



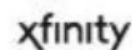
**2021-22  
USA Swimming  
IM Xtreme Games-NE**

**January 28 - January 30, 2022  
University of Maryland  
College Park, MD**

**Official Event Information**

**LSCs PARTICIPATING IN THE NORTHEAST REGION MEET**

**Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia, West Virginia**



**2021-22**  
**USA Swimming IM Xtreme Games-NE**  
 January 28—January 30, College Park, MD  
 Sanctioned by USA Swimming through Potomac Valley Swimming PVZ-22-53

**Important Facts About the Meet**



- ◆ The qualifying period for this event is September 1, 2020 through the entry deadline.
  - ◆ **All times MUST be achieved in one season and in one course.** Times from the 2020-21 season shall not be combined with times from the 2021-22 season.
  - ◆ **Entry Deadline:** All entries must be received no later than Tuesday, January 18, 2022 by 11:59 p.m. Eastern Standard Time.
  - ◆ **E-Mail Entry Deadline: Athletes achieving the qualifying score for the first time from Saturday January 22, through Sunday January 23, 2022 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on Monday January 24, 2022, and cannot be used to improve the seed time of a prior entry.**
  - ◆ All athletes that are 9-14 years on the first day of the meet are eligible for the meet if they have achieved the minimum qualifying score in any age during the qualifying period.
  - ◆ This meet will follow IMX Challenge program guidelines.
  - ◆ **The qualifying standard will be a minimum IMX Challenge score of 1,800 points** for all ages and genders. Qualifying standards are the same for SCY and LCM.
  - ◆ This meet will be conducted using “Flyover” starts. Details of any changes to normal meet operations protocol will be announced at the coaches meeting.
  - ◆ All events are timed finals.
  - ◆ All events will be pre-seeded. **Known scratches should be sent to the Meet Director prior to January 21st.** SCY times are conforming. Non-conforming times will be seeded after conforming times (YLS).
  - ◆ Swimmers’ and Coaches’ Responsibility—It shall be the swimmers’ and coaches responsibility to acquaint themselves with all of the information contained in this meet information book and any details discussed at the coaches meeting.
  - ◆ **All swimmers MUST provide their own timer and counter for the 500 Free on Friday & a timer for the 13-14 400 IM on Sunday**
  - ◆ 2 courses will be used for the entire meet
  - ◆ Session start times MAY be adjusted after all entries have come in.
  - ◆ At the conclusion of each 13-14 Boys event, half of the remaining 13-14 Girls heats may be moved to the boys course in each event to help with timelines
  - ◆ **It may be necessary for swimmers in later heats of an event in the 11-12 & 9-10 age groups to swim on the opposite gender’s course in order to balance timelines. Coaches will be informed and will be given the opportunity to concur in the event this becomes necessary**
- Age of the athlete will be the first day of the competition.  
 Any swimmer that is 9-14 year-old is eligible for the meet who has achieved the minimum qualifying score in any age during the qualifying period. That is, a swimmer who has achieved a minimum qualifying score as a 10-year-old and ages up to 11 prior to the start of the meet will be eligible to enter the meet and compete as an 11-year-old. A 12-year-old who has achieved the minimum qualifying score but ages up to 13 prior to the start of the meet will be eligible to enter the meet and compete as a 13-year-old (even if he/she has not swum all the required events as a 13 yr old).*



**Table of Contents**

Order of Events .....	3
General Information.....	4
Site Information.....	6
Entering the Meet.....	8
IM Xtreme Games Procedures.....	9
Summary of Entries.....	10



