

MEET DIRECTOR

MAKO POLAR PLUNGE

January 6-7, 2024



MEET REFEREE



CLUB OFFICIALS CHAIR

IVIE	EIDIKECIOK	IVIEET REFEREE	CLUB OFFICIALS CHAIR	
Heather Coulson Haddock heatherhaddock@makoswimming.net		Jan van Nimwegen	Ed Byers	
		makomeetref@gmail.com	makosofficials@gmail.com	
		571-244-4588	Officials Signup	
SANCTION	Held under the s	anction of USA Swimming through P	otomac Valley Swimming: PVC-24-45.	
	 In granting this s 	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley		
	Swimming, Maso	Swimming, Mason Makos Swim Team, and George Mason Aquatics & Fitness Center shall be held		
		free and harmless from any and all liabilities or claims for damages arising by reason of injuries to		
	anyone during th	anyone during the conduct of this event.		
FACILITY		GMU Aquatics & Fit		
		4400 Universit	y Blvd	
		Fairfax, VA		
		703-993-3939		
	-	•	l pool with two moveable bulkheads.	
	· · · · · · · · · · · · · · · · · · ·	Competition will be held in 9 lanes, 25 yards, running from the bleachers towards to the opposite		
		wall.		
	• 19 lanes will be usessions.	• 19 lanes will be used for warm-up. 4 lanes will be available for continuous warm-up/cool down all sessions.		
	The Meet Direct	The Meet Director may add breaks for warm-ups during the meet, time permitted.		
	Water depth of 3	 Water depth of 7' at the starting end and 9' at the turning end of the competition course. 		
	The meet hosts v	The meet hosts will ensure the required course dimensions.		
ENTRY		Tuesday, December 19,	2023, 8:00 PM	
DEADLINE	IMPORTANT: The ab	oove date is the deadline for clubs to	submit their entries to the Meet Director.	
	Therefore, clubs usu	Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your		
	club for this informa	tion.		
SCHEDULE		Saturday, January 6, 2024		
		Session 1: 13&O Warm-up: 8:45-9:		
	Session 2: 10&U	1 st Warm-Up 11:40 am-Noon, 2 nd Wa	ırm-up: 12:05-12:25 pm, Start Time 12:30 pm	
	Session 3: 11-	Session 3: 11-12 1 st Warm-up 2:55-3:15 pm, 2 nd Warm-up: 3:20-3:40 pm, Start Time 3:45 pm		
	Sunday, January 7, 2024			
	Session 4: 11-12 Warm-up: 8:10-8:30 am, Start Time 8:35 am			
	Session 5: 10&U	Session 5: 10&U 1 st Warm-up: 10:40-11:00 am, 2 nd Warm-up: 11:00-11:20 am, Start Time 11:30 am		
	Session 6: 138	Session 6: 13&O 1 st Warm-up: 1:35-2:00 pm, 2 nd Warm-up 2:00-2:25 pm, Start Time 2:30 pm		
	Meet Director re	eserves the right to adjust times/sess	ions after entries are received.	
ELIGIBILITY	Open to all USA	registered swimmers.		
	No swimmer wil	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 USA	A Swimming Rules and Regulations, Article 302.	

