



# January Ice Bath Splash Senior Meet

January 30<sup>th</sup>, 2021  
 13 & Over Swimmers  
 Sanction # PVI-21-159



<p><b>MEET DIRECTOR</b>          Paris Jacobs (571)238-7657  <a href="mailto:paris@machineaquatics.com">paris@machineaquatics.com</a>  <b>Meet Entry Email:</b>  <a href="mailto:entries@machineaquatics.com">entries@machineaquatics.com</a></p>	<p><b>MEET REFEREE</b>          Courtney Johnston  <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a></p>	<p><b>CLUB OFFICIALS CHAIR</b>          Courtney Johnston  <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a></p>
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<p><b>SANCTION</b></p>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-21-159PVI</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Machine Aquatics, and The St. James: Sports, Wellness &amp; 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.</li> </ul>				
<p><b>FACILITY</b></p>	<p><b>The St. James: Sports and Wellness &amp; Entertainment Complex</b>          6805 Industrial Road          Springfield, VA 22151          (703) 239-6870</p> <ul style="list-style-type: none"> <li>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.</li> <li>Water depth of 7'4" at the starting end and 4' at the turning end of the competition course.</li> <li>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.</li> </ul>				
<p><b>ENTRY DEADLINE</b></p>	<p><b>Tuesday, January 26<sup>th</sup>, 2021</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><b>SATURDAY, JANUARY 30<sup>TH</sup>, 2021</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <p><b>HIGH PERFORMANCE GROUPS</b>            100 Level Events  <b>WARM UP: 6:30- 7:15AM</b>  <b>EVENTS: 7:20 AM</b></p> </td> <td style="width: 50%; padding: 5px;"> <p><b>SENIOR LEVEL GROUPS-</b>            200 Level Events  <b>WARM UP: 10:00- 10:45 AM</b>  <b>EVENTS: 10:50 AM</b></p> </td> </tr> <tr> <td style="width: 50%; padding: 5px;"> <p><b>NATIONAL PREP GROUPS-</b>            300 Level Events  <b>WARM UP: 12:40- 1:25 PM</b>  <b>EVENTS: 1:30 PM</b></p> </td> <td style="width: 50%; padding: 5px;"> <p><b>NATIONAL TEAM GROUPS-</b>            400 Level Events  <b>WARM UP: 12:40- 1:25 PM</b>  <b>EVENTS: 1:30 PM</b></p> </td> </tr> </table> <ul style="list-style-type: none"> <li><b>Meet Director reserves the right to adjust times/sessions after entries are received.</b></li> </ul>	<p><b>HIGH PERFORMANCE GROUPS</b>            100 Level Events  <b>WARM UP: 6:30- 7:15AM</b>  <b>EVENTS: 7:20 AM</b></p>	<p><b>SENIOR LEVEL GROUPS-</b>            200 Level Events  <b>WARM UP: 10:00- 10:45 AM</b>  <b>EVENTS: 10:50 AM</b></p>	<p><b>NATIONAL PREP GROUPS-</b>            300 Level Events  <b>WARM UP: 12:40- 1:25 PM</b>  <b>EVENTS: 1:30 PM</b></p>	<p><b>NATIONAL TEAM GROUPS-</b>            400 Level Events  <b>WARM UP: 12:40- 1:25 PM</b>  <b>EVENTS: 1:30 PM</b></p>
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<p><b>ELIGIBILITY</b></p>	<ul style="list-style-type: none"> <li>Open to all invited registered Potomac Valley Teams. Teams wishing to attend should contact the meet director to confirm which session to register for. 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.</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, MACHINE AQUATICS, AND THE ST. JAMES: SPORTS WELLNESS &amp; 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.</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>● Athletes must arrive and depart in their suits. Locker room use will be for emergency use only and will be cleaned between each use by the St. James.</li> <li>● All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks, with the exception of athletes when warming up, cooling down, and competing.</li> <li>● All attendees (athletes, coaches, volunteers, officials, etc.) 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 <a href="#">St. James Self-Health Assessment and Participation Terms &amp; Conditions</a> no earlier than 12 hours before attending (specify STJ Swimming Rental as “Sport”). Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the Complex.</li> <li>● Each session will be limited to no more than 90 swimmers.</li> <li>● Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.</li> <li>● 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.</li> <li>● Swimmers must follow all directions as posted and adhere to all marshal directions.</li> </ul>

