



MAKO NOVEMBER INVITATIONAL

November 21, 2020

Sanction # PVI-21-128



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Heather Coulson Haddock heatherhaddock@makoswimming.net	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: PVI-21-128 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 7 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool. 18 lanes will be used for warm-ups for Sessions 1 and 2. 10 lanes will be used for Sessions 3 and 4. 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;">Tuesday, November 10, 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, November 21, 2020</p> <p style="text-align: center;">10-12 Warm-up: 7:00-7:25 am. Events: 7:30 am 13-14 Warm-up: 9:55-10:25 am. Events: 10:30 am 15&Over Warm-Up (2 sessions): 12:40-1:10pm, 1:10-1:40 pm. Events: 1:45 pm 9&Under Warm-Up (2 sessions): 3:45-4:00 pm, 4:00-4:15 pm. Events: 4:20 pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. Two lanes of continuous warm-up/cool down will be available during the competition. Each lane will be limited to 5 swimmers. 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 invited PVS teams with 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.
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 for emergencies only and no showering or changing will be allowed. • Athletes must shower prior to arrival at the pool. • 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 warming up, cooling down, and competing. • All attendees (athletes, coaches, officials, volunteers) will submit to a health screening and temperature check before they are permitted in the facility. Non-members of The St. James must complete the St. James Self-Health Assessment and Participation Terms & Conditions no earlier than 12 hours before attending (specify STJ Swimming Rental as “Sport”). Per CDC guideline,

	<p>individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the facility. Members of the St. James may complete this via The St. James app.</p> <ul style="list-style-type: none"> • All attendees should maintain a minimum of six (6) feet distance from all other participants whenever possible. • Each session will be limited to no more than 80 swimmers. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • Swimmers will wear their masks until they arrive at their lane and they will take it off and hang it on the hook on the starting block. Swimmers will immediately put their masks back on at the completion of their swims before they leave the bulkhead. • Swimmers must follow all directions as posted and adhere to all marshal directions. • Swimmers will walk around the pool deck and line back up in the designated area with proper social distancing until they are cleared to go up the stairs back to their seated area. • All swimmers must remain in their designated area for their group until they are called for their event and they must return to their area immediately following their event. • Swimmers may not enter another swimmer’s “square” of seating. • Any swimmer not following the meet protocols will be subject to immediate removal from the meet. • All coaches, officials, and volunteers must bring their own water bottle and snacks. Hospitality is not permitted per the facility. • 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 Swimming Facebook page (https://www.facebook.com/stjswimming).
<p>RULES</p>	<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. • Dive-over starts will not 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. • No deck entries will be accepted.

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Saturday, November 21, 2020

Session 1: 10-12 Warm-up: 7:00-7:25 am. Events: 7:30 am

Session 2: 12-14 Warm-up: 9:55-10:25 am. Events: 10:30 am

Session 3: 15&Over Warm-Up (2 sessions): 12:40-1:10 pm, 1:10-1:40 pm. Events: 1:45 pm

Session 4: 9&Under Warm-Up (2 sessions): 3:45-4:00 pm, 4:00-4:15 pm. Events: 4:20 pm

Session 1: 10-12 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 200 IM
7	Mixed 100 Free
8	Mixed 50 Breast
9	Mixed 100 Back
10	Mixed 100 Fly
11	Mixed 200 Free

Session 3: 15&Over

Event #	EVENT
22	Mixed 200 Free
23	Mixed 100 Back
24	Mixed 200 Fly
25	Mixed 100 Breast
26	Mixed 500 Free*
27	Mixed 50 Free
28	Mixed 200 Back
29	Mixed 100 Fly
30	Mixed 200 Breast
31	Mixed 100 Free
32	Mixed 200 IM

Session 2: 12-14 yr olds

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

Session 4: 9&Under

Event #	EVENT
33	Mixed 9&U 100 Free
34	Mixed 8&U 25 Free
35	Mixed 9&U 50 Fly
36	Mixed 8&U 25 Back
37	Mixed 9&U 50 Breast
38	Mixed 8&U 25 Fly
39	Mixed 9&U 50 Back
40	Mixed 8&U 25 Breast
41	Mixed 9&U 50 Free
42	Mixed 9&U 100 IM

* swimmers may designate one (1) counter for 500 Freestyle, but the counter must be a swimmer already entered in the meet.