



**Marlins Polar Dip**  
**January 29-31, 2021**  
**SANCTION NO: VS-21-117**  
 Updated: January 21, 2021



*We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Hargrave Military Academy. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.*

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-117</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., <i>Hargrave Military Academy</i>, and CCA Marlins, 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.</li> <li>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., <i>Hargrave Military Academy</i>, and CCA MARLINS cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.</li> </ul>
<b>LOCATION:</b>	<i>Hargrave Military Academy, 200 Military Drive, Chatham VA 2453, (434) 432-2881</i>
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li><i>SCY, 25 yards, Depth. 16 feet. Starter blocks are in the deep end., 10 lanes, with non-turbulent lane lines, Colorado Timing system. Indoor pool. This is a SCY meet.</i></li> <li><i>The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4).</i></li> <li><i>Hargrave Military Academy 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.</i></li> <li>In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Kathy Callis Phone: (540)5218213 Email: <a href="mailto:kathycallis477@gmail.com">kathycallis477@gmail.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all athletes, who are registered with USA Swimming before the first day of the meet.</li> <li>Age on January 29<sup>th</sup>, 2021 will determine age for the entire meet.</li> </ul>

<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All aged swimmers will swim on Friday 01/29/2021 evening session, all mixed events and timed finals, starting not before 5:00pm</li> <li>All 13 &amp; Older swimmers will swim on the Saturday 01/30 AM and Sunday 01/31 AM preliminary session starting not before 9:00am</li> <li>All swimmers 12 and under will participate in the Saturday 01/30 and Sunday 01/31 AM session starting not before 9:00am</li> <li>All 12 and under events will be timed finals.</li> <li>All 13 and over Events for Saturday and Sunday will be swum with preliminary sessions in the morning session, finals in the evening starting not before 5:00PM</li> <li>13-14 Top 16 swimmers will swim in finals</li> <li>15 and over Top 24 swimmers will swim in finals</li> <li>All swimmers will report behind the blocks, with one heat at a time,</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, January 19<sup>th</sup>, 2021</b></p> <ul style="list-style-type: none"> <li>Each swimmer 12 &amp; Under may enter a maximum of 4 events per session and a total of 10 Events.</li> <li>Each swimmer 13 &amp; Over may enter a maximum of 3 events per day and a total of 8 events.</li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>After the entry deadline, breaks may be added during sessions and clubs will be notified when receiving their lane assignments and warm-up times as referenced under warm-ups. By Monday, January 25, 2021. <ul style="list-style-type: none"> <li>Email entries to: aserir@ccamarlins.com</li> </ul> </li> <li><b>Deck entries will be accepted</b> for athletes already in the meet to the extent that open lanes are available without adding extra heats.</li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>Entry Fees: <ul style="list-style-type: none"> <li>Individual Events: \$7</li> <li>Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</li> </ul> </li> <li>Checks should be made payable to: CCA Marlins</li> <li>Mail payment to: CCA Marlins 4069 postal drive PO Box 21683, Roanoke, VA 24018</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Friday evening Warmups starts not before 4 pm; competition starts not before 5:00pm</li> <li>Saturday/Sunday warm-up starts not before 8:00 am; competition starts not before 9:00am <ul style="list-style-type: none"> <li>Morning sessions are combined for 13 &amp; O (prelims) and 12 &amp; U (timed finals)</li> </ul> </li> <li>13&amp; Over Finals warmup session starts not before 4:00pm, meet starts not before 5:00pm</li> <li>If any session runs late, the subsequent sessions will begin 30 minutes afterward in order to allow time for cleaning and disinfecting.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Heat winners for 12 and under events will get a rubber ducky, Top 3 swimmers of 8 &amp; under, 9-10;11-12;13-14, 15 &amp; Over will receive ribbons.</li> </ul>

<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as. <ul style="list-style-type: none"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>COVID-19 RULES</b>	<ul style="list-style-type: none"> <li>• <b>Athletes must arrive in their suits. Locker rooms will not be available, besides for bathroom usage</b></li> <li>• <b>Prior to entering the facility, all individuals will be expected to answer Virginia Department of Health screening questions to include temperature screening.</b></li> <li>• <b>Coaches, officials, and spectators must wear masks.</b></li> <li>• Everyone <b>over 4 years old</b> must wear a mask while in the facility. No mask. No entry. No exceptions. Athletes should remove their masks just prior to reporting for their next event.</li> <li>• Everyone must maintain 10 feet social distancing, including in the water and on the bleachers;</li> <li>• There will be no showers available; no locker room changing during swim meets.</li> <li>• Gym will be available with assigned spaces for swimmers to sit, so please bring your own beach chairs, blankets or any gear swimmers may need,</li> <li>• Each family is allowed to have only one parent present, to watch their kids race</li> <li>• Parents can walk to the pool deck after checking with the meet marshal to watch their swimmer race, then must exit the pool deck immediately after the race. With not more than 10 parents on the deck at a time <ul style="list-style-type: none"> <li>• Everyone must complete and sign all COVID liability waiver if it is their first time here. It can be found on our website <a href="http://hargrave.edu/pool">hargrave.edu/pool</a> under FORMS</li> </ul> </li> </ul> <p>Thank you all for your patience and understanding as we continue to adjust to the COVID restrictions.</p>

