

# **MAKO POLAR PLUNGE**

January 11-12, 2025

## Sanction # PVC-25-52



MEET	DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Heather Coulson Haddock		Jan van Nimwegen	Ed Byers
heatherhaddock@makoswimming.net		makomeetref@gmail.com	makosofficials@gmail.com
			Officials Signup TBD
SANCTION	Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-25-52.		
	• In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley		-
	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 the conduct of this event.		
FACILITY		GMU Aquatics & Fitness Cel	nter
	4400 University Blvd		
		Fairfax, VA	
	703-993-3939		
	• The pool at Georg	ge Mason University is a 50m x 25yd pool w	ith two moveable bulkheads.
		be held in 10 lanes, 25 yards, running from t	
	wall.		
	• 19 lanes will be used for warm-up. 4 lanes will be available for continuous warm-up/cool down all sessions.		
	• The Meet Director may add breaks for warm-ups during the meet, time permitted.		
	• Water depth of 7' at the starting end and 9' at the turning end of the competition course.		
	The meet hosts will ensure the required course dimensions.		
ENTRY	Tuesday, December 24, 2024, 8:00 PM		
DEADLINE	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.		
SCHEDULE	Saturday, January 11, 2025		
	Session 1: 13&O Warm-up: 8:15-8:40 am, Start Time 8:45 am Session 2: 10&U Warm-up: 12:00-12:20 pm, Start Time 12:30 pm		
	Session 3: 11-12 Warm-up: 3:00-3:25 pm, Start Time 3:30 pm		
	Sunday, January 12, 2025 Session 4: 11-12 Warm-up: 8:15-8:40 am, Start Time 8:45 am		
		Session 5: 10&U Warm-up: 12:00-12:20 pm,	
		Session 6: 13&O Warm-up: 3:00-3:25 pm, 9	•
	<ul> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>		-
ELIGIBILITY		egistered swimmers.	
		be permitted to compete in the meet unles wimming as provided in USA Swimming Rul	-

DISABILITY	PVS and host clubs along with their meet directors are committed to the <u>Inclusion Policy</u> as adopted     but the DVC DOD. Athlates with a disability are uncleared and are solved to provide advance paties of
SWIMMERS	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> <li>Automatic timing (touchpads primary) will be used for all sessions, except for the 25yd events, where</li> </ul>
	semi-automatic timing (buttons primary) will be used if no touch pads are available for the finish end
	of the event.
RULES	<ul> <li>Current USA Swimming rules shall govern this meet.</li> </ul>
	<ul> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject</li> </ul>
	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	All events are seeded as MIXED gender and are timed finals.
RULES	• Seed times are short course yards. Athletes may enter a total of 8 events and no more than 4 per
	day. For this meet, NT entries are allowed.
	• Deck entries will be accepted with proof of current USA-S membership in empty lane only. No new
	heats will be created.
	• The 400 IM and 500 Free will be limited to 4 heats per event, with an equal number of boys and girls.
	• 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 and space availability as set forth above.
POSITIVE	• There will be positive check-in for events 200 yards and longer, utilizing a check in sheet organized by
CHECK IN	team. The check-in sheets are due at the start of each 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)
	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     netific a facility life yourd and member of the most staff.
	notify a facility lifeguard or a member of the meet staff.
SUPERVISION	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
SEEDING	All events will be pre-seeded except for events 200 yards and longer.
AWARDS	No Awards

PROGRAMS	Meet programs will be available on the MAKO website the evening before the meet at	
CDEDENTIALS	www.makoswimming.net.	
CREDENTIALS	Parents not working the meet as a deck official, volunteer timer or other position are not permitted	
	n deck but can sit in the spectator area. Only athletes, USA Swimming certified coaches, and deck officials will be permitt	ed on the deck
	coaches and Officials should have proof of active USA Swimming membership w	
SPECTATOR	lone	
ENTRY FEE		
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.	
	)fficials interested in volunteering should complete the <u>Officials Signup</u> or conta	ct Ed Byers,
	nakosofficials@gmail.com	
	Officials volunteering for this meet should sign in at the recording table prior to t ps. Certified officials who have not previously volunteered should contact the n rrival to make their services available.	neet referee upon
	mandatory, comprehensive officials' briefing will precede each session during	warm-ups.
TIMERS	wo (2) timers per lane.	
	articipating clubs are requested to provide timers in proportion to their entries. equested for each 25 entries.	One timer is
	Timer signup will be available on the MAKO website, <u>www.makoswimming.net</u> .	
ENTRY	Entries should be submitted by email to the Meet Director. Heather Coulson Haddock	
PROCEDURES	<u>heatherhaddock@makoswimming.net</u> .	
	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	
ENTRY FEES	urther entries will be accepted from that club until the said fine is paid.er Swimmer Surcharge:\$12Individual Event Fee:\$12	
	er Swimmer Surcharge: \$12 Individual Event Fee: \$12 acility Surcharge per team: \$20 Deck Entries: \$20 (cash or ch	eck only)
	Nake checks payable to HLR, LLC, and mail to: PO Box 168 Clifton, VA 20124	
	ayment for entries from unattached swimmers not affiliated with a team must he meet. Payment may be made by cash or check.	be received prior to
	ntry fees are due with meet entry. Unpaid fees will be reported to the PVS Adm he conclusion of the meet.	inistrative Office at

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#### Sunday, January 12, 2025

Session 4: 11-12 Warm-up: 8:15-8:40 am, Start Time 8:45 am Session 5: 10&U Warm-up: 12:00-12:20 pm, Start Time 12:30 pm Session 6: 13&O Warm-up: 3:00-3:25 pm, Start Time 3:30 pm

## Saturday, January 11, 2025

### 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 (*)	

### Session 2

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

## Session 3

	EVENT	
14	Mixed 11-12 50 Butterfly	
15	Mixed 11-12 100 Backstroke	
16	Mixed 11-12 100 Freestyle	
17	Mixed 11-12 50 Breaststroke	
18	Mixed 11-12 200 IM	
19	Mixed 11-12 500 Freestyle (*)	

## Sunday, January 12, 2025

#### Session 4

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

## Session 5

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

## Session 6

	EVENT
34	Mixed 13&O 100 Backstroke
35	Mixed 13&O 200 Freestyle
36	Mixed 13&O 50 Butterfly
37	Mixed 13&O 200 Breaststroke
38	Mixed 13&O 50 Freestyle
39	Mixed 13&O 200 Butterfly
40	Mixed 13&O 50 Backstroke
41	Mixed 13&O 400 IM *
42	Mixed 13&O 50 Breaststroke

(\*) bring own timer/counter