

MAKO HOLIDAY INVITATIONAL

December 1-3, 2023
Sanction # PVC-24-34



MEET DIRECTOR		MEET REFEREE	CLUB C	FFICIALS CHAIR	
Heather Coulson Haddock		John Kost	Ed Byers		
heatherhaddock@makoswimming.net		makomeetref@gmail.com	makosofficials@gr	nail.com	
		Online:			
SANCTION	Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-24-34.			wimming: PVC-24-34.	
		nis sanction it is understood and a		-	
		lason Makos Swim Team, and Th	-	•	
		all be held free and harmless from any and all liabilities or claims for damages			
	arising by rea	ason of injuries to anyone during	the conduct of this eve	nt.	
FACILITY		The St. James: Sports and Wel	Iness & Entertainment	Complex	
			ıstrial Road		
			d, VA 22151		
			39-6870		
		t. James is a 50m x 25yd pool wit		-	
		yards, running from bulkhead to v		·	
		of 12 lanes will be used for warm-	•		
	•	ol down for all sessions during the	· ·		
	particular se	lanes for after the assigned warm	1-up for continuous war	m-up/down during that	
	,		at the tumbine and afti		
	·	of 7'4" at the starting end and 4'	_	·	
	•	• 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.			
ENTRY	Regulations,		er 20, 2023, 8:00 PM	e with USA Swillining.	
DEADLINE	INADODTANIT. Th	e above date is the deadline for c	•	wise to the Most Divertor	
		usually set an earlier deadline to			
		information. Entries will be acce			
SCHEDULE	Session	Warmup 1	Warmup 2	Start Session	
	Friday 12&U	4:30-4:50 pm	4:50-5:10 pm	5:15 pm	
	Saturday 13&0		7:45-8:10 am	8:15 am	
	Saturday 11-1		12:10-12:30 pm	12:35 pm	
	Saturday 9-10		4:05-4:25 pm	4:30 pm	
	Sunday 13&O Sunday 11-12	7:20-7:45 am 11:40 am-12:05 pm	7:45-8:10 am 12:05-12:25 pm	8:15 am 12:30 pm	
	Sunday 9-10	3:25-3:45 pm	3:45-4:05 pm	4:10 pm	
		or reserves the right to adjust time			
ELIGIBILITY		egistered Potomac Valley Swimm			
	No swimmer				
athlete member of USA Swimming as provided in USA Swimming Rules and Regulations,			_		
	302.				
DISABILITY		PVS and host clubs along with their meet directors are committed to the <u>Inclusion Policy</u> as			
SWIMMERS		he PVS BOD. Athletes with a disal	•		
		advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach)			
	is also respoi	nsible for notifying the session re	reree of any disability p	rior to competition.	

TIMING SYSTEM	 Automatic timing (touchpads primary) will be used for all sessions.
RULES	Current USA Swimming rules shall govern this meet.
	 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.
	No on-deck USA Swimming registration is permitted.
	• 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.
	Deck changes are prohibited.
	• 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 without the use of the backstroke ledge. 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.
	 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.
	Dive-over starts will be used for all events, with the exception of the 25's.
	• 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 & U events per Rule 205.3.1F.
EVENT RULES	All events are timed finals.
	Athletes may enter a total of six (6) events and no more than three (3) per day, with the exception of Session 1 (12&Under) (4 event limit).
	Deck entries will be accepted if swimmer is already entered in the meet. No new heats will be created
POSITIVE CHECK IN	• There will be positive check-in for all events 200 yds for session 1 utilizing a check in sheet organized by team. The check-in will be due at the start of the session.
	• For sessions 2 through 7 (Saturday and Sunday) all events will be positive check-in except for the first event (both genders) of the session. We will utilize a check in sheet organized by Team. The check-in will be due at the end of the (last) warmup for each session.
WARM-UP	• The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments.
MEDICAL ASSISTANCE	Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
SUPERVISION	Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	• For session 1 (Fri, 12&U), all events will be pre-seeded with exception of events 7, 13 and 19 (200yd events).
	 For session 2 through 7 only the first event will be pre-seeded. All other events for these sessions will be using positive check ins.
AWARDS	Medal for 1st-8th, Ribbons for 9th-16th place for swimmers 12&Under. Heat winners will receive a holiday rubber duck.
PROGRAMS	Meet programs will be available on the MAKO website the evening before the meet at www.makoswimming.net.
CREDENTIALS	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.
SPECTATOR ENTRY FEE	• Teams will be placed in the bleacher area based on number of participants. Spectators may have very limited space in the bleachers.
OFFICIALS	• Each participating club is requested to provide at least one table worker or official (Referee, Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes.
	 Officials interested in volunteering should complete the <u>Officials Signup</u> or contact Ed Byers, <u>makosofficials@gmail.com</u>
	 Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	Two (2) timers will be used per lane.
	 Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
	• Timer signup will be available on the MAKO website, www.makoswimming.net .
ENTRY PROCEDURES	 Entries should be submitted by email to the Meet Director. Heather Coulson Haddock heatherhaddock@makoswimming.net.
	• Include in the subject of the email, "MAKO HOLIDAY 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.
	• Include in entry email: entry file, report of entries by name, report of entries by event.
	• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).
	Entries directly from individual team members will not be accepted.
	Entries by phone or fax will not be accepted.
	• 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.
	 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.
ENTRY FEES	Per Swimmer Surcharge: \$12 Individual Event Fee: \$12 Deck Entries: \$20
	Make checks payable to HLR, LLC, and mail to: PO Box 168 Clifton, VA 20124
	• Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.
	• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

