



Potomac Marlins Valentines Meet

February 12-14, 2021

Sanction # PVI-21-163

VSI Sanction # VS-21-



MEET DIRECTOR Bill Marlin 571-334-0987 Bill.Marlin@verizon.net	MEET REFEREE Charles Lundy calundy@verizon.net	CLUB OFFICIALS CHAIR John Kost 571-226-7155 MarlinsOfficials@gmail.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-163 and Virginia Swimming, Inc: VS-21-XX. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Potomac Marlins, and the PWCS Aquatics Center 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;">PWCS Aquatics Center Colgan High School 13833 Dumfries Rd. Door #25 Manassas, VA 20112 (571) 374-6333</p> <ul style="list-style-type: none"> 8 lanes, 25 yards. Water depth ranges from 12.5' (Lane 1) to 7' (Lane 8) at both the start and turn ends. Seven lanes of continuous warm-up/cool down will be available during the meet Each lane will be limited to 3 swimmers. 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;">February 2, 2021 by 5:00 p.m.</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;">Friday warm-up 4:00 - 5:00 p.m. / Events at 5:10 p.m.</p> <p style="text-align: center;">Saturday 13-14 warm-up 6:50-7:50 am / Events at 8:00 am 15&Over warm-up 9:30-10:30 am / Events at 10:40 am 11-12 warm-up 12:30-1:30 pm / Events at 1:40 pm 9-10 warm-up 3:45-4:25 pm / Events at 4:30 pm</p> <p style="text-align: center;">Sunday 13-14 warm-up 6:00-7:00 am / Events at 7:10 am 15&Over warm-up 10:00-11:00 am / Events at 11:10 pm 11-12 warm-up 12:50-1:50 pm / Events at 2:00 pm 9-10 warm-up 3:30-4:10 pm / Events at 4:20 pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.

ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers from Potomac Marlins, ASA, FAST, FBST, and MSSC. 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.
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, 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, POTOMAC MARLINS, AND PWCS AQUATICS CENTER 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 Prince William County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> Athletes should arrive and depart in their suits. Locker rooms are currently closed. Family changing rooms located in the hallway will be available for use. Athletes must shower prior to arrival at the pool. There is also an on-deck shower that can be used. 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) are required to fill out the health questionnaire no more than 8 hours before their arrival to the pool and turn it in before entering the facility. All attendees will submit to a temperature check before they are permitted in the facility. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the facility.

	<ul style="list-style-type: none"> • All attendees should maintain a minimum of ten (10) feet distance from all other participants whenever possible. • Each session will be limited to no more than 90 swimmers. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • During warm-ups, swimmers will wear their masks until they arrive at their lane. They will put it in a plastic zipper bag behind their lane. Once warm-ups are completed, swimmers will immediately put their masks back on. • During competition, swimmers will wear their masks until they arrive at their lane and they will take it off, put it in their plastic bag and place it on the chair behind their starting block. Swimmers will immediately put their masks back on at the completion of their swims before they leave the starting area. • Staging for competition will be as follows. Traffic will move in a clockwise rotation: <ul style="list-style-type: none"> ○ Heat 1 will be at the blocks and will swim ○ Heat 2 will be under the mezzanine ○ Heat 3 will be on the side of the pool • Swimmers must follow all directions as posted and adhere to all marshal directions. • 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. Most athletes will sit upstairs in the bleacher area with a few select seats on pool level. Seating areas have been marked to ensure social distancing. • To access the pool deck from the bleachers, swimmers will go down the stairs on the opposite side of the stands from where they came up and then enter the pool deck through the door on the deep end (turning end) of the pool, underneath the bleachers. • To return to the bleachers from the pool deck, swimmers will exit the starting area to their right (clockwise flow). Swimmers will exit the pool deck on the other side of the guard office, below the bleachers, from where they came in, turn left to go to the lobby and then go up the lobby stairs. This ensures one-way traffic flow. (see facility map). There will also be traffic flow signs posted. • Swimmers may not enter another swimmer’s “square” of seating. • Swimmers in the 500 and 1000 freestyle must provide their own counter (if desired). Counter must be a swimmer, coach, or volunteer already in attendance. • 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 Potomac Marlins Facebook page (https://www.facebook.com/Potomac-Marlins-Swim-Team-116514645119255).
<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.

