

SDS
Polar Bear Invitational
January 7-8, 2012

**Sanctioned by United States Swimming Through
Potomac Valley Swimming
Sanction # PVI-12-31**

Meet Location	South Run Recreation Center – 10 Lanes; 25 yards 7550 Reservation Drive Springfield, VA. 22153 703-866-0566
<p>The pool is a 10 lane, 25 yard course with a starting end depth - 12 feet and a turning in depth of 4 feet. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</p>	

Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. Entries will be accepted on a first come, first serve basis from our invited teams. The Meet Director will endeavor to inform invited teams promptly when the meet has been fully subscribed.

Meet Director	Lori Pawlik loripawlik@seadevils.org
----------------------	--

SDS Officials' Chair	Nora Burke patandnora@hotmail.com
Meet Referee	Mike Rubin mrubin1@cox.net

Meet Entry Coordinator	Melanie McKula admin@seadevils.org
-------------------------------	---

Schedule	Jan 7/8: 10 &U warm-up 12:20-12:40; events 12:45 pm The 10 & Under sessions will be swum using an 8 lane format. Jan 7/8: 11 & Older warm-up 2:50-3:10 pm, events 3:15 pm The 11 & Older sessions will be swum using a 10 lane format. Warm-up times may be slightly adjusted after entries are received for the timeline:
-----------------	---

Awards	Ribbons will be awarded from 1 st thru 8 th place for individual events.
Eligibility	Open to all invited Potomac Valley Swimming registered athletes from AAC, HACC, Riptide. Athletes must be in good standing with USA Swimming and their respective LSC.
Swimmers with a Disability	PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the BOD . Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the

	<p>competition.</p>
<p>Rules</p>	<p>Current USA Swimming rules shall govern the meet which include:</p> <p>In granting this sanction, it is understood and agreed that USA Swimming, Potomac Valley Swimming, South Run Recreation Center and Sea Devil Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p> <p>All events are timed finals.</p> <p>A contestant may enter no more than four (4) individual events per day.</p> <p>Athletes shall compete at the age attained on the first day of meet.</p> <p>Events that are 200 yards or longer, MAY require positive check-in 30 minutes prior to warm-up based on the number of entries received for those events.</p> <p>The Meet Manager has the right to close entries once the maximum number of splashes allotted for water time is reached.</p> <p>Dive over starts may be used in the 11-18 session based on number of splashes received.</p> <p>The practice of deck changing is prohibited at all PVS sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the event.</p> <p>In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, included a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy, the use of equipment capable of taking pictures (ie. cell phones, cameras, PDAs, etc.) are barred from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</p> <p>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.</p> <p>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 12 & U sessions in Rule 205.3.1F.</p>
<p>Warm ups</p>	<p>The prescribed PVS Warm-up procedures and safety policies will be followed. Lane assignments will be posted on deck. The meet manager reserves the right to adjust warm-up times after entries are received in order to streamline meet.</p>

Supervision	<p>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</p> <p>Parents will not be allowed on deck unless serving in an official capacity - timer, referee, judge or the like.</p> <p>Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Working coaches & deck officials are required to display their 2012 USA Swimming card.</p>
Admission	There is no admission charge.
Programs	Meet programs will not be sold. The meet program will be available online at www.seadevils.org &/or www.pvswim.org . Please remind your parents and coaches to download their own copy. Working officials and coaches will have a program provided.
Concessions	Concessions are limited to the snack machines and drink machines in the lobby.
Seating	<p>Due to the limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers ONLY will be permitted on the pool deck.</p> <p>Personal chairs will be permitted on the deck for COACHES only. Swimmers will NOT be permitted to bring chairs on deck. Due to the expected number of athletes, seating will also be limited in the stands. NO chairs will be permitted in the stands' viewing area.</p>
Officials	All certified officials desiring to volunteer for this meet should contact the SDS Officials' Chair Nora Burke at patandnora@hotmail.com or Referee - Mike Rubin at mrubin1@cox.net with your certification, your club affiliation, and the session you wish to work. Please sign in at the recording table 10 minutes before the start of the warm-ups. Certified officials who have not been contacted should speak with the deck referee at the meet.
Timers	The host club will provide at least one timer per lane. Participating clubs are requested to provide at least one timer every session the team participates in proportion to their entries. Upon submission of the meet entry, clubs will be notified of the number of timers to be provided. Acceptance of the club entry is based upon compliance with the above.
Deck Entries	Deck entries are \$10.00 per individual event and must be submitted <u>with payment</u> and presentation of registration card no later than 30 minutes prior to the first event of each session. No new heats will be created. First come, first served.
Warning	Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00 and no further entries will be accepted from that Club until the said fine has been paid.
Entry Fees:	\$6.00 per individual event. There is a \$2.00 per swimmer surcharge. Make checks payable to "Sea Devil Swimming".
MEET ENTRY PROCEDURES:	General Instructions: Entries may be submitted VIA EMAIL . The following general instructions apply.

