



# MAKO SPRING INVITATIONAL

March 21-22, 2020  
Sanction # PVI-20-77



<b>MEET DIRECTOR</b> <b>Heather Coulson Haddock</b> (703) 263-2274 <a href="mailto:makoswimming@aol.com">makoswimming@aol.com</a>	<b>MEET REFEREE</b> <b>John Kost</b> <a href="mailto:marlinsofficials@gmail.com">marlinsofficials@gmail.com</a>	<b>CLUB OFFICIALS CHAIR</b> <b>Dave Charbonneau</b> <a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a> <a href="#">Officials Signup</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-20-77</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mason MAKOs Swim Team, and George Mason University Aquatics &amp; 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.</li> </ul>
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<b>FACILITY</b>	<p style="text-align: center;"><a href="#">GMU Aquatics &amp; Fitness Center</a> 4400 University Blvd Fairfax, VA 703-993-3939</p> <ul style="list-style-type: none"> <li>8 lanes, 25 yards x 50 meter with movable bulkheads. The meet will be half in the course running lengthwise at the bulkhead.</li> <li>Water depth range of 7' at the starting end and 9' at the turning end.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.</li> </ul>
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<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>TUESDAY, MARCH 3, 2020 AT 9:00 PM</b></p> <p>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.</p>
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<b>SCHEDULE</b>	<p style="text-align: center;"><b>Saturday, March 21 &amp; Sunday, March 22, 2020</b></p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Ups</th> <th style="text-align: center;">Session Start</th> </tr> </thead> <tbody> <tr> <td><b>11-12 Timed Finals</b></td> <td style="text-align: center;">8:00 – 8:25 am</td> <td style="text-align: center;">8:30 am</td> </tr> <tr> <td><b>10&amp;Under Timed Finals</b></td> <td style="text-align: center;">1<sup>st</sup>: 10:40 – 11:00 am 2<sup>nd</sup>: 11:00 – 11:20 am</td> <td style="text-align: center;">11:30 am</td> </tr> <tr> <td><b>13&amp;Over Timed Finals</b></td> <td style="text-align: center;">1<sup>st</sup>: 2:30 – 2:55 pm 2<sup>nd</sup>: 2:55 – 3:20 pm</td> <td style="text-align: center;">3:30 pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> <li>Warm-up/warm down lanes will be available throughout the meet.</li> </ul>		Warm Ups	Session Start	<b>11-12 Timed Finals</b>	8:00 – 8:25 am	8:30 am	<b>10&amp;Under Timed Finals</b>	1 <sup>st</sup> : 10:40 – 11:00 am 2 <sup>nd</sup> : 11:00 – 11:20 am	11:30 am	<b>13&amp;Over Timed Finals</b>	1 <sup>st</sup> : 2:30 – 2:55 pm 2 <sup>nd</sup> : 2:55 – 3:20 pm	3:30 pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to invited Potomac Valley Swimming teams. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302.</li> <li>Teams desiring invitations should contact the Meet Director at <a href="mailto:makoswimming@aol.com">makoswimming@aol.com</a>. However, please note that while we want as many PVS teams to participate in this meet as possible, space is very limited.</li> <li>Swimmers shall compete at the age attained on Saturday, March 21, 2020.</li> </ul>
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<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>• PVS and host clubs along with their Meet Directors are committed to the <a href="#">Inclusion Policy as adopted by the Board of Directors</a>. Athletes with disabilities are welcome to participate 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 competition.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic timing (touchpads primary) will be used for 11-12 and 13&amp;Over events.</li> <li>• Semi-Automatic timing (buttons primary) will be used for 10 &amp; under events.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> (“MAAPP”), shall govern this meet.</li> <li>• No on-deck USA-S registration is permitted</li> <li>• In compliance with <i>USA Swimming Rules and Regulations</i>, 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts will be used at this meet.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• Seed times are short course yards. <b>Swimmers may not enter an event with “NT”</b>. In the event that short course yard times are not available, coaches’ times are acceptable.</li> <li>• A swimmer may enter no more than 3 events per day.</li> <li>• Deck entries will be accepted on a first-come, first-serve basis. No new heats will be created. Proof of USA Swimming registration is required for deck entries. Payment must be received before being seeded into the event.</li> <li>• It may be necessary to limit entries in certain events and adjust session start times due to time constraints. Entries will be accepted on a first-come, first-serve basis. Once each session’s intended duration is met, entries will no longer be accepted.</li> </ul>
<b>PARKING</b>	<ul style="list-style-type: none"> <li>• Free parking is available in parking lots “C” and “A”. GMU parking services will ticket all vehicles parked in other non-designated lots.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• Positive Check in for the 11-12 yr old 200 Free &amp; 200 IM will close at 9:00 AM.</li> <li>• Positive check in for the 10&amp;U 100 IM &amp; 100 Free will close at Noon.</li> <li>• Positive Check in for 13&amp;O events will close at 3:00 PM.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments. One 25-yard course will be used during each. Warm-up / warm-down lanes will be available throughout the meet.</li> </ul>