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. PVS and host primary in the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition. Automatic timing (buchpads primary) will be used for all sessions, except for the 25yd events, where semi-automatic timing (buttons primary) will be used if no touch pads are available for the finish end of the event. 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 USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted. In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted. In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted. In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted. 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 without the use of backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swim	<u> </u>	
TIMING SYSTEM Automatic timing (touchpads primary) will be used for all sessions, except for the 25yd events, where semi-automatic timing (touchpads primary) will be used for all sessions, except for the 25yd events, where semi-automatic timing (touchpads primary) will be used for not louch pads are available for the finish end of the event. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Rilpor 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 no-deck USA Swimming Registration is permitted. In compliance with USA Swimming Rules and Regulations, 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 without the use of backstroke ledge. 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, spectators area 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 All events will be accepted		by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of
RULES Our cent 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 USA Swimming Rules and Regulations, 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 rareas, 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 without the use of backstroke ledge. 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 celling 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 2053.3.1F. EVENT RULES All events are seeded as MIKED gender and are timed finals. Seed times are short course yards. Athletes may enter a total of 7 events and no more than 4 on Saturday, and 3 events on Sunday. For this meet NT entries are allowed. The Meet Director reserves the right to alter the format of the meet after entries are recei		, , , , , , , , , , , , , , , , , , , ,
 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 USA Swimming Rules and Regulations, 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 without the use of backstroke ledge. 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 All events are seeded as MIXED gender and are timed finals. Seed times are short course yards. Athletes may enter a total of 7 events and no more than 4 on Saturday, and 3 events on Sunday. For this meet NT entries are allowed. 	TIMING SYSTEM	semi-automatic timing (buttons primary) will be used if no touch pads are available for the finish end
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 USA Swimming Rules and Regulations, 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 without the use of backstroke ledge. 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 celling 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 All events are seeded as MIXED gender and are timed finals. Seed times are short course yards. Athletes may enter a total of 7 events and no more than 4 on Saturday, and 3 events on Sunday. For this meet NT entries are allowed. Deck entries will be accepted with proof of current USA membership, if it does not create another heat. Swimmers in the 400 IM need to provide their own times. Swimmers in the 500 Freestyle need to provide their own times, swimmers in the 500 Freestyle ne	RULES	Current USA Swimming rules shall govern this meet.
In compliance with USA Swimming Rules and Regulations, 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 without the use of backstroke ledge. 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. All events are seeded as MIXED gender and are timed finals. Seed times are short course yards. Athletes may enter a total of 7 events and no more than 4 on Saturday, and 3 events on Sunday. For this meet NT entries are allowed. Deck entries will be accepted with proof of current USA membership, if it does not create another heat. Swimmers in the 400 IM need to provide their own times. Swimmers in the 500 Freestyle need to provide their own timer, and their own counter if desired. The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability as set forth above. POSITIVE The first event of each session, along with the 8&U events will be seeded. There will be posit		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
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 without the use of backstroke ledge. 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. • All events are seeded as MIXED gender and are timed finals. • Seed times are short course yards. Athletes may enter a total of 7 events and no more than 4 on Saturday, and 3 events on Sunday. For this meet NT entries are allowed. • Deck entries will be accepted with proof of current USA membership, if it does not create another heat. • Swimmers in the 400 IM need to provide their own times. Swimmers in the 500 Freestyle need to provide their own timer, and their own counter if desired. • The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability as set forth above. • The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team.		No on-deck USA Swimming registration is permitted.
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 without the use of backstroke ledge. 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, 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 All events are seeded as MIXED gender and are timed finals. Seed times are short course yards. Athletes may enter a total of 7 events and no more than 4 on Saturday, and 3 events on Sunday. For this meet NT entries are allowed. Deck entries will be accepted with proof of current USA membership, if it does not create another heat. Swimmers in the 400 IM need to provide their own times. Swimmers in the 500 Freestyle need to provide their own timer, and their own counter if desired. The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability as set forth above. POSITIVE The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team. The check-in will determine the structure of warm-up, including times/lane assignments. MEDICAL ASSISTANCE MEDICAL ASSISTANCE Positive reserves on the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff. The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized		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.
proficient in performing a racing start or must start each race from within the water without the use of backstroke ledge. 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 All events are seeded as MIXED gender and are timed finals. Seed times are short course yards. Athletes may enter a total of 7 events and no more than 4 on Saturday, and 3 events on Sunday. For this meet NT entries are allowed. Deck entries will be accepted with proof of current USA membership, if it does not create another heat. Swimmers in the 400 IM need to provide their own times. Swimmers in the 500 Freestyle need to provide their own timer, and their own counter if desired. The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability as set forth above. POSITIVE CHECK IN The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team. The check-in will determine the structure of warm-up, including times/lane assignments. MEDICAL ASSISTANCE 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. The first event of each session, along with the 8&U events will be positive check-in for all other events, utilizing a check-in sheet organized by team.		Deck changes are prohibited.