MAKO HOLIDAY INVITATIONAL

December 1-3, 2023

Friday, December 1, 2023

12&U: 1st Warm-up 4:30-4:50 pm, 2nd Warm-up 4:50-5:10 pm, Start Time 5:15 pm

Friday, December 1, 2023

GIRLS	EVENT	BOYS
1	8&U 100 Freestyle	2
3	8&U 50 Freestyle	4
5	8&U 25 Freestyle	6
7	MIXED 9-12 200 Backstroke	
9	8&U 50 Backstroke	10
11	8&U 25 Backstroke	12
13	MIXED 9-12 200 Breaststroke	
15	8&U 50 Breaststroke	16
17	8&U 25 Breaststroke	18
19	MIXED 9-12 200 Butterfly	
21	8&U 50 Butterfly	22
23	8&U 25 Butterfly	24
25	MIXED 8&U 100 IM	

MAKO HOLIDAY INVITATIONAL

Saturday, December 2, 2023

Session	Warmup 1	Warmup 2	Start Session
Saturday 13&O	7:20-7:45 am	7:45-8:10 am	8:15 am
Saturday 11-12	11:50 am-12:10 pm	12:10-12:30 pm	12:35 pm
Saturday 9-10	3:45-4:05 pm	4:05-4:25 pm	4:30 pm

Sunday, December 3, 2023

Session	Warmup 1	Warmup 2	Start Session
Sunday 13&O	7:20-7:45 am	7:45-8:10 am	8:15 am
Sunday 11-12	11:40 am-12:05 pm	12:05-12:25 pm	<mark>12:30 pm</mark>
Sunday 9-10	3:25-3:45 pm	3:45-4:05 pm	4:10 pm

Saturday, December 2, 2023

GIRLS	EVENT	BOYS
27	13&Over 100 Butterfly	28
29	13&Over 50 Freestyle	30
31	13&Over 200 IM	32
33	13&Over 100 Backstroke	34
35	13&Over 200 Breaststroke	36

GIRLS	EVENT	BOYS
37	11-12 100 Butterfly	38
39	11-12 50 Freestyle	40
41	11-12 100 IM	42
43	11-12 100 Backstroke	44
45	11-12 50 Breaststroke	46
47	11-12 MIXED 200 Freestyle	

GIRLS	EVENT	BOYS
49	9-10 100 Butterfly	50
51	9-10 50 Freestyle	52
53	9-10 100 IM	54
55	9-10 100 Backstroke	56
	9-10 50 Breaststroke	58

Sunday, December 3, 2023

GIRLS	EVENT	BOYS
59	13&Over 100 Breaststroke	60
61	13&Over 200 Backstroke	62
63	13&Over 100 Freestyle	64
65	13&Over 200 Freestyle	66
67	13&Over 200 Butterfly	68

GIRLS	EVENT	BOYS
69	11-12 100 Breaststroke	70
71	11-12 50 Backstroke	72
73	11-12 100 Freestyle	74
75	11-12 50 Butterfly	76
77	11-12 MIXED 200 IM	

GIRLS	EVENT	BOYS
79	9-10 100 Breaststroke	80
81	9-10 50 Backstroke	82
83	9-10 100 Freestyle	84
85	9-10 50 Butterfly	86