## 2021-22 USA Swimming IM Xtreme Games-NE Order of Events

<u>Women's Events</u>	<u>Session 1– Friday January 28</u>	<u>Men's Events</u>
1	13-14 500 Freestyle	2
3	11-12 500 Freestyle	4
	<b><u>Session 2 - Saturday January 29</u></b>	
5	13-14 200 Butterfly	6
7	13-14 200 IM	8
9	13-14 200 Breaststroke	10
	<b><u>Session 3– Saturday January 29</u></b>	
11	9-10 200 Freestyle	12
13	11-12 100 Butterfly	14
15	9-10 100 Butterfly	16
17	11-12 100 Breaststroke	18
19	9-10 100 Breaststroke	20
	<b><u>Session 4 - Sunday January 30</u></b>	
21	13-14 200 Backstroke	22
23	13-14 400 IM	24
	<b><u>Session 5 - Sunday January 30</u></b>	
25	11-12 100 Backstroke	26
27	9-10 100 Backstroke	28
29	11-12 200 IM	30
31	9-10 200 IM	32

### SCHEDULE:

#### Friday, January 28, 2022 PM Session

- ◆ Warm ups will start at 1:00 PM
- ◆ Competition will start at 2:00 PM
- ◆ 500's will be swum fast to slow.

#### Saturday, January 29, 2022 AM Session

- ◆ 13-14 Warm ups will start at 6:30 AM
- ◆ 13-14 Competition will start 7:40 AM
- ◆ 12&U Warm ups will start no sooner than 12:30 PM
- ◆ 12&U Competition will start no sooner than 1:40 PM

#### Sunday, January 30, 2022 AM Session

- ◆ 13-14 Warm ups will start at 6:30 AM
- ◆ 13-14 Competition will start at 7:40 AM
- ◆ 12&U Warm ups will start no sooner than 12:30 PM
- ◆ 12&U Competition will start no sooner than 1:40 PM
- ◆ 2 courses will be used for the entire meet
- ◆ Session start times MAY BE adjusted and will be emailed out prior to the meet and announced at the coaches meeting
- ◆ If 12&U timelines are excessive, the session will be split into 2 sessions with the 9-10 session warm-up starting no earlier than 3:30 PM with events no earlier than 4:10 PM on Saturday (4:40 PM on Sunday)

## General Information



### Facility Address

Eppley Recreation Center  
University of Maryland  
College Park, MD 20742

### Meet Referee

Scott Witkin—**RMSC**  
[switkin1@gmail.com](mailto:switkin1@gmail.com)

### Entry Chairperson

Bill Marlin  
31 Century Street  
Stafford, VA 22554  
571-334-0987  
[Bill.Marlin@verizon.net](mailto:Bill.Marlin@verizon.net)

### Meet Director

Bill Marlin  
31 Century Street  
Stafford, VA 22554  
571-334-0987  
[Bill.Marlin@verizon.net](mailto:Bill.Marlin@verizon.net)

### Meeting Schedule

Saturday, January 29	7:15am	Coaches General Meeting	Hospitality
Friday January 28	1:20pm	Official's Briefing	Classroom
<i>All subsequent officials' briefings TBA</i>			

### **LSCs PARTICIPATING IN THE NORTHEAST REGION MEET**

**Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia, West Virginia**

### Hotels

See page 5 for more detailed hotel information.

### Officials

The Potomac Marlins welcomes any of your USA Swimming Officials to work on deck during this meet. Officials' uniforms will be white over navy blue. Shorts are acceptable throughout. Please contact Scott Witkin with any officials interested in working, [switkin1@gmail.com](mailto:switkin1@gmail.com)

**Application to Officiate:** <https://docs.google.com/forms/d/e/1FAIpQLSehPWXh0fUYfvGRth0leLN9wNMsG8bVbzx2w0Tm29SUI1wKjA/viewform>

## General Information (Continued)



### Ticket Information

#### Airlines:

#### Airlines serving BWI

Air Canada	888/247-2262
Alaska Airlines	800/252-7522
American Airlines	800/433-7300
Delta	800/221-1212
Frontier	801/401-9000
JetBlue	800/538-2583
Southwest	800/435-9792
Spirit	855-728-3555
United	800/241-6522

#### Car Rental Agencies

Alamo	410/859-8092
AVIS	410/859-1680
Budget	410/691-2913
Dollar	410/850-7112
Enterprise	410/325-8007
Hertz	410/850-7400
National	410/859-8092
Thrifty	410/850-7112