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 All events are seeded as MIXED gender and are timed finals. Seed times are short course yards. Athletes may enter a total of 7 events and no more than 4 on Saturday, and 3 events on Sunday. For this meet NT entries are allowed. Deck entries will be accepted with proof of current USA membership, if it does not create another heat. Swimmers in the 400 IM need to provide their own times. Swimmers in the 500 Freestyle need to provide their own timer, and their own counter if desired. The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability as set forth above. POSITIVE CHECK IN The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team. The check-in will be due 5 minutes prior to the start of the session. WARM-UP The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments. MEDICAL ANGELICAL 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. SUPPRIVISION Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. SEEDING The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team.		proficient in performing a racing start or must start each race from within the water without the use of backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the
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 All events are seeded as MIXED gender and are timed finals. Seed times are short course yards. Athletes may enter a total of 7 events and no more than 4 on Saturday, and 3 events on Sunday. For this meet NT entries are allowed. Deck entries will be accepted with proof of current USA membership, if it does not create another heat. Swimmers in the 400 IM need to provide their own times. Swimmers in the 500 Freestyle need to provide their own timer, and their own counter if desired. The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability as set forth above. POSITIVE CHECK IN The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team. The check-in will be due 5 minutes prior to the start of the session. WARM-UP The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments. MEDICAL ASSISTANCE 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. SUPERVISION Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. SEEDING The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team.		areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or
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 • All events are seeded as MIXED gender and are timed finals. • Seed times are short course yards. Athletes may enter a total of 7 events and no more than 4 on Saturday, and 3 events on Sunday. For this meet NT entries are allowed. • Deck entries will be accepted with proof of current USA membership, if it does not create another heat. • Swimmers in the 400 IM need to provide their own times. Swimmers in the 500 Freestyle need to provide their own timer, and their own counter if desired. • The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability as set forth above. POSITIVE CHECK IN **OFFICIAL** **OFFICIAL** **OFFICIAL** **OFFICIAL** **OFFICIAL** **MEDICAL** **ASSISTANCE** **MEDICAL** **MEDICAL** **ASSISTANCE** **MEDICAL** **ASSISTANCE** **ORACHA SEEDING** **ORACHA SEEDING** **ORACHA SESSION, along with the 8&U events will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments. **SEEDING** **ORACHA SEEDING** **The first event of each session, along with the 8&U events will be redical assistance, please notify a facility lifeguard or a member of the meet staff. **SUPERVISION** **COaches are responsible for the conduct of their swimmers and cleaning up for their team areas. **SEEDING** **The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team.		Dive-over starts may be used.
Seed times are short course yards. Athletes may enter a total of 7 events and no more than 4 on Saturday, and 3 events on Sunday. For this meet NT entries are allowed. Deck entries will be accepted with proof of current USA membership, if it does not create another heat. Swimmers in the 400 IM need to provide their own times. Swimmers in the 500 Freestyle need to provide their own timer, and their own counter if desired. The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability as set forth above. POSITIVE CHECK IN The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team. The check-in will be due 5 minutes prior to the start of the session. WARM-UP The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments. MEDICAL ASSISTANCE 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. SUPERVISION Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team.		swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U
Saturday, and 3 events on Sunday. For this meet NT entries are allowed. Deck entries will be accepted with proof of current USA membership, if it does not create another heat. Swimmers in the 400 IM need to provide their own times. Swimmers in the 500 Freestyle need to provide their own timer, and their own counter if desired. The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability as set forth above. POSITIVE CHECK IN The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team. The check-in will be due 5 minutes prior to the start of the session. WARM-UP The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments. MEDICAL ASSISTANCE 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. SUPERVISION Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team.	EVENT RULES	All events are seeded as MIXED gender and are timed finals.
heat. Swimmers in the 400 IM need to provide their own times. Swimmers in the 500 Freestyle need to provide their own timer, and their own counter if desired. The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability as set forth above. POSITIVE The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team. The check-in will be due 5 minutes prior to the start of the session. WARM-UP The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments. MEDICAL ASSISTANCE MEDICAL ASSISTANCE Ocaches are responsible for the conduct of their swimmers and cleaning up for their team areas. The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team.		, ,
provide their own timer, and their own counter if desired. The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability as set forth above. POSITIVE CHECK IN The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team. The check-in will be due 5 minutes prior to the start of the session. WARM-UP The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments. MEDICAL ASSISTANCE MEDICAL ASSISTANCE Ocaches are responsible for the conduct of their swimmers and cleaning up for their team areas. SUPERVISION Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team.		
best accommodate timelines, space availability as set forth above. POSITIVE The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team. The check-in will be due 5 minutes prior to the start of the session. WARM-UP The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments. MEDICAL ASSISTANCE 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. SUPERVISION Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team.		· · · · · · · · · · · · · · · · · · ·
 CHECK IN check-in for all other events, utilizing a check-in sheet organized by team. The check-in will be due 5 minutes prior to the start of the session. WARM-UP The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments. MEDICAL ASSISTANCE 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. SUPERVISION Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. SEEDING The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team. 		best accommodate timelines, space availability as set forth above.
 minutes prior to the start of the session. WARM-UP The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments. 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. SUPERVISION Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team. 		· · ·
 WARM-UP The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments. MEDICAL ASSISTANCE 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. SUPERVISION Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. SEEDING The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team. 	CHECK IN	
ASSISTANCE notify a facility lifeguard or a member of the meet staff. • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team.	WARM-UP	The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will
• The first event of each session, along with the 8&U events will be seeded. There will be positive check-in for all other events, utilizing a check-in sheet organized by team .		
check-in for all other events, utilizing a check-in sheet organized by team .	SUPERVISION	Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
AWARDS • No Awards		· · ·
	AWARDS	No Awards

