



MAKO LONG COURSE SPRINT SPECTACULAR

Sunday, April 19, 2026

Sanction # PVC-26-101



MEET DIRECTOR Heather Coulson Haddock heatherhaddock@makoswimming.net	MEET REFEREE John Kost makomeetref@gmail.com	CLUB OFFICIALS CHAIR Ed Byers makosofficials@gmail.com Officials Sign Up
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-26-101. 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 & 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.
FACILITY	<p style="text-align: center;">The St. James: Sports, Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703)-239-6870</p> <ul style="list-style-type: none"> The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8-10 lanes, 50 meters, running from wall to wall. 10 lanes will be used for warm-up. There will be small breaks for warm-up/cool down during the meet. Water depth of 7'4" at the starting end and 4' at the turning end of the competition course. 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 DEADLINE	<p style="text-align: center;">Tuesday, April 7, 2026 @ 8:00 PM</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>
SCHEDULE	<p style="text-align: center;">Saturday, April 19, 2026</p> <p style="text-align: center;">Warm-Up: 8:30-8:55 am Start Time 9:00 am</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers. 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.
SWIMMERS WITH A DISABILITY	<ul style="list-style-type: none"> 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 written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications prior to competition. NECESSARY ACCOMMODATIONS FORM

TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used.
RULES	<ul style="list-style-type: none"> • 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. 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 may be used. • 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	<ul style="list-style-type: none"> • All events are timed finals. • Athletes may enter a total of seven (7) events: five (5) individual and two (2) relay events. • Relay Entries: Ensure "relay only" athletes are included in the team entry roster. Swimmers that signed up for one or more individual events will not be charged entry fees for relay events. Relay only swimmer will be charged \$12/relay event (\$20 for deck entry). • Deck entries will be accepted with proof of USA membership. No new heats will be created. • The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines and space availability.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded.
WARM-UP	<ul style="list-style-type: none"> • 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.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> • All events including relays will be pre-seeded.
AWARDS	<ul style="list-style-type: none"> • No awards will be given.
PROGRAMS	<ul style="list-style-type: none"> • Meet programs will be available on the MAKO website the evening before the meet at www.makoswimming.net and also on Meet Mobile.
CREDENTIALS	<ul style="list-style-type: none"> • 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.
PUBLICATIONS OF RESULTS	<ul style="list-style-type: none"> • By entering this meet, participants (and their parents or guardians, if applicable) acknowledge and consent to the posting of official meet results on the Potomac Valley Swimming (PVS) website. Athlete birthdates will not be included in any posted results. Meet results may be accessed by third-party organizations or applications that use publicly

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

Start Time 9:00 am

MIXED	EVENT
1	12&U 200 Freestyle Relay
2	13&O 200 Freestyle Relay
	5 MINUTE BREAK
3	OPEN MIXED 50 Freestyle
4	OPEN MIXED 50 Breaststroke
5	9&OVER MIXED 100 Backstroke
6	9&OVER MIXED 100 Butterfly
	10 MINUTE BREAK
7	OPEN MIXED 100 Freestyle
8	OPEN MIXED 100 Breast
9	OPEN MIXED 50 Backstroke
10	9&OVER MIXED 50 Butterfly
	5 MINUTE BREAK
11	12&U 200 Medley Relay
12	13&O 200 Medley Relay