### Meet Hotel Information:

#### [The Marriott Hotel & Convention Center](#) —Host Hotel

**\$149 – Request IMX Meet Rate**

3501 University Blvd. East

Hyattsville, MD 20783

.5 miles to University

1-800-228-9290 ask for IMX Meet room block

#### [The Hotel at the Univ Of MD](#) —\$149

7777 Baltimore Ave.

College Park, MD 20740

301-277-0777

[www.thehotelumd.com](http://www.thehotelumd.com)

Ask for IMX Meet room block

---

Other Local Hotels (no meet rate)

#### [Hampton Inn College Park](#)

1.9 miles to University

866-539-5072

Clarion Inn College Park

1.0 miles to University

866-925-9753

Comfort Inn & Suites

1.1 miles to University

866-538-0154

Holiday Inn Washington/College Park

3 miles to University

844-209-3296

### Media Credentials

**Anyone wishing media access to the event must contact the Meet Director Bill Marlin at [Bill.Marlin@verizon.net](mailto:Bill.Marlin@verizon.net) for Media Credentials.**

### Image Authorization

**All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.**



**Information/Lost & Found**

A Lost & Found booth will be available on the pool deck, adjacent to the warm up/cool down pool.

**Medical Assistance**

Medical assistance will be provided at the facility. Those needing medical assistance should go to the Lifeguard area located on the north side of the pool deck, under the First Aid sign.

**Parking**

Deck Parking will be available for advance purchase. A link will be posted on the Potomac Valley Swimming website Schedule Page. Cost of parking on Friday will be approximately \$10.00-\$12.00. The Garage should be free for the weekend. Additional information will be sent to Coaches and Officials as we get closer to the meet.

**Concessions**

Limited Concessions may be provided at the facility.

**Hospitality**

Coaches' and Officials' hospitality will be available throughout the meet in the Hospitality Room off deck.

**Coaches' Packet**

Current USA Swimming coach members who have swimmers in the meet (coach and swimmer(s) must be registered with the same team), may receive a deck pass which includes hospitality.

**Credential Pick-Up & Registration**

**Athlete credentials are being issued to coaches upon building entry. Coaches must have their current USA Swimming Registration Card displayed on their phone**

**Credentials**

Restricted access to the facility will be strictly enforced. Please be able to show your USA Swimming Registration Card at all times. Deck Pass on cell phone is acceptable.

**Team Banners**

Banners may be attached to the Window Cord using Zip Ties. Please do not use adhesives on the walls.

**Results**

Results will be posted to Meet Mobile provided the connection is good.

**Facility Notes**

Seating Gallery: Open on the south side of the facility only. Contains bleacher seating only.

The following rules will be strictly enforced:

1. The Eppley Recreation Center is designated as a smoke free zone. Smoking is not permitted anywhere in the facility.
2. No food or drinks with exception of plastic water

bottles will be permitted on deck.

3. Due to USA Swimming Insurance requirements **only credentialed** swimmers, coaches, officials and volunteers are allowed on deck. **There are no exceptions.**

4. Currently there are no spectators allowed in the facility but that may change in the new year. If it does, we will allow spectators.

**Anyone caught abusing the facility will be asked to leave IMMEDIATELY. Teams will be billed for any damages caused by their swimmers.**

**Eppley Recreation Center** Competition Pool

Continuous warm-up and warm-down available.

The Competition Pool of the Eppley Recreation Center is 50-meters by 25 yards with 16 SCY racing lanes. Two moveable bulkheads allow for long or short course events. There is a separate warm-up / Cool-down pool.

Course#1, water depth ranges from 10'-6" at the start end to 14' at the turn end.

Course #2, water depth ranges from 8' at the start end to 10'-6" at the turn end.

**Pool Certification**

The competition course has not been certified in accordance with 104.2.2C(4).

**Pool Hours**

Friday, January 28, 2:00 p.m. - 9:00 p.m.