- ALL ENTRIES MUST BE RECEIVED BY
5:00PM, TUESDAY, DECEMBER 13th, NO LATE ENTRIES ACCEPTED
- **Important:** The above date is the deadline for clubs to submit their entries to the Meet Entry Coordinator. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.

Make checks payable to "**SEA DEVIL SWIMMING**".

- **Send entries and checks to Meet Entry Coordinator:**
Melanie McKula
P.O. Box 650070
Potomac Falls, VA 20165-0070

- **Email:** admin@seadevils.org
- Entry fees are due with each club's meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. No further entries will be accepted from clubs for future meets until all entry fees are paid in full by the club to the meet director
- **Optional:** Before preparing your entries, events for this meet can be downloaded and then imported into team manager (go to team manager/file/import/meet events).
- **E-mail Entries**
- Attach the "meet entries" export file from Hy-Tek Meet Manager. Also attach a meet entry report by swimmer and a meet entry report by event. Create these reports in Team Manager and save as Word for Windows files.
- In body of e-mail, give entry numbers (girls, boys, total) and contact information (e-mail, phone, officials contact).
- Submit entries to the Meet Entry Coordinator, Melanie McKula at admin@seadevils.org. In the subject heading please indicate "Polar Bear Invitational - ####" with the club's initials substituted in place of the number symbols. If the club is submitting entries from more than one location, please add the location to the heading with the club initials. **Check payments must be received at the address listed above prior to the start of the meet.**
- Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgment should contact the Meet Director by other than e-mail to confirm receipt.
 - **Special note: The Meet Entry Coordinator may limit entries to prevent oversubscription of this meet to conform with time and swimmer limits with regards to Fairfax County Park Authority contracts.**

**Sea Devil Swimming
Polar Bear Invitational**

**Session 1
Saturday, January 7th
Warm up: 12:20-12:40 pm
Events: 12:45 pm**

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

**Session 2
Saturday, January 7th
Warm up: 2:50-3:10 pm
Events: 3:15 pm**

Girls Event #	Event	Boys Event #
17	11-14 Girls 100 y IM	
	13-18 200 y IM	18
19	11-14 100 y Fly	20
21	13-18 200 y Back	22
23	11-14 50 y Fly	24
25	11-14 100 y Back	26
27	13-18 200 y Fly	28
29	11-14 50 y Free	30

Sea Devil Swimming Polar Bear Invitational

Session 3
Sunday, January 8th
Warm up: 12:20-12:40 pm
Events: 12:45 pm

Girls Event #	Event	Boys Event #
31	8 & Under 25 y Free	32
33	8 & Under 25 y Fly	34
35	9-10 Girls 100 y IM	
	9-10 Boys 200 y Free	36
37	8-10 50 y Back	38
39	9-10 100 y Back	40
41	8-10 50 y Fly	42
43	8-10 50 y Free	44

Session 4
Sunday, January 8th
Warm up: 2:50-3:10 pm
Events: 3:15 pm

Girls Event #	Event	Boys Event #
45	13-18 Girls 200 y IM	
	11-14 Boys 100 y IM	46
47	11-14 100 y Breast	48
49	13-18 200 y Free	50
51	11-14 50 y Breast	52
53	11-14 100 y Free	54
55	13-18 200 y Breast	56
57	11-14 50 y Back	58
59	11-18 500 y Free	60