PROGRAMS	Meet programs will be available on the MAKO website the evening before the meet at
	www.makoswimming.net.
CREDENTIALS	Parents not working the meet as a deck official, volunteer timer or other position are not
	permitted on deck but can sit in the spectator area.
	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.
SPECTATOR ENTRY FEE	• None
OFFICIALS	• 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 <u>Officials Signup</u> or contact Ed Byers, <u>makosofficials@gmail.com</u>
	 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 meet referee upon arrival to make their services available.
	A mandatory, comprehensive officials' briefing will precede each session during warm-ups.
TIMERS	Two (2) timers per lane.
	 Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
	• Timer signup will be available on the MAKO website, www.makoswimming.net .
ENTRY PROCEDURES	 Entries should be submitted by email to the Meet Director. Heather Coulson Haddock heatherhaddock@makoswimming.net.
	• Include in the subject of the email, "MAKO POLAR PLUNGE - ***" 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	Per Swimmer Surcharge: \$12 Individual Event Fee: \$12 Deck Entries \$20
	Make checks payable to HLR, LLC, and mail to: PO Box 168 Clifton, VA 20124
	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.

MAKO POLAR PLUNGE

Saturday, January 6, 2024

Session 1: 13&O Warm-up: 8:45-9:10am, Start Time 9:15 am

Session 2: 10&U 1st Warm-Up 11:40 am-Noon, 2nd Warm-up: 12:05-12:25 pm, Start Time 12:30 pm

Session 3: 11-12 1st Warm-up 2:55-3:15 pm, 2nd Warm-up: 3:20-3:40 pm, Start Time 3:45 pm

Sunday, January 7, 2024

Session 4: 11-12 Warm-up: 8:10-8:30 am, Start Time 8:35 am

Session 5: 10&U 1^{st} Warm-up: 10:40-11:00 am, 2^{nd} Warm-up: 11:00-11:20 am, Start Time 11:30 am

Session 6: 13&O 1st Warm-up: 1:35-2:00 pm, 2nd Warm-up 2:00-2:25 pm, Start Time 2:30 pm

24

Saturday, January 6, 2024

Session 1

EVENT 1 Mixed 13&O 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 Freestyle (*)

Sunday, January 7, 2024 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

Session 2

		EVENT
7	Mixed 10&U	50 Free
8	Mixed 9-10	100 IM
9	Mixed 10&U	50 Backstroke
10	Mixed 9-10	100 Freestyle
11	Mixed 9-10	50 Butterfly
12	Mixed 9-10	100 Breaststroke
39	Mixed 9-10	200 Freestyle

Session 5

Mixed 11-12 200 Freestyle

		EVENT
25	Mixed 8&U	25 Freestyle
26	Mixed 9-10	100 Backstroke
27	Mixed 8&U	25 Backstroke
28	Mixed 9-10	50 Breaststroke
29	Mixed 8&U	25 Breaststroke
30	Mixed 8&U	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&O 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 (*)

(*) bring own timer/counter