Saturday & Sunday January 29-30:

6:30 a.m. - 15 minutes after the final event.

**Automatic timing (touch pads primary) will be used for this meet .**

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.



## University of Maryland Eppley Recreation Center

University of Maryland  
College Park, Maryland 20742  
301-226-44— 25 Yards - 16 lanes  
50 Meters - 8 lanes

**Directions:** Capitol Beltway (MD) exit 25 US 1 South on Baltimore Ave. Proceed to off ramp for MD 193 west (follow signs for University of Maryland events) Proceed two traffic lights to Stadium Drive. Make U-turn at Stadium Drive and make next immediate right into Terrapin Trail Garage. There is a foot bridge that connects the Terrapin Trail Garage to the Eppley Recreation Center. Once you cross the bridge, you can enter the Recreation Center on the ground level and take either the stairs or an elevator up two levels to the spectator entrance level. For some meets, athletes, coaches and officials will be able to enter the building on the pool level by the Maryland Adventure Program complex (walk towards the 55 foot climbing wall).

**There may be a charge at certain times/events for using the lower lot, Terrapin Trail Garage or other university lots. Terrapin Trail Garage is free on weekdays after 4pm, and all day Saturday and Sunday**, unless an event is happening.

Please visit the UMD Department of Transportation website at [www.dots.umd.edu](http://www.dots.umd.edu) for additional parking information and campus maps.

[Link to "Most Current" University of Maryland Campus Map](#)

[Link to current Visitor Parking Map](#) Look for Terrapin Trail Garage Northside Near Atrium. It's a short walk to the pool across the foot bridge.



### Entry Chairperson

Bill Marlin  
571-334-0987  
[Bill.Marlin@verizon.net](mailto:Bill.Marlin@verizon.net)  
31 Century Street  
Stafford, VA 22554

**All Entry questions should be directed to:**  
Bill Marlin-Entry Chair

### Entry Process

The meet will be run using Hy-tek's Windows Meet Manager 7.0. Entries may be made by e-mail.

([Bill.Marlin@verizon.net](mailto:Bill.Marlin@verizon.net))

Entries not submitted by e-mail will be subject to a \$25 processing fee for teams with more than 3 swimmers.

**Telephone entries or FAX entries will not be accepted.**

For entries received by e-mail, an acknowledgement that your entry file has been received will be emailed within 24 hours of submission.

Should you not receive an acknowledgement of your entry within 24 hours, please contact the entry chair by e-mail or telephone immediately.

After you have received notification of receipt of your entries, please submit your Meet Summary Page with payment in full.

Make checks payable to Potomac Marlins. Mail entries and fees to Bill Marlin at the address above.

- Entries will be accepted starting December 1, 2021
- Entries will close January 18, 2022

### **THERE WILL BE NO OME ENTRY PROCESS**

**E-Mail Entry Deadline: Athletes achieving the qualifying time standards for the first time from Saturday January 22, through Sunday January 23, 2022 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on Monday January 24 2022, and cannot be used to improve the seed time of a prior entry. Please E-Mail these last minute entries to the Meet Director.**

### Qualifying Period

The qualifying period for this event is September 1, 2020 through the entry deadline.

### Proof of Entry Score

To enter the meet an athlete must have a minimum IMX Challenge qualifying score of 1800 verified by USA Swimming.

### Entry Fees:

\$20.00 per athlete surcharge  
\$30.00 per 9-10 athlete total entry  
\$30.00 per 11-12 athlete total entry  
\$36.00 per 13-14 athlete total entry

\* Volunteer timers will receive their swimmer surcharge back in cash at the meet. This does not include timing for the 500 free or the 400 IM.

### Number of Events

A swimmer must enter and swim all IMX Challenge events within their age group and gender to be eligible for team scoring and awards. All entry times must be proven.

### Events

**9-10-year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

**11 & 12-year olds:** 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

**13 & 14-year olds:** 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

### Scoring

Hy-Tek IMX scoring will be used exclusively. Each time will be given a point value; swimmers' scores from all events will be combined for an overall IMX point total.

