



MAKO POLAR PLUNGE

January 14-15, 2023

Sanction # PVC-23-47



MEET DIRECTOR Heather Coulson Haddock heatherhaddock@makoswimming.net	MEET REFEREE Jan van Nimwegen jnimwegen@earthlink.net 571-244-4588	CLUB OFFICIALS CHAIR Ed Byers makosofficials@gmail.com Officials Signup
---	---	---

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-23-47. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mason Makos Swim Team, 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, 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 10 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool. A minimum of 10 lanes will be used for warm-up. There will be 3 lanes available for continuous warm-up/cool down for all sessions during the meet, with the exception of the 10&U and 11-12 Sessions on Saturday only. 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;">Monday, January 2, 2023, 8:00 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;">Saturday, Jan 14 Session 1: 13&Over Warm-up: 7:30-7:55 am Start: 8:00 am Session 2: 10&U 1st Warm-up: 10:10-10:30 am, 2nd Warm-up: 10:30-10:50 a, 3rd Warm-up: 10:55-11:15 am Start: 11:20 am Session 3: 11-12 1st Warm-up: 1:50-2:10 pm, 2nd Warm-up: 2:15-2:35 pm Start: 2:40 pm</p> <p style="text-align: center;">Sunday, January 15, 2023 Session 1: 11-12 Warm-up: 8:30-8:50 am Start: 9:00 am Session 2: 10&U 1st Warm-up: 10:45-11:05 am, 2nd Warm-up: 11:05-11:25 am Start: 11:30 am Session 3: 13&Over 1st Warm-up: 1:25-1:45 pm, 2nd Warm-up: 1:45-2:05 pm Start: 2:15 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. 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 for 11-12 and 13&O sessions. Semi-automatic timing (buttons primary) will be used for 10&U sessions.
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. 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 may 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 seeded as MIXED gender and are timed finals. Seed times are short course yards. Athletes may enter a total of six (6) events and no more than three (3) per day. Deck entries will be accepted with proof of current USA membership in empty lanes only. No new heats will be created. The 400 IM and 500 Free <i>may</i> be limited to the top 40 swimmers (Top 20 of each gender, 4 heats total) based on seed time in each event. The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines and space availability.
POSITIVE CHECK IN	<ul style="list-style-type: none"> There will be positive check-in for all 200 yds utilizing a check in sheet organized by team. The check-in will be due at the start of the session.
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 except for events 200 yards and longer.
AWARDS	<ul style="list-style-type: none"> No Awards
PROGRAMS	<ul style="list-style-type: none"> Meet programs will be available on the MAKO website the evening before the meet at www.makoswimming.net.

MAKO POLAR PLUNGE

Saturday, January 14, 2023

Warm-up: 7:30-7:55 am Start: 8:00 am

Session 2: 10&U

1st Warm-up: 10:10-10:30 am, 2nd Warm-up: 10:30-10:50 a, 3rd Warm-up: 10:55-11:15 am Start: 11:20 am

Session 3: 11-12

1st Warm-up: 1:50-2:10 pm, 2nd Warm-up: 2:15-2:35 pm Start: 2:40 pm

Sunday, January 15, 2023

Warm-up: 8:30-8:50 am Start: 9:00 am

Session 2: 10&U

1st Warm-up: 10:45-11:05 am, 2nd Warm-up: 11:05-11:25 am Start: 11:30 am

Session 3: 13&Over

1st Warm-up: 1:25-1:45 pm, 2nd Warm-up: 1:45-2:05 pm Start: 2:15 pm

Saturday, January 14, 2023

Sunday, January 15, 2023

Session 1

	EVENT
1	MIXED 13&Over 100 Butterfly
2	MIXED 13&O 200 IM
3	MIXED 13&O 100 Freestyle
4	MIXED 13&O 200 Backstroke
5	MIXED 13&O 100 Breaststroke
6	MIXED 13&O 500 Free

Session 4

	EVENT
19	MIXED 11-12 100 IM
20	MIXED 11-12 50 Freestyle
21	MIXED 11-12 100 Butterfly
22	MIXED 11-12 50 Backstroke
23	MIXED 11-12 100 Breaststroke
24	MIXED 11-12 200 Freestyle

Session 2

	EVENT
7	MIXED 10&Under 50 Freestyle
8	MIXED 9-10 100 IM
9	MIXED 10&Under 50 Backstroke
10	MIXED 9-10 100 Freestyle
11	MIXED 9-10 50 Butterfly
12	MIXED 9-10 100 Breaststroke

Session 5

	EVENT
25	MIXED 8&Under 25 Freestyle
26	MIXED 9-10 100 Backstroke
27	MIXED 8&Under 25 Backstroke
28	MIXED 9-10 50 Breaststroke
29	MIXED 8&Under 25 Breaststroke
30	MIXED 8&Under 25 Butterfly
31	MIXED 9-10 100 Butterfly
32	MIXED 9-10 200 IM

Session 3

	EVENT
13	MIXED 11-12 50 Butterfly
14	MIXED 11-12 100 Backstroke
15	MIXED 11-12 100 Freestyle
16	MIXED 11-12 50 Breaststroke
17	MIXED 11-12 200 IM
18	MIXED 11-12 500 Freestyle

Session 6

	EVENT
33	MIXED 13&Over 100 Backstroke
34	MIXED 13&O 200 Freestyle
35	MIXED 13&O 200 Breaststroke
36	MIXED 13&O 50 Freestyle
37	MIXED 13&O 200 Butterfly
38	MIXED 13&O 400 IM