<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Medals will be awarded to the top 8 finishers and ribbons will be awarded to 9-16 place for events in the 10&amp;U and 11-12 yr old sessions.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Meet Programs will be sold upstairs in the concession room for \$5 each.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>Officials interested in volunteering should complete the <a href="#">Officials Signup</a> or contact the Makos officials chair, Dave Charbonneau, <a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a>.</li> <li>Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will proceed each session during warm-ups.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>SEATING</b>	<ul style="list-style-type: none"> <li>Due to the limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck. <b>Personal Chairs will NOT be permitted on the deck.</b></li> </ul>
<b>FOOD</b>	<ul style="list-style-type: none"> <li>NO FOOD ALLOWED ON DECK. Swimmers may either eat in the concession room upstairs next to the lobby, or downstairs in a designated room, which is located next to the stairwell on the first floor, signs posted on the wall will direct swimmers. Coaches and Officials will also need to abide by this policy and will use the hospitality room to eat all snacks/meals.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> <li>The Meet Director will send out a request and a sign up genius for timers based upon entries.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the Meet Director.</li> <li>Include in the subject of the email, "2020 MAKO Spring Invitational****" 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.</li> <li>Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>Entries directly from individual team members will not be accepted.</li> <li>Entries by phone or fax will not be accepted.</li> <li>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.</li> <li>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 further entries will be accepted from that club until the said fine is paid.</li> </ul>
<b>ENTRY FEES</b>	<p style="text-align: center;">Per Swimmer Surcharge: <b>\$6.00</b>                      Deck entries: <b>\$10.00</b>  Individual event fee: <b>\$6.00</b>                                              (plus per swimmer surcharge if  not already in the meet)</p> <ul style="list-style-type: none"> <li>Make checks payable to <b>HLR, LLC</b>, and mailed to <b>PO Box 168 Clifton Rd., Clifton, VA 20124</b></li> <li>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>

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## Saturday, March 21, 2020

11-12 yr old Warm-up: 8:00 - 8:25 AM Events: 8:30 AM		
GIRLS	EVENT	BOYS
1	11-12 100 Individual Medley	2
3	11-12 50 Freestyle	4
5	11-12 100 Butterfly	6
7	11-12 50 Breaststroke	8
9	11-12 50 Backstroke	10
11	11-12 200 Freestyle *	12

## Sunday, March 22, 2020

11-12 yr old Warm-up: 8:00- 8:25 AM Events: 8:30 AM		
GIRLS	EVENT	BOYS
37	11-12 50 Butterfly	38
39	11-12 100 Backstroke	40
41	11-12 100 Freestyle	42
43	11-12 100 Breaststroke	44
45	11-12 200 Individual Medley *	46

10&Under Warm-up: 10:40-11:20AM Events: 11:30 AM		
GIRLS	EVENT	BOYS
13	10&Under 50 Freestyle	14
15	8&Under 25 Butterfly	16
17	9-10 100 Butterfly	18
19	8&Under 25 Breaststroke	20
21	9-10 100 Breaststroke	22
23	10&Under 50 Backstroke	24
25	10&Under 100 Individual Medley*	26

10&Under Warm-up: 10:40-11:20 AM Events: 11:30 AM		
GIRLS	EVENT	BOYS
47	8&Under 25 Freestyle	48
49	10&Under 50 Butterfly	50
51	8&Under 25 Backstroke	52
53	9-10 100 Backstroke	54
55	10&Under 50 Breaststroke	56
57	10&Under 100 Freestyle *	58

13&Over Warm-up: 2:30-3:20 PM Events: 3:30 PM		
GIRLS	EVENT	BOYS
27	13&Over 100 Freestyle	28
29	13&Over 100 Butterfly *	30
31	13&Over 200 Individual Medley *	32
33	13&Over 100 Breaststroke *	34
35	13&Over 200 Backstroke *	36

13&Over Warm-up: 2:30-3:20 PM Events: 3:30 PM		
GIRLS	EVENT	BOYS
59	13&Over 100 Backstroke	60
61	13&Over 200 Freestyle *	62
63	13&Over 200 Breaststroke *	64
65	13&Over 50 Freestyle *	66
67	13&Over 200 Butterfly *	68

\*Positive Check in for the 11-12 yr old 200 Free & 200 IM will close at 9:00 AM.

\*Positive Check in for the 10&Under 100 IM & 100 Free will close at Noon.

\*Positive Check in for all 13&Over events (except for 100 Free and 100 Back which will be seeded) will close at 3:00 PM.