<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>• 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.</li> <li>• Any swimmer entered in the meet must be certified by a USA-S 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.</li> <li>• Operation of a drone, or any other flying apparatus, 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 without written USA Swimming approval.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>• An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <li>• In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Susan Munson</b>  <b>Email: <a href="mailto:susamun@cox.net">susamun@cox.net</a></b>  <b>Phone: (540) 314 5723</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions during all sessions for this meet. Please send your availability to <b>Douglas Mc Laughlin</b> at <a href="mailto:dmclaughlin628@yahoo.com">dmclaughlin628@yahoo.com</a> no later than Tuesday, January 19, 2021</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Timers assignment will be sent to the participating teams</li> <li>• Timers will receive a premeeting report the day before the meet, there will be no on deck meeting</li> <li>• There will be one timer per lane.</li> <li>• 500 free swimmers need to provide their own counters and timers.</li> <li>• Timers and counters must wear a mask</li> </ul>
<b>GENERAL:</b>	<p>There will be a light refreshment available throughout the meet for coaches and officials, breakfast, Lunch and dinner for Saturday and Sunday sessions. heat sheets will be sent digitally, there will be no paper copy during the meet.</p> <p>A food truck will be available in the parking lot for all Swimmers families, Coaches and officials,</p>
<b>DIRECTIONS:</b>	<b><u>Address:</u> 200 Military Dr, Chatham, VA 24531</b>

# Marlins Polar Dip

## ORDER OF EVENTS

<b>Friday 01/29 Open PM session</b>		
<b>Warmups not before 4:00pm meet starts not before 5:00pm</b>		
<b><u>Mixed</u></b>	<b><u>Events</u></b>	<b><u>Mixed</u></b>
1	12 & Under 100 IM	1
2	13 \$Over 400 IM	2
3	12 & Under 200 Bk	3
4	13 &Over 500 Fr	4
5	12 & Under 200 Breast	5
6	Open 1000 Fr	6

<b>Saturday 01/30 13&amp;Over AM prelims session 12 &amp; Under timed final</b>		
<b>Warmups not before 8:00am meet starts not before 9:00am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
17	12 & Under 200 Fly	18
7	13 & Over 200 Fr	8
19	12 & Under 50 Fr	20
9	13 & Over 100 Bk	10
21	12 & Under 100 Brst	22
11	13 & Over 100 Brst	12
23	12 & Under 50 Bk	24
13	13 & Over 50 Fr	14
25	12 & Under 200 Fr	26
15	13 & Over 200 Fly	16
27	12 & Under 50 Fly	28
29	12 & Under 400 IM	30

<b>Saturday 01/30 13&amp;Over PM session</b>		
<b>Warmups not before 4:00pm meet starts not before 5:00pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
7	13-14 200 Fr	8
7	15&Over 200 Fr	8
9	13-14 100 Bk	10
9	15&Over 100 Bk	10
11	13-14 100 Brst	12
11	15&Over 100 Brst	12
13	13-14 50 Fr	14
13	15 & Over 50Fr	14
15	13-14 200 Fly	16
15	15&Over 200 Fly	16

<b>Sunday 01/31 13&amp;Over AM prelims session 12 &amp; Under timed final</b>		
<b>Warmups not before 8:00am meet starts not before 9:00am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
41	12 & Under 200 IM	42
31	13 & Over 200 IM	32
43	12 & Under 100 Fr	44
33	13 & Over 100 Fr	34
45	12 & Under 50 Brst	46
35	13 & Over 200 Brst	36
47	12 & Under 100 Bk	48
37	13 & Over 100 Fly	38
49	12 & Under 100 Fly	50
39	13 & Over 200 Bk	40
51	12 & Under 500 Fr	52

**Sunday 01/31 13&Over PM session**  
**Warmups not before 4:00pm meet starts not before 5:00pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	13-14 200 IM	32
31	15&Over 200 IM	32
33	13-14 100 Fr	34
33	15&Over 100 Fr	34
35	13-14 200 Brst	36
35	15&Over 200 Brst	36
37	13-14 100 Fly	38
37	15 & Over 100 Fly	38
39	13-14 200 Bk	40
39	15&Over 200 Bk	40