



MAKO PUMPKIN CLASSIC

October 28-29, 2023

Sanction # PVC-24-13



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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-24-13. 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 and 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 10 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool. A minimum of 10 lanes will be used for warm-up. There will be 3 lanes available for continuous warm-up/cool down for all sessions during the meet, except for Sessions 2 and 5. Water depth of 7'4" at the starting end and 4' at the turning end of the competition course. The meet host will ensure the required course dimensions.
ENTRY DEADLINE	<p style="text-align: center;">Wednesday, October 11, 2023 by 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, October 28-Sunday, October 29, 2023 11-13: Warm-up 8:00-8:45 am, Start Time 8:50 am COMBINED SESSIONS: 10&Under/14&Over: Warm-up 10:50 -11:35 am, Start Time 11:40 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.
DISABILITY SWIMMERS	<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 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.

TIMING SYSTEM	<ul style="list-style-type: none"> Automatic timing (touchpads primary) will be used for 11-12, 13-14 and 15&Over sessions. Semi-automatic timing (buttons primary) will be used for 10&U sessions.
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 without the use of a 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 may be used except for affected 10 & U events. 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 MIXED gender and are timed finals. Seed times are short course yards. Athletes may enter a total of eight (6) events and no more than three (3) per day. Swimmers in the 500 Freestyle are required to provide their own timers and counters (if desired). Entries in the 500 Freestyle and 400 IM may be limited to the top 30 swimmers in each event (15 female and 15 males). If necessary, this will be done based on verifiable proof of time. Any swimmer removed from an event due to time constraints will be provided the opportunity to enter another event, as long as it does not create a new heat and does not violate any applicable entry limits. Deck entries will be accepted in empty lanes only. 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, space availability.
POSITIVE CHECK IN	<ul style="list-style-type: none"> There will be positive check-in for all events 200 yds or longer utilizing a check in sheet organized by team. The check-in will be due at the start of the session. Athletes who check into a positive check-in event, have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.
WARM-UP	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
SEEDING	<ul style="list-style-type: none"> All individual events except for 200 yard and longer events will be pre-seeded.
AWARDS	<ul style="list-style-type: none"> Ribbons for 1st-16th place for swimmers 13 & Under.

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Saturday, October 28-Sunday, October 29, 2023

11-13: Warm-up 8:00-8:45 am, Start Time 8:50 am

COMBINED SESSIONS: 10&Under/14&Over: Warm-up 10:50 -11:35 am, Start Time 11:40 am

Saturday, October 28, 2023

MIXED	EVENT
1	MIXED 11-13 50 Butterfly
2	MIXED 11-13 100 Freestyle
3	MIXED 11-13 200 IM
4	MIXED 11-13 50 Breaststroke
5	MIXED 11-13 200 Butterfly
6	MIXED 11-13 100 Backstroke
7	MIXED 11-13 200 Freestyle
8	MIXED 11-13 400 IM

Sunday, October 29, 2023

MIXED	EVENT
20	MIXED 11-13 100 IM
21	MIXED 11-13 100 Breaststroke
22	MIXED 11-13 50 Freestyle
23	MIXED 11-13 200 Backstroke
24	MIXED 11-13 100 Butterfly
25	MIXED 11-13 50 Backstroke
26	MIXED 11-13 200 Breaststroke
27	MIXED 11-13 500 Freestyle

MIXED	EVENT
14	MIXED 14&Over 100 Butterfly
9	MIXED 10&U 50 Butterfly
15	MIXED 14&Over 50 Freestyle
10	MIXED 10&U 100 Freestyle
16	MIXED 14&Over 200 Backstroke
11	MIXED 9-10 200 IM
17	MIXED 14&Over 200 Freestyle
12	MIXED 10&U 50 Breaststroke
18	14&Over 100 Breaststroke
13	MIXED 9-10 100 Backstroke
19	MIXED 14&Over 400 IM

MIXED	EVENT
34	MIXED 14&Over 100 Backstroke
28	MIXED 10&U 100 IM
35	MIXED 14&Over 200 IM
29	MIXED 9-10 100 Breaststroke
36	MIXED 14&O 200 Breaststroke
30	MIXED 10&U 50 Freestyle
37	MIXED 14&Over 100 Freestyle
31	MIXED 9-10 100 Butterfly
38	MIXED 14&Over 200 Butterfly
32	MIXED 10&U 50 Backstroke
39	MIXED 14&Over 500 Freestyle
33	MIXED 9-10 200 Freestyle