

# MAKO SPRING INVITATIONAL MARCH 28-29, 2009

Sponsored by the Mason Makos Swim Team

Sanctioned by USA Swimming through Potomac Valley Swimming  
**Sanction #PVI-09-49**

**Meet Director:** Heather Coulson (703) 263-2274 ([makoswimming@aol.com](mailto:makoswimming@aol.com))

**Location:** [GMU Aquatics & Fitness Center](#)  
4400 University Blvd  
Fairfax, VA  
703-993-3939

**Schedule:** Saturday, March 28  
11 & Over Timed Finals Warm-up: 7:30 to 8:15 AM Events: 8:30 AM  
10 & Under Timed Finals Warm-up: 1:00 to 1:30 PM Events: 1:45 PM  
Sunday, March 29  
11 & Over Timed Finals Warm-up: 7:30 to 8:15 AM Events: 8:30 AM  
**10 & Under Timed Finals Warm-up: 1:15 to 1:45 PM Events: 2:00 PM**

One 25-yard course will be used during each. Warm-up / warm-down lanes will be available throughout the meet.

**Eligibility:** Open to invited Potomac Valley Swimming teams. Teams desiring invitations should contact the Meet Director at [makoswimming@aol.com](mailto:makoswimming@aol.com). However, please note that while we want as many PVS teams to participate in this meet as possible, space is very limited. Swimmers shall compete at the age attained on Saturday, March 28, 2009.

PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy as adopted by the Board of Directors](#). Athletes with disabilities are welcome to participate, and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

**Rules:** Current USA Swimming rules shall govern the meet.

All individual events will be governed by "No Faster Than" (NFT) time standards. These NFT time standards are equivalent to the individual event qualification time standards maintained at the PVS Junior Olympic Championships (March 19-22, 2009), and the PVS Senior Championships (March 12-15, 2009). A swimmer can only enter individual events in which his/her official USA Swimming time is not faster than the posted NFT time standard. No time standards apply to 8&under swimmers, and they may enter any 8&under event.

Swimmers may only participate in their own age group events.

Swimmers may enter a maximum of 6 individual events during the entire meet and no more than 3 individual events per day.

It may be necessary to limit entries in certain events due to time constraints.

Entries will be accepted on a first-come, first-serve basis beginning Wednesday, February 25, 2009. Once each session's intended duration is met, entries will no longer be accepted.

Dive-over starts will be used at both 11 & Over sessions. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

No on-deck USA-S registrations will be permitted.

**Awards:** Medals will be awarded for 1<sup>st</sup> through 8<sup>th</sup> place for individual events, and ribbons will be awarded for 9<sup>th</sup> through 16<sup>th</sup> place.

**Time Trials:** No time trials will be held at this meet.

**Warm-Up:** The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

**Supervision:** **NO FOOD OF ANY KIND IS ALLOWED ON THE POOL DECK.**

Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas. Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Coaches & deck officials are required to display their valid 2009 USA Swimming credentials. Parents not working the meet as a deck official, timer, or other meet position are not permitted on deck.

**COACHES ARE RESPONSIBLE FOR ENSURING THAT THEIR TEAM AREAS ARE CLEAN OF ANY DEBRIS AT THE CONCLUSION OF EACH MEET SESSION.**

**Admission:** There is no admission charge. Meet programs will be made available for a nominal charge.

**Officials:** All certified officials wishing to volunteer to work this meet should contact Tony Fitz (703- 437-7378); E-mail: [tfitz@cox.net](mailto:tfitz@cox.net). Please include your club affiliation, certifications held, and sessions you wish to work.

Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-up.

Each participating club is requested to provide at least one official and 5 timers per session if entering 25 or more swimmers.

**Seating:** Due to the limited pool deck space, only officials, USA swimming registered coaches and swimmers will be permitted on the pool deck. No chairs are allowed on deck.

**Parking:** Parking Lot "C" is the designated lot for all swim teams. GMU parking services will ticket all vehicles parked in other non-designated lots.

**Penalties:** Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

**Entries:** Teams should provide entries as follows:

1. Email (preferred):

- Send e-mail to Heather Coulson ([makoswimming@aol.com](mailto:makoswimming@aol.com)).
- Include with your commlink file one report by name and one by event. Create these reports in HyTek Team Manager and save as Word for Windows files.
- In the body of your email, provide entry numbers (girls, boys, totals).
- Include contact information (e-mail, phone, officials contact).

2. Mail:

- HyTek computer disk entries are required.
- Include with your commlink file one report by name and one by event. Create these reports in HyTek Team Manager and save as Word for Windows files.
- Entries may also be submitted on a PVS Master Entry Sheet.
- All entries must include a completed PVS Entry Cover Sheet.
- Events and time standards (.hyy files) for use in Team Manager are available online.

**Entry Deadline:**

**THE ENTRY DEADLINE IS 5:00 PM, TUESDAY, MARCH 3, 2009.**

**Important:** The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.

The above date is the deadline for teams to submit their entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers.

Check with your team for this information.

**Other Registration Details:**

Entries directly from individual team members will not be accepted.

Entries by phone or fax entries will not be accepted.

Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.

**Entry Times:** Only short course times are applicable in determining NFT qualification.

**Fees:** Fees for individual events are \$5.00. There will be a one time surcharge of \$3.00 per entered athlete, payable with the team's entries for the meet.

**Checks:** Each participating team is requested to remit one check to cover the entry fee for the entire team.

Please make checks payable to "HLR, LLC". Please do not send cash.

Entry fees are due with each team's entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.