**Disqualifications will receive zero points. An athlete's score will still be considered for top 16 individual awards and for team scoring.** Scoring will be determined according to single-year age groupings and the swimmers' IMX totals.

### No Shows

A no show in any event will remove the swimmer from the IM Xtreme scoring. Swimmers will be allowed to swim all remaining events for time only. Declared false starts will not be allowed.

### Individual Awards

USA Swimming IMX plaques will be awarded for the top sixteen swimmers in each single-year age bracket and gender.

### Team Scoring & Awards

Plaques will be awarded for the top three teams by compiling the Hy-tek IMX Scoring for the top 16 individual scorers in each age and gender.

### Waiver and Release Form

A Waiver and Release form included with this meet information book must accompany entry and payment.





**Rules**

USA Swimming Rules and Regulations will govern the conduct of these Games and will serve as the official guide for technical and procedural rules.

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.

It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the swimmer (s) must be assigned a supervising coach (per USA Swimming rule 202.5.3). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, the Meet Director will arrange for a coach to serve this role. Please inform the Meet Director prior to the meet if a coach must be found.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

Operation of a drone or other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectators areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Deck changes are prohibited.

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 the 12&U sessions in Rule 205.3.1F.

All events are timed finals.

**ELIGIBILITY:**

Swimmers must be registered with USA Swimming and be between the ages of 9 and 14 to be accepted in this

meet. Age as of January 28, 2022 shall determine swimmer's age for the entire meet.

**Membership Requirement**

All coaches and officials expecting to be on deck should be prepared to show their current USA Swimming Registration Card. Deck Pass on a mobile device is acceptable. There will be no on deck registration. The Meet Referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid/current.

**Check-In**

Coaches are responsible for all business conducted at the Coaches General Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred.

- A. Coaches must present their current USA Swimming Registration Card to gain access to the deck. Deck Pass on a mobile device is acceptable.
- B. After you have been cleared, you will receive your coaches heat sheet at the computer table.
- C. Present any questions to the Meet Referee or Meet Director.

**Positive Check-In for Athletes**

The meet is pre-seeded. There will be no positive check-in for swimmers. Please inform the Meet Director of any known scratches by January 21st, 2022.

**Warm-Up and Safety**

Meet Management will provide a complete schedule of warm-up procedures **for all 3 courses** to include lane usage and times, which must be adhered to by all participants. A maximum of 12 swimmers is permitted in any lane. Two or Three warm-up sessions may be used based on entry numbers for the combined 9-12 session.

This information will be distributed with the meet information at registration or via e-mail prior to the meet, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals.

**Moving Girls Heats to Boys Course**

At the conclusion of each 13-14 Boys event, half of the remaining 13-14 Girls heats may be moved to the boys course in each event to help with timelines.

**Swimsuits**

All swimmers entered into the competition must comply with the USA Swimming Rulebook Section 102.8 regarding swimwear and taping.

**Note:** In granting this sanction, it is understood and agreed that USA Swimming, Potomac Valley Swimming, Potomac Marlins and the University of Maryland shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.



**COVID-19 CONSIDERATIONS**

- ◆ An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a 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.
- ◆ USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA 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 sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- ◆ 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, POTOMAC VALLEY SWIMMING, THE POTOMAC MARLINS, AND UNIVERSITY RECREATION & WELLNESS, UNIVERSITY OF MARYLAND, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
- ◆ We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.
- ◆ By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, University of Maryland, the State of Maryland, and Prince Georges County.

**COVID-19 PROTOCOLS**

- ◆ All attendees (athletes, coaches, officials, and volunteers) are required to assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering "no" to the following questions:
  - ◇ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?