	<ul style="list-style-type: none"> <li>● 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.</li> <li>● All swimmers must remain in their designated area for their group (stands, splash area or hallway) until they are called for their event and they must return to their area immediately following their event.</li> <li>● Swimmers may not enter another swimmer’s “square” of seating.</li> <li>● Any swimmer not following the meet protocols will be subject to immediate removal from the meet.</li> <li>● All coaches, officials, and volunteers must bring their own water bottle and snacks. Hospitality is not permitted per the facility.</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> <li>● No spectators will be permitted. Competition will be live-streamed via the St. James Swimming Facebook page (<a href="https://www.facebook.com/stjswimming">https://www.facebook.com/stjswimming</a>).</li> </ul>
<b>RULES</b>	<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> <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>● All events are mixed gender.</li> <li>● 200 Backstroke, 200 Breaststroke, 200 Butterfly may be merged in order to adhere to timeline restrictions. Heats will be seeded according to entry time.</li> <li>● <b>Swimmers may enter up to three (3) events.</b></li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>● All events will be pre-seeded.</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 may determine the structure of warm-up, including times/lane assignments.</li> <li>● Warm Up will be assigned per group to ensure no more than 5 swimmers per lane for warm-up.</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.</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. 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.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>● Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>● Officials will be identified in advance and coordinated by the Meet Referee, Courtney Johnston, <a href="mailto:officials@machineaquatics.com">officials@machineaquatics.com</a>. Officials interested in volunteering should contact the Meet Referee.</li> <li>● Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups.</li> <li>● An officials meeting will be held Friday, January 29<sup>th</sup>, 2021 via Zoom.</li> <li>● Walk-on officials cannot be accommodated.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>● We will have one (1) volunteer parent timer per lane.</li> <li>● There will be (2) head timers.</li> <li>● All timers are required to wear masks while timing. Swimmers who are timing will remove their mask AFTER the current heat has concluded must hang their mask on the block hook or in provided plastic baggie for their event.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>● Entries for this meet will be submitted through the Machine Aquatics entry system.</li> <li>● 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.</li> </ul>
<b>ENTRY FEES</b>	<p style="text-align: center;">Per Swimmer Surcharge:        \$9.00 Individual event fee:            \$5.00</p> <ul style="list-style-type: none"> <li>● Make checks payable to Machine Aquatics. Checks may be mailed to: 204-D Mill Street, NE Vienna, VA 22180</li> <li>● Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.</li> <li>● Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>

# January Ice Bath Splash Senior Meet

Saturday, January 30<sup>th</sup>, 2021

## 13 & Over Swimmers

### HIGH PERFORMANCE GROUPS

WARM UP: 6:30- 7:15AM

EVENTS: 7:20 AM

### SENIOR GROUPS-

WARM UP: 10:00- 10:45 AM

EVENTS: 10:50 AM

MIXED	EVENT
101	200 Freestyle
102	100 Butterfly
103	100 Backstroke
104	200 Individual Medley
105	50 Freestyle
106	100 Breaststroke
107	100 Freestyle
108	200 Butterfly
109	200 Backstroke
110	200 Breaststroke

MIXED	EVENT
201	200 Freestyle
202	100 Butterfly
203	100 Backstroke
204	200 Individual Medley
205	50 Freestyle
206	100 Breaststroke
207	100 Freestyle
208	200 Butterfly
209	200 Backstroke
210	200 Breaststroke

\*\* Note: For 200 Butterfly, 200 Breaststroke, 200 Backstroke- these events may be merged for timeline purposes.  
All heats will be seeded by event entry time.\*\*

### NATIONAL PREP GROUPS-

WARM UP: 12:40- 1:25 PM

EVENTS: 1:30 PM

### NATIONAL TEAM GROUP-

WARM UP: 12:40- 1:25 PM

EVENTS: 1:30 PM

MIXED	EVENT
301	200 Freestyle
302	100 Butterfly
303	100 Backstroke
304	200 Individual Medley
305	50 Freestyle
306	100 Breaststroke
307	100 Freestyle
308	200 Butterfly
309	200 Backstroke
310	200 Breaststroke

MIXED	EVENT
401	200 Freestyle
402	100 Butterfly
403	100 Backstroke
404	200 Individual Medley
405	50 Freestyle
406	100 Breaststroke
407	100 Freestyle
408	200 Butterfly
409	200 Backstroke
410	200 Breaststroke

\*\* Note: For 200 Butterfly, 200 Breaststroke, 200 Backstroke- these events may be merged for timeline purposes.  
All heats will be seeded by event entry time.\*\*