



Polar Bear

January 9-10, 2021
Sanction # PVQ-21-149



MEET DIRECTOR Ian Handerhan ian.handerhan@gmail.com	MEET REFEREE Tim Husson tim.husson@gmail.com	CLUB OFFICIALS CHAIR Jim Mello the.mello.five@gmail.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-21-149. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The Capitol Sea Devils, and South Run 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. 																								
FACILITY	<p style="text-align: center;">South Run RECenter 7550 Reservation Dr Springfield, VA22153 (703) 866-0566</p> <ul style="list-style-type: none"> The pool at South Run RECenter is 25 yards x 25 meters. 10 lanes are available for warm-ups; 8 lanes will be used for competition. Water depth range of 12' at the starting end and 4' at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 																								
ENTRY DEADLINE	<p style="text-align: center;">January 4, 2021 at 5 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	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%; text-align: center;">Warm-Ups</th> <th style="width: 20%; text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3">Saturday, January 9, 2021</td> </tr> <tr> <td>Session 1 Mixed</td> <td style="text-align: center;">6:30am – 6:50am</td> <td style="text-align: center;">7:00am</td> </tr> <tr> <td>Session 2 13 & Older</td> <td style="text-align: center;">12:30pm – 12:50pm</td> <td style="text-align: center;">1:00pm</td> </tr> <tr> <td>Session 3 Open /12 & Under</td> <td style="text-align: center;">3:00pm – 3:20 pm</td> <td style="text-align: center;">3:30pm</td> </tr> <tr> <td colspan="3">Sunday, January 10, 2021</td> </tr> <tr> <td>Session 4 12 & Under</td> <td style="text-align: center;">12:30pm – 12:50pm</td> <td style="text-align: center;">1:00pm</td> </tr> <tr> <td>Session 5 13 & Older</td> <td style="text-align: center;">3:15pm – 3:35pm</td> <td style="text-align: center;">3:45pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 		Warm-Ups	Events	Saturday, January 9, 2021			Session 1 Mixed	6:30am – 6:50am	7:00am	Session 2 13 & Older	12:30pm – 12:50pm	1:00pm	Session 3 Open /12 & Under	3:00pm – 3:20 pm	3:30pm	Sunday, January 10, 2021			Session 4 12 & Under	12:30pm – 12:50pm	1:00pm	Session 5 13 & Older	3:15pm – 3:35pm	3:45pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming registered swimmers of The Capitol Sea Devils. 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. 																								
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. 																								

<p>COVID-19 CONSIDERATIONS</p>	<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, 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. ● 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, THE CAPITOL SEA DEVILS, AND SOUTH RUN 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. ● 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.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> ● Athletes must arrive and depart in their suits. Locker room use is not permitted. ● Before registering your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently. ● All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. ● Each session will be limited to no more than 50 swimmers. ● Spectators are not permitted into the facility. ● All warm-up sessions will have no more than 5 swimmers per lane and swimmers, coaches, and volunteers must remain 10 ft socially distanced while in the water and on the deck. ● Bleachers and deck will be marked to identify where swimmers and coaches are permitted to sit to ensure that social distance guidelines are maintained. ● One-way traffic will be observed on the pool deck at all times. Traffic will flow clockwise around the pool. Marshals will ensure that traffic on the stairs to and from the bleachers will be one-way only at any point in time.