- ◇ Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days?
- ◇ Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has in the past 14 days?
- ◆ Swimmers should try to maintain proper social distancing.
- ◆ Athletes should arrive and depart in their suits. Locker room use is not permitted.
- ◆ All attendees (athletes, coaches, officials, and volunteers) must wear masks, with the exception of athletes when warming up, cooling down, and competing.
- ◆ Bathroom use is allowed in emergencies, but all individuals must use the visiting team locker rooms and wipe down all surfaces touched.
- ◆ Total number of athletes is limited to 800 per session.
- ◆ One-way traffic will be maintained on the pool deck. Swimmers will leave their assigned spot, walk along the turn (diving boards) end of the pool, down the lane 1 side of the pool, stage along the lane 1 side of the pool deck and continue behind the blocks. See attached diagram. Athletes swimming in the deep pool, will enter the bulkhead from lane 1 and exit after their heat towards lane 8. Athletes swimming in the shallow pool will stage behind their respective lanes and will exit the area at the conclusion of their race towards lane 8. Athletes will only be permitted to stage for their heats 2 heats a time.
- ◆ For warm-ups, swimmers will be assigned to one of two warm-up groups, no more than 12 swimmers per lane. During 13-14 year old sessions, each group will have 30 minutes to warm-up. During the 9-12 year old sessions, each group will have 25 minutes to warm up.
- ◆ Swimmers will proceed to their assigned seating area on deck, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines. Swimmers not participating in warm-up will remain on the deck at their assigned spot.
- ◆ Coaches and Marshals will monitor warm-up lanes to ensure no more than 12 swimmers are in a lane at once.
- ◆ Swimmers will wear their masks until they reach the starting blocks. They will hang their masks on the plastic "tree" behind the starting block just prior to competing. They will put their mask back on before leaving the starting area.
- ◆ Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.
- ◆ UV Light is used along with chlorine to disinfect the water constantly.
- ◆ Spectators will not be permitted. The meet will be streamed via Facebook Live on the [Potomac Marlins Facebook page](#).
- ◆ We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.



# SUMMARY OF ENTRIES

**THIS FORM IS REQUIRED WITH PAYMENT**

**(If utilizing Fed Ex/Overnight mail you must check the waive signature box to insure timely delivery-received no later than Tuesday, January 18th 2022)**

Please fill out the information requested below and mail with your entry form and check.  
Please refrain from sending cash and **make checks payable to: Potomac Marlins**  
Thank you.

**Send to:** **Bill Marlin (IMX)**  
31 Century Street  
Stafford, VA 22554

NAME OF CLUB _____	CLUB CODE _____
Number of swimmers (and alternates) entered:	
<i>Athlete Surcharge</i> Boys: _____ X \$ 20.00 = _____	
Girls: _____ X \$ 20.00 = _____	
Number of 9-10 yr. old individuals entered: _____ X \$ 30.00 = _____	
Number of 11-12 yr. old individuals entered: _____ X \$ 30.00 = _____	
Number of 13-14 yr. old individuals entered: _____ X \$36.00 = _____	

**TOTAL AMOUNT ENCLOSED:** \_\_\_\_\_

**Club Official Submitting Entry:**  
**Coaches:**

Name: _____	_____
Address: _____	_____
City: _____	_____
State: _____ Zip: _____	Club Official FAX: _____
Daytime Phone: ( ) _____	Club Official E-mail: _____

### Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assignees, hereby releases and forever discharges the host club (Potomac Marlins), University of Maryland, USA Swimming, the host club and each of their respective officers, agents, employees, members, successors, and any other persons in any way connected with this meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event. Further, the undersigned shall indemnify and hold harmless the host club, University of Maryland, USA Swimming, the host club and the officers, trustees, agents, employees, and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

**Signature of Club Official/Coach** \_\_\_\_\_ **Date** \_\_\_\_\_

\*Person who signs above is responsible for any fines imposed on the club.  
\*You may have one designated spokesperson for your team to talk to the Meet Referee. The coach would be the logical person.

Please list the name of your spokesperson: \_\_\_\_\_

**Did you submit?**

<input type="checkbox"/>	Electronic entries
<input type="checkbox"/>	Check for entries
<input type="checkbox"/>	I have read the meet information , the entry and competition procedures and understand all of them.
<input type="checkbox"/>	This completed form