

Notes From The Meet Manager-

We are excited for our [MAKO POLAR PLUNGE](#) next weekend at GMU, and are looking forward to having a great meet!

Please note that all updated meet information will be posted on our [website](#), so please check this site each day.

UPDATED WARM-UP & START TIMES

Saturday, January 15, 2022

10&U Warm-up: 1st 12:15-12:35 pm & 2nd 12:35-12:55 pm, Start Time 1:00 pm

Sunday, January 16, 2022

10&U Warm-up: 1st 10:15-10:35 am & 2nd 10:35-10:55 am, Start Time 11:00 am

POLAR PLUNGE MEET APPAREL LINK

<https://www.fdsportswear.com/events/2022-mako-polar-plunge>

VOLUNTEER INFORMATION

Click [HERE](#) to volunteer on deck.

MAKO Meet Reminders

General Information

- NO SPECTATORS will be allowed in the facility.
- The meet will be live streamed on our [MAKO Facebook Page](#).
- Swimmers are not allowed to eat on the pool deck and there will be no room set aside for them to eat in.
- The [Meet Programs](#) will be posted the day before the start of the meet. Please make sure your swimmer knows their events.
- Results will be posted on Meet Mobile. Please be patient as our certified officials compile the results and subsequently post them on Meet Mobile.

Physical Distancing and Mask Requirements for Coaches and Athletes

- We remind all athletes to please practice responsible physical distancing both in the pool, on all pool decks, and throughout all facilities.
- Coaches, volunteers, and athletes will be required to wear their masks AT ALL TIMES. Mask rules will be strictly enforced by both meet personnel and GMU aquatics staff.

Repeated failure to comply will result in either the meet being stopped or the swimmer/team being asked to leave.

GMU Health Check

- To enter the facility, you must use the Mason COVID Health Check screening tool, which can be found by clicking [HERE](#). Click [HERE](#) to review the Health Check procedures. A detailed list of instructions provided by GMU can be found by clicking [HERE](#).
- All coaches, officials, volunteers and swimmers will enter through the swimmer entrance on the lower level next to parking lot C. No one will be allowed to enter through the lobby.