**Send Entries To:**

Heather Coulson  
4870 Autumn Glory Way  
Chantilly, VA 20151  
(V) 703-263-2274  
(E) [makoswimming@aol.com](mailto:makoswimming@aol.com)

**2009 MAKO SPRING INVITATIONAL**  
**March 28-29, 2009 @ GMU Aquatics & Fitness Center**

<b>Saturday, March 28, 2009</b>				
<b>11 &amp; Over Timed Finals</b>				
<b>Warm-up 7:30 AM to 8:15 AM / Events 8:30 AM</b>				
<b>Girls Event #</b>	<b>No faster than SCY</b>		<b>No faster than SCY</b>	<b>Boys Event #</b>
1	1:13.00	<b>11-12 100 Backstroke</b>	1:13.90	2
3	1:07.20	<b>13-14 100 Backstroke</b>	1:05.00	4
5	1:04.50	<b>15&amp;Over 100 Backstroke</b>	58.70	6
7	2:18.50	<b>11-12 200 Freestyle</b>	2:20.90	8
9	2:06.90	<b>13-14 200 Freestyle</b>	2:02.20	10
11	2:00.50	<b>15&amp;Over 200 Freestyle</b>	1:49.20	12
13	38.10	<b>11-12 50 Breaststroke</b>	39.00	14
15	2:45.80	<b>13-14 200 Breaststroke</b>	2:40.20	16
17	2:38.50	<b>15&amp;Over 200 Breaststroke</b>	2:26.50	18
19	29.00	<b>11-12 50 Freestyle</b>	28.90	20
21	27.10	<b>13-14 50 Freestyle</b>	25.90	22
23	26.20	<b>15&amp;Over 50 Freestyle</b>	23.40	24
25	32.80	<b>11-12 50 Butterfly</b>	33.60	26
27	2:37.10	<b>13-14 200 Butterfly</b>	2:32.60	28
29	2:22.70	<b>15&amp;Over 200 Butterfly</b>	2:10.80	30

<b>Saturday, March 28, 2009</b>				
<b>10&amp; Under Timed Finals</b>				
<b>Warm-up: 1:00PM to 1:30 PM      Events: 1:45 PM</b>				
<b>Girls Event #</b>	<b>No faster than SCY</b>		<b>No faster than SCY</b>	<b>Boys Event #</b>
31		<b>8&amp;Under 100 Freestyle</b>		32
33	2:44.00	<b>9-10 200 Freestyle</b>	2:44.00	34
35		<b>8&amp;Under 25 Backstroke</b>		36
37	38.90	<b>9-10 50 Backstroke</b>	39.20	38
39		<b>8&amp;Under 50 Breaststroke</b>		40
41	1:36.00	<b>9-10 100 Breaststroke</b>	1:37.40	42
43		<b>8&amp;Under 25 Freestyle</b>		44
45	33:00	<b>9-10 50 Freestyle</b>	32.90	46
47		<b>8&amp;Under 50 Butterfly</b>		48
49	1:32.20	<b>9-10 100 Butterfly</b>	1:35.20	50

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<b>Girls Event #</b>	<b>No faster than SCY</b>		<b>No faster than SCY</b>	<b>Boys Event #</b>
51	1:14.30	<b>11-12 100 Butterfly</b>	1:16.00	52
53	1:08.00	<b>13-14 100 Butterfly</b>	1:05.30	54
55	1:03.60	<b>15&amp;Over 100 Butterfly</b>	57.00	56
57	2:38.90	<b>11-12 200 Individual Medley</b>	2:41.50	58
59	2:26.00	<b>13-14 200 Individual Medley</b>	2:21.50	60
61	2:17.80	<b>15&amp;Over 200 Individual Medley</b>	2:06.50	62
63	34.30	<b>11-12 50 Backstroke</b>	34.70	64
65	2:24.50	<b>13-14 200 Backstroke</b>	2:21.00	66
67	2:18.90	<b>15&amp;Over 200 Backstroke</b>	2:07.80	68
69	1:03.30	<b>11-12 100 Freestyle</b>	1:03.80	70
71	58.50	<b>13-14 100 Freestyle</b>	55.60	72
73	56.30	<b>15&amp;Over 100 Freestyle</b>	50.70	74
75	1:23.00	<b>11-12 100 Breaststroke</b>	1:25.20	76
77	1:16.60	<b>13-14 100 Breaststroke</b>	1:13.90	78
79	1:13.70	<b>15&amp;Over 100 Breaststroke</b>	1:06.90	80

<b>Sunday, March 29, 2009</b>				
<b>10&amp; Under Timed Finals</b>				
<b>Warm-up: 1:00PM to 1:30 PM Events: 1:45 PM</b>				
<b>Girls Event #</b>	<b>No faster than SCY</b>		<b>No faster than SCY</b>	<b>Boys Event #</b>
81		<b>8&amp;Under 100 Individual Medley</b>		82
83	1:25.20	<b>9-10 100 Individual Medley</b>	1:25.50	84
85		<b>8&amp;Under 25 Butterfly</b>		86
87	37.80	<b>9-10 50 Butterfly</b>	38.90	88
89		<b>8&amp;Under 50 Backstroke</b>		90
91	1:25.20	<b>9-10 100 Backstroke</b>	1:25.80	92
93		<b>8&amp;Under 50 Freestyle</b>		94
95	1:14.10	<b>9-10 100 Freestyle</b>	1:13.20	96
97		<b>8&amp;Under 25 Breaststroke</b>		98
99	43.90	<b>9-10 50 Breaststroke</b>	44.60	100