



Potomac Marlins June LC Meet

June 20, 2021

Sanction # PVI-21-195



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| MEET DIRECTOR Bill Marlin 571-334-0987 Bill.Marlin@verizon.net | MEET REFEREE John Kost 571-226-7155 MarlinsOfficials@gmail.com | 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-21-195. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the Potomac Marlins, 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 8-10 lanes, 50 meters, bulkhead to wall, starting on the north side, (water park side). 10 lanes will be used for warm-ups for all three sessions. Continuous warm-up/cool down lanes may be available. 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;">June 14, 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;">Sunday, June 20, 2021</p> <p style="text-align: center;">Session 1: Mixed 13-14 - Warm-up: 7:00 a.m.; Events: 7:40 a.m. Session 2: Mixed 15&O - Warm-up: 10:15 am; Events: 10:55 a.m. Session 3: Mixed 12&U - Warm-up: 1:30 p.m.; Events: 2:10 p.m.</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. Meet Director may add one or two 10 minute warm-up breaks per session. |
| ELIGIBILITY | <ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers from Potomac Marlins, Fort Belvoir Swim Team, All Star Aquatics, Mason Makos Swim Team, and Maryland Suburban Swim Club. 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. |

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| <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, POTOMAC MARLINS, AND THE ST. JAMES: SPORTS WELLNESS AND 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. |
| <p>COVID-19 PROTOCOLS</p> | <ul style="list-style-type: none"> • Athletes must 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. • Before signing up 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, 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, 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. • 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 100 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. |

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| | <ul style="list-style-type: none"> • During competition, 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, over the ears, 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 in the bleachers will go down the stairs on the south end of the pool to the first staging area. Swimmers in the splash pool area will walk down the bleacher side of the pool to get to the first staging area. • Three heats will be staged. Heat 1 behind the blocks, heat 2 will be on the bleacher side of pool at the start end, heat 3 will be on the bleacher side of pool near the mid-way point. • Swimmers will walk around the pool deck on the opposite side from the staging area and line 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. Swimmers seated in the splash park area will exit the pool and return directly to the splash park area from the start end. • 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. • Mask runners will be used for the 50 m events. Swimmers will be able to retrieve their mask at the finish end. • 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 COVID-19 after attending the meet. • No spectators will be permitted. Competition will be live-streamed via the Potomac Marlins Facebook page. |
| <p>RULES</p> | <ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • 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. |

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| | <ul style="list-style-type: none"> 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. All events are mixed gender. Athletes may enter no more than 4 events per session. Swimmers may only participate in the sessions with their age group. The 400 Freestyle will be swum FAST to SLOW. 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. |
| 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 10 swimmers will be permitted in each warm up lane. 1-2 lanes may be available for continuous warm-up/cool down. If timelines are long, all 10 lanes will be used for competition. One 40 minute warm up session will be used unless the meet is over 100 swimmers per session then two 30 minute warm-up sessions will be used. |
| 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 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 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, John Kost. MarlinsOfficials@gmail.com Officials interested in volunteering should contact the Meet Referee. 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 should be submitted by email to the Meet Director, Bill Marlin @ Bill.Marlin@verizon.net. Include in the subject of the email, "PM June LC 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, |

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| | <p>phone, officials contact).</p> <ul style="list-style-type: none"> • 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>Individual Event Fee: \$8.00 Per Swimmer Surcharge: \$15.00</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 June LC Meet

Sunday June 20, 2021

Session 1: 13-14

| Event # | Event |
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| 1 | Mixed 13-14 200 Freestyle |
| 2 | Mixed 13-14 100 Breaststroke |
| 3 | Mixed 13-14 100 Backstroke |
| 4 | Mixed 13-14 50 Freestyle |
| 5 | Mixed 13-14 400 IM |
| 6 | Mixed 13-14 100 Butterfly |
| 7 | Mixed 13-14 100 Freestyle |

Session 2: 15&Over

| Event # | Event |
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| 8 | Mixed 15&O 200 Freestyle |
| 9 | Mixed 15&O 100 Breaststroke |
| 10 | Mixed 15&O 100 Backstroke |
| 11 | Mixed 15&O 50 Freestyle |
| 12 | Mixed 15&O 400 IM |
| 13 | Mixed 15&O 100 Butterfly |
| 14 | Mixed 15&O 100 Freestyle |

Session 3: 12&Under

| Event # | Event |
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| 15 | Mixed 11-12 200 Freestyle |
| 16 | Mixed 9-10 200 Freestyle |
| 17 | Mixed 11-12 100 Breaststroke |
| 18 | Mixed 9-10 100 Breaststroke |
| 19 | Mixed 11-12 100 Backstroke |
| 20 | Mixed 9-10 100 Backstroke |
| 21 | Mixed 11-12 50 Freestyle |
| 22 | Mixed 9-10 50 Freestyle |
| 23 | Mixed 11-12 200 IM |
| 24 | Mixed 9-10 200 IM |
| 25 | Mixed 11-12 100 Butterfly |
| 26 | Mixed 9-10 100 Butterfly |
| 27 | Mixed 11-12 100 Freestyle |
| 28 | Mixed 9-10 100 Freestyle |