	<ul style="list-style-type: none"> • 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.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals and will be pre-seeded, except the 1000 Freestyle. • Friday events will be swum Fastest to Slowest. • The 1000 Freestyle will be swum fastest to slowest. Coaches must submit the positive check in for their athletes by 9:00 a.m. on Sunday. • All entries for the 1000 Freestyle must have times NST 15:00.00. Entries will be limited to 4 heats. • All events are mixed gender. • Athletes age 9 and Over may enter no more than nine (9) events for the meet and no more than four (4) events per session. Entry limits may be adjusted if timelines are exceeded. • The meet director may limit max events to 3 if timelines are exceeded. • Swimmers may only participate in the sessions with their age group. • The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability and COVID-19 Considerations and COVID-19 Protocols.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded except the 1000 Free. Check in for the 1000 free is due by 9:00 a.m. on Sunday.
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 3 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.
AWARDS	<ul style="list-style-type: none"> • There are no awards at this meet.
PROGRAMS	<ul style="list-style-type: none"> • Programs will be available free of charge via Meet Mobile and will be posted to the Potomac Marlins website and emailed out to participating club's coaches.
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 always 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 Potomac Marlins Club Officials Chair, John Kost (MarlinsOfficials@gmail.com). Officials interested in volunteering should contact John Kost (MarlinsOfficials@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 per lane. • Each participating club will be responsible for providing its share of timers. • Lane assignments will be made in advance. • All timers must always wear a facemask. • A comprehensive timers briefing will be conducted the night prior to the meet via Zoom.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries shall be submitted by email to the Meet Director, Bill Marlin @ Bill.Marlin@verizon.net. • Include in the subject of the email, "PM Valentines Meet - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. • Include in entry email: entry file, report of entries by name, report of entries by event. • In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). • Entries directly from individual team members will not be accepted. • Entries by phone or fax will not be accepted. • The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. • 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>Per Swimmer Surcharge: \$20.00 1000 Freestyle Entry Fee: \$12.50</p> <p>Individual Entry Fee: \$7.50 (all events other than the 1000 Freestyle)</p> <ul style="list-style-type: none"> • Make checks payable to Potomac Marlins. • Checks shall be mailed to: Bill Marlin 31 Century St. Stafford, VA 22554 • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

Potomac Marlins Valentines Meet

Friday February 12, 2021

Warm-up 4:00-5:00 pm / Events 5:10 pm

EVENT #	EVENT
1	13&O 500 Free
2	9-12 500 Free
3	11&O 400 IM
4	9-12 200 IM

Potomac Marlins Valentines Meet

Saturday February 13, 2021

Warm-up 6:50-7:50 am / Events 8:00 am

EVENT #	EVENT
5	13-14 200 Free
6	13-14 100 Breast
7	13-14 100 Fly
8	13-14 200 Back
9	13-14 50 Free

Potomac Marlins Valentines Meet

Saturday February 13, 2021

Warm-up 9:30-10:30 am / Events 10:40 am

EVENT #	EVENT
10	15&O 200 Free
11	15&O 100 Breast
12	15&O 100 Fly
13	15&O 200 Back
14	15&O 50 Free

Potomac Marlins Valentines Meet

Saturday February 13, 2021

Warm-up 12:30-1:30 pm / Events 1:40 pm

EVENT #	EVENT
20	11-12 yr old 200 Free
21	11-12 yr old 50 Breast
22	11-12 yr old 200 Breast
23	11-12 yr old 100 Fly
24	11-12 yr old 50 Back
25	11-12 yr old 200 Back
26	11-12 yr old 50 Free

Potomac Marlins Valentines Meet

Saturday February 13, 2021

Warm-up 3:45-4:25 pm / Events 4:30 pm

EVENT #	EVENT
15	9-10 yr old 200 Free
16	9-10 yr old 50 Breast
17	9-10 yr old 100 Fly
18	9-10 yr old 50 Back
19	9-10 yr old 50 Free

Potomac Marlins Valentines Meet

Sunday February 14, 2021

Warm-up 6:00-7:00 am / Events 7:10 a.m.

EVENT #	EVENT
27	13-14 200 Breast
28	13-14 100 Free
29	13-14 100 Back
30	13-14 200 Fly
31	13-14 200 IM
30 minute break	
32	11&O 1000 Free

****A Maximum of 4 heats of 1000 free will be swum****

Positive check in required for the 1000 free due at 9:00 a.m.

The 1000 Freestyle will be swum Fastest to Slowest.

1000 Free Entry Time NST 15:00.00

Potomac Marlins Valentines Meet

Sunday February 14, 2021

Warm-up 10:00-11:00 am / Events 11:10 pm

EVENT #	EVENT
33	15&O 200 Breast
34	15&O 100 Free
35	15&O 100 Back
36	15&O 200 Fly
37	15&O 200 IM

Potomac Marlins Valentines Meet

Sunday February 14, 2021

Warm-up 12:50-1:50 pm / Events 2:00 pm

EVENT #	EVENT
43	11-12 yr old 100 Breast
44	11-12 yr old 100 Free
45	11-12 yr old 100 Back
46	11-12 yr old 50 Fly
47	11-12 yr old 200 Fly
48	11-12 yr old 100 IM

Potomac Marlins Valentines Meet

Sunday February 14, 2021

Warm-up 3:30-4:10 pm / Events 4:20 pm

EVENT #	EVENT
38	9-10 yr old 100 Breast
39	9-10 yr old 100 Free
40	9-10 yr old 100 Back
41	9-10 yr old 50 Fly
42	9-10 yr old 100 IM