



# MAKO 14&U SPRINT SPECTACULAR

Saturday, April 15, 2023

Sanction # PVT-23 -213



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>	John Kost <a href="mailto:makomeetref@gmail.com">makomeetref@gmail.com</a> (571) 226-7155	Ed Byers <a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a> <a href="#">Officials Signup</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVT-23-213.</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mason Makos Swim Team, and The St James: Sports, Wellness &amp; Entertainment Complex 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>
<b>FACILITY</b>	<p style="text-align: center;"><b>The St. James: Sports, Wellness &amp; Entertainment Complex</b> 6805 Industrial Road Springfield, VA 22151 (703)-239-6870</p> <ul style="list-style-type: none"> <li>The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool.</li> <li>10 lanes will be used for warm-up.</li> <li>Water depth of 7'4" at the starting end and 4' at the turning end of the competition course.</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>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Tuesday, April 4, 2023 @ 8:00 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. Entries will be accepted first come first serve.</p>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Saturday, April 15, 2023</b></p> <p style="text-align: center;">11-14 Warm-up: 8:30-8:55 am, Start Time 9:00 am 10&amp;Under Warm-up: 11:30-11:50 am, Start Time 12:00 pm</p> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered Potomac Valley Swimmers that participate on the following 3 teams, MAKO, YORK, and STJS.</li> <li>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> </ul>
<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</a> 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.</li> </ul>

<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic timing (touchpads primary) will be used.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>Current USA Swimming rules shall 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 <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>No on-deck USA Swimming 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 may be used.</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>Athletes may enter a total of six (6) events: four (4) individual and two (2) relay events.</li> <li>Deck entries will be accepted if swimmer is already entered in the meet, including relays. No new heats will be created.</li> <li>The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines and space availability.</li> <li>Each team may enter 3 relays per event. MIXED Relays must be made up of 2 girls/2 boys.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>All events including relays will be pre-seeded.</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.</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>SEEDING</b>	<ul style="list-style-type: none"> <li>All events including relays will be pre-seeded.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Medals for 1<sup>st</sup>-3<sup>rd</sup> and ribbons for 4<sup>th</sup>-16<sup>th</sup> place for individual events, and will be separated by gender (girl/boy) and age group (9-10, 11-12, 13-14). Medals for 1<sup>st</sup>-3<sup>rd</sup> for relays.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Meet programs will be available on the MAKO website the evening before the meet at <a href="http://www.makoswimming.net">www.makoswimming.net</a> and also on Meet Mobile.</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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>Spectators are welcome, and there will be no spectator entry fee.</li> <li>Teams will be placed in the bleacher area based on number of participants if needed, and spectators may have very limited space in the bleachers.</li> </ul>
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>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.</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 Ed Byers, <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. A comprehensive officials briefing will precede each session during warm-ups.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• Two (2) timers will be used per lane.</li> <li>• Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> <li>• Timer signup will be available on the MAKO website, <a href="http://www.makoswimming.net">www.makoswimming.net</a>.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director. Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>.</li> <li>• Include in the subject of the email, "MAKO SPRINT SPECTACULAR- ***" 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>Per Swimmer Surcharge: \$12 Relay Event Fee: \$15</p> <p>Individual Event Fee: \$10 Deck Entries: \$15/individual event</p> <p>Make checks payable to <b>HLR, LLC</b>, and mail to: <b>PO Box 168</b> <b>Clifton, VA 20124</b></p> <ul style="list-style-type: none"> <li>• 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.</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>

# MAKO SPRINT SPECTACULAR

Saturday, April 15, 2023

11-14 Warm-Up: 8:30-8:55 am

Start Time 9:00 pm

MIXED	EVENT
1	11-12 MIXED 100 Freestyle Relay
2	13-14 MIXED 100 Freestyle Relay
3	11-14 MIXED 50 Back
4	11-14 MIXED 100 Fly
5	11-14 MIXED 50 Free
6	11-14 MIXED 100 Breast
7	11-14 MIXED 100 Back
8	11-14 MIXED 50 Fly
9	11-14 MIXED 100 Free
10	11-14 MIXED 50 Breast
11	11-14 MIXED 100 IM
12	11-12 MIXED 100 Medley Relay
13	13-14 MIXED 100 Medley Relay

10&Under Warm-Up: 11:30-11:50 am

Start Time 12:00 pm

	EVENT
14	9-10 MIXED 100 Free Relay
15	8&U Girls 100 Free Relay
16	8&U Boys 100 Free Relay
17	10&U MIXED 100 IM
18	10&U MIXED 25 Back
19	10&U MIXED 50 Fly
20	10&U MIXED 25 Free
21	10&U MIXED 50 Breast
22	10&U MIXED 50 Back
23	10&U MIXED 25 Fly
24	10&U MIXED 50 Free
25	10&U MIXED 25 Breast
26	10&U MIXED 100 Free
27	8&U Girls 100 Medley Relay
28	8&U Boys 100 Medley Relay
29	9-10 MIXED 100 Medley Relay