



Polar Bear Invitational

January 7-8, 2023

Sanction # PVI-23-41



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Melanie McKula admin@seadevils.org 703-283-1182	Kelly Rowell kmcr.pvs@gmail.com	Ulli Klenke euek@yahoo.com Official's Sign-Up

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-23-41. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The Capitol Sea Devils, and South Run Rec 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;">South Run Rec Center 7550 Reservation Dr Springfield, VA 22153 703-866-0566</p> <ul style="list-style-type: none"> The pool at South Run Rec Center is 25yd x 25yd. Competition will be held in 6 lanes, 25 yd for 10 & Under sessions and 8 lanes, 25 yd for the 11-14 session, 25 yd. 10 lanes will be available during warm-ups. 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;">Friday, December 16, 2022 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	<p style="text-align: center;">January 7-8: 10 & Under Warm-ups: 12:40 -1:00 pm; Events: 1:05 pm The 10 & under Session will be swum using a 6 lane format.</p> <p style="text-align: center;">January 7-8: 11-14: Warm-ups: 3:00-3:25 pm; Events: 3:30 pm 11-14 Session will be swum using an 8 lane format</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 invited Potomac Valley Swimming registered athletes from The Capitol Sea Devils and Nation's Capital Swim Club (Burke). 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"> Semi-automatic (buttons primary) timing will be used.
RULES	<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.

	<ul style="list-style-type: none"> No on-deck USA Swimming 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 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.
EVENT RULES	<ul style="list-style-type: none"> All events are timed finals. Athletes may enter a total of six (6) events and no more than three (3) per day. The 400 IM and 500 Free will be seeded fastest to slowest and will be mixed gender. Swimmers must provide their own timer and counter (if desired) for the 500 Free and their own timer for the 400 IM. Entries may be limited based on the timeline. No deck entries will be accepted.
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.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
SEEDING	<ul style="list-style-type: none"> All events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> None
AWARDS	<ul style="list-style-type: none"> Ribbons will be provided for places 1st-8th.
PROGRAMS	<ul style="list-style-type: none"> Meet programs will be available on the SDS website the evening before the meet at www.seadevils.org. The meet will be available on meet mobile.
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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> None
OFFICIALS	<ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. Officials interested in volunteering should complete the Officials Sign-Up or contact the Meet Referee, Kelly Rowell (kmcr.pvs@gmail.com) Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during

	warm-ups.
TIMERS	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. Polar Bear - Timer & Volunteer Sign-up
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director (admin@seadevils.org). Include in the subject of the email, "Polar Bear- ****" 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 style="text-align: center;">Per Swimmer Surcharge: \$5 Individual event fee: \$10</p> <ul style="list-style-type: none"> Make checks payable to The Capitol Sea Devils. Checks may be mailed to: PO Box 7965 McLean, VA 22106 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. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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Session 1

Saturday, January 7th

Warm up: 12:40-1:00 pm

Events: 1:05 pm

Girls Event #	Event	Boys Event #
1	8 & Under 25 y Back	2
3	8 & Under 25 y Breast	4
5	10 & Under 200 y IM	6
7	7 & Under 50 y Free	8
9	10 & Under 100 y Breast	10
11	10 & Under 100 y Fly	12
13	10 & Under 50 y Back	14
15	10 & Under 100 y Free	16

Session 2

Saturday, January 7th

Warm up: 3:00-3:25 pm

Events: 3:30 pm

Girls Event #	Event	Boys Event #
17	11-14 100 y Breast	18
19	11-14 200 y Back	20
21	11-14 50 y Fly	22
23	11-14 100 y Free	24
25	11-14 50 y Back	26
27	11-14 200 y Fly	28
29	500 y Free*^	
	*Mixed Event ^Seeded Fast to Slow	

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Session 3

Sunday, January 8th

Warm up: 12:40-1:00 pm

Events: 1:05 pm

Girls Event #	Event	Boys Event #
30	10 & Under 100 y IM	31
32	8 & Under 25 y Free	33
34	8 & Under 25 y Fly	35
36	10 & Under 200 y Free	37
38	10 & Under 50 y Breast	39
40	10 & Under 100 y Back	41
42	10 & Under 50 y Fly	43
44	8-10 50 y Free	45

Session 4

Sunday, January 8th

Warm up: 3:00-3:25 pm

Events: 3:30 pm

Girls Event #	Event	Boys Event #
46	11-14 100 y Fly	47
48	11-14 200 y Free	49
50	11-14 50 y Breast	51
52	11-14 200 y IM	53
54	11-14 100 y Back	55
56	11-14 50 y Free	57
58	11-14 200 y Breast	59
60	11-14 400 IM *^	
	*Mixed Event ^Seeded Fast to Slow	