



MAKO SPRINT SPECTACULAR

Saturday, April 20, 2024

Sanction # PVC-24-85



MEET DIRECTOR Heather Coulson Haddock heatherhaddock@makoswimming.net	MEET REFEREE John Kost makomeetref@gmail.com	CLUB OFFICIALS CHAIR Ed Byers makosofficials@gmail.com Officials Signup
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-24-85. 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, 25 yards, running from bulkhead to wall at the southern end of the pool. A minimum of 12 lanes will be used for warm-up. There will be 2 lanes available for continuous warm-up/cool down for all sessions during the meet. Water depth of 7'4" at the starting end and 4' at the turning end of the competition course. The meet hosts will ensure the required course dimensions.
ENTRY DEADLINE	<p style="text-align: center;">Thursday, April 11, 2024 @ 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 20, 2024</p> <p style="text-align: center;">Warm-Up: 9:15-9:55am Start Time 10:00 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.
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.
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 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 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 eight (8) events: four (4) individual and four (4) relay events. • Athletes must provide their own timers for the 400 IM and 500 Freestyle and counter, for the 500 Free, if desired. • 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, except the 400 IM and the 500 Freestyle. These events will be positive check-in, utilizing a check-in sheet organized by team. The check-in will be prior to the start of the session.
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.
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 events not requiring positive check in, 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"> • <u>Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck.</u> 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.

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Warm-Up: 9:00-9:55am

Start Time 10:00 am

MIXED	EVENT
1	9-10 MIXED 100 Freestyle Relay
2	11-12 MIXED 100 Freestyle Relay
3	13-14 MIXED 100 Freestyle Relay
4	8&U MIXED 100 Freestyle Relay
5	OPEN GIRLS 200 Freestyle Relay
6	OPEN BOYS 200 Freestyle Relay
7	OPEN MIXED 25 Free
8	OPEN MIXED 50 Free
9	OPEN MIXED 25 Back
10	OPEN MIXED 50 Back
11	OPEN MIXED 25 Breast
12	OPEN MIXED 50 Breast
13	OPEN MIXED 25 Fly
14	OPEN MIXED 50 Fly
15	8&U MIXED 100 Medley Relay
16	9-10 MIXED 100 Medley Relay
17	11-12 MIXED 100 Medley Relay
18	13-14 MIXED 100 Medley Relay
19	OPEN GIRLS 200 Medley Relay
20	OPEN BOYS 200 Medley Relay
21	OPEN MIXED 100 IM
22	OPEN MIXED 100 Free
23	OPEN MIXED 100 Back
24	OPEN MIXED 100 Breast
25	OPEN MIXED 100 Fly
26	11&Over 400 IM
27	11&Over 500 Freestyle