming up, cooling down, and competing.</li> <li>Bathroom use is allowed in emergencies, but all individuals must use the family changing rooms and wipe down all surfaces touched (Cub Run RECenter only. There are no family changing rooms at Mount Vernon RECenter).</li> <li>Before entering the facility all attendees (athletes, coaches, officials, and volunteers) are required to fill out the health questionnaire within 4 hours of their arrival to the pool and turn it in before entering the building. All attendees will submit to a temperature check upon entry to the facility.</li> </ul>

	<ul style="list-style-type: none"> <li>• One timer will be assigned to each lane as a back-up timer. Markings on the pool deck will separate the swimmers from the timers while staging and entering/exiting the pool.</li> <li>• One-way traffic will be maintained on the pool deck. Swimmers will leave their assigned spot, walk along the turn end of the pool, down the lane 8 side of the pool, and continue behind the blocks.</li> <li>• For warm-ups, swimmers will be assigned to one of two warm-up groups, no more than 55 swimmers in each group. Each group will have 20 minutes to warm-up.</li> <li>• Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines. Swimmers not participating in warm-up will remain on the deck at their assigned spot.</li> <li>• Coaches and Marshals will monitor warm-up lanes to ensure no more than 5 swimmers are in a lane at once.</li> <li>• Staging for swimmers during competition will be: <ul style="list-style-type: none"> <li>○ Heat 1 is at the blocks and will swim</li> <li>○ Heat 2 is lined up along the wall closest to the starter and spaced by 6 feet and will remain there until heat 1 is done swimming, exits the pool and exits the area behind the blocks.</li> <li>○ Heat 3 is staging on the turn end, 6 feet apart, until directed to move to middle of pool on the side closest to the starter (after heat 1 is done swimming and out of the way and heat 2 proceeds to the starting blocks).</li> </ul> </li> <li>• Swimmers will wear their masks until they reach the starting blocks. They will place their mask in a plastic bag on the bench behind the starting block just prior to competing. They will put their mask back on before leaving the starting area.</li> <li>• Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.</li> <li>• UV Light is used along with chlorine to disinfect the water constantly.</li> <li>• 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 COVID-19 after attending the meet.</li> </ul>
<p><b>RULES</b></p>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> (“MAAPP”), shall govern this meet.</li> <li>• No on-deck USA-S 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 not 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>

	<ul style="list-style-type: none"> <li>No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>All events are timed finals.</li> <li>Swimmers may swim a maximum of 4 events. Entries may be limited to 3 events per swimmer due to meet time constraints.</li> <li>Only 4 heats of the 500 Free will be swum. The fastest 32 swimmers with a provable time will be seeded. Swimmers removed will have the opportunity to enter another event as long as time permits.</li> <li>The Meet Director may need to limit the number of heats in each event if timelines are exceeded.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded. No Deck Entries will be permitted.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>11 lanes will be used. No more than 5 swimmers permitted in each warm-up lane. Swimmers will be divided into groups of no more than 55. Each group will have 20 minutes to warm up.</li> <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>
<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>All events will be pre-seeded, slow to fast.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>This meet will not be scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>There are no awards at this meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will be available for download or emailed out to participants.</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 or in the facility. Only athletes, USA Swimming certified coaches, volunteers 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>No spectators will be allowed in the facility. The events from Cub Run RECenter will be live streamed thru the <a href="#">Potomac Marlins Facebook page</a>. The events from Mount Vernon RECenter will be live streamed by FBST using YouTube Live.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials will be identified in advance and coordinated by the Meet Referee, John Kost, <a href="mailto:MarlinsOfficials@gmail.com">MarlinsOfficials@gmail.com</a>.</li> <li>Officials interested in volunteering should contact John Kost at <a href="mailto:MarlinsOfficials@gmail.com">MarlinsOfficials@gmail.com</a></li> <li>Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. A combined comprehensive officials briefing for both sites will be conducted using Zoom the evening before the meet.</li> <li>Only limited officials will be allowed in the facility. Early pre-meet sign-up is encouraged if you plan to help. Walk-on officials cannot be accommodated.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>One (1) timer per lane will be used for this meet.</li> <li>Timers will be identified in advance and coordinated by the Meet Director.</li> <li>Lane assignments will be made in advance.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries shall be submitted through the Potomac Marlins website and via e-mail.</li> <li>No unregistered swimmers will be entered.</li> </ul>
<b>ENTRY FEES</b>	<ul style="list-style-type: none"> <li>The meet entry fee for this meet is \$30. Entry fees will be billed via the Potomac Marlins meet entry system. Invited clubs need to mail a check.</li> <li>Check should be made out to <b>Potomac Marlins</b> and mailed to:  Bill Marlin  31 Century Street  Stafford, VA 22554</li> </ul>

# Potomac Marlins October Meet

November 14 & 15

## November 14 – 13&O

MIXED EVENT
1 – 13&O 200 IM
2 – 13&O 100 Free
3 – 13&O 200 Fly
4 – 13&O 500 Free
5 – 13&O 200 Back
6 – 13&O 100 Breast

## November 15 – 9-12 yr olds

MIXED EVENT
7 – 9-12 100 IM
8 – 9-12 100 Back
9 – 9-12 100 Fly
10 – 9-12 100 Free
11 – 9-12 50 Breast
12 – 11-12 500 Free (if time allows)