	<ul style="list-style-type: none"> ● Before entering the facility, all attendees (athletes, coaches, and volunteers) are required to be able to answer the following questions on an online Health Attestation and will only be permitted entrance if answering appropriately and with no symptoms of COVID-19. These include: <ul style="list-style-type: none"> ○ Fever (temperature of 100.4°F or higher) or Chills ○ Shortness of Breath or Difficulty Breathing ○ Muscle or Body Aches ○ New Loss of Taste or Smell ○ Congestion or Runny Nose ○ Nausea or Vomiting ○ Cough or Fatigue ○ Headache ○ Sore Throat ● Bathroom use is allowed in emergencies and must be cleaned following use. ● Each swimmer should bring a plastic zipper bag in which to place their mask when in the pool. ● Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag. The bags will be placed on chairs behind the starting blocks during warm-ups and competition. Swimmers will immediately put their masks back on before they exit the pool deck. ● Swimmers must follow all directions as posted and adhere to all marshals' directions. ● Any swimmer, coach, official and/or designated volunteer not following meet protocols will be subject to immediate removal from the meet. ● Contact information for all volunteers will be collected. ● 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.
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 USA Swimming Rules and Regulations, 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 at this meet. ● 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. ● Swimmers may enter three (3) events per session and no more than seven (7) for the meet. ● All events will be mixed events. ● 12&Under swimmers may only swim in one session on Saturday. ● Events 2 and 4 will be swum fastest to slowest. All other events will be swum slowest to fastest.

POSITIVE CHECK IN	<ul style="list-style-type: none"> All events will be pre-seeded.
WARM-UP	<ul style="list-style-type: none"> 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. No more than 5 swimmers will be permitted in a warm-up lane at any time.
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"> Seeding will be slowest to fastest for all events except for Event #2 and #4, which will be seeded fastest to slowest.
SCORING	<ul style="list-style-type: none"> None
AWARDS	<ul style="list-style-type: none"> None
PROGRAMS	<ul style="list-style-type: none"> Programs will be available on the SDS website (www.seadevils.org) and emailed to participating families prior to the meet.
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. 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. Officials interested in volunteering should contact the Meet Referee, Tim Husson (tim.husson@gmail.com). 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. Walk-on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> One timer is required for each lane. Lane assignments will be made in advance.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries will be managed by the Meet Director using the Capital Sea Devils entry system. 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	<p style="text-align: center;">Per Swimmer Surcharge: N/A Individual event fee: N/A</p> <ul style="list-style-type: none"> Entry fees are included in club dues. No additional fees are required.

Polar Bear Invitational

Saturday, January 9th

Session 1

Warm up: 6:30-6:50 am

Events: 7:00 am

	Event
1	Mixed 12 & Under 200 IM
2	Mixed Open 400 IM
3	Mixed 12 & Under 200 Breast
4	Mixed Open 500 Free
5	Mixed 12 & Under 200 Back
6	Mixed 12 & Under 200 Fly

Session 2

Warm up: 12:30-12:50 pm

Events: 1:00 pm

	Event
7	Mixed 13 & Older 200 IM
8	Mixed 13 & Older 100 Free
9	Mixed 13 & Older 100 Breast
10	Mixed 13 & Older 200 Back
11	Mixed 13 & Older 100 Fly

Session 3

Warm up: 3:00 pm-3:20 pm

Events: 3:30 pm

	Event
4	Mixed Open 500 Free
12	Mixed 12 & Under 200 Free
13	Mixed 12 & Under 50 Back
14	Mixed 12 & Under 100 Breast
15	Mixed 12 & Under 100 Fly
16	Mixed 12 & Under 50 Breast
16A	Mixed 12 & Under 50 Free
1	Mixed 12 & Under 200 IM

Sunday, January 10th

Session 4

Warm up: 12:30-12:50 pm

Events: 1:00 pm

	Event
17	Mixed 12 & Under 50 Breast
18	Mixed 12 & Under 100 Back
19	Mixed 12 & Under 100 IM
20	Mixed 12 & Under 50 Fly
21	Mixed 12 & Under 100 Free

Sunday, January 10th

Session 5

Warm up: 3:15 pm-3:35 pm

Events: 3:45 pm

	Event
22	Mixed 13 & Older 200 Free
23	Mixed 13 & Older 100 Back
24	Mixed 13 & Older 200 Fly
25	Mixed 13 & Older 50 Free
26	Mixed 13 & Older 200 Breast