

MAKO WINTER INVITATIONAL JANUARY 9-10, 2010

Sponsored by the Mason Makos Swim Team

*Sanctioned by USA Swimming through Potomac Valley Swimming
Sanction #PVI-10-27*

Meet Director: Heather Coulson Haddock (703) 263-2274 (makoswimming@aol.com)

Location: [GMU Aquatics & Fitness Center](#)

4400 University Blvd
Fairfax, VA
703-993-3939

Schedule: Saturday, January 9 & Sunday, January 10

13 & Over Timed Finals Warm-up: 7:00 to 7:50 AM Events: 8:00AM

12 & Under Timed Finals Warm-up: 12:30 to 1:10 PM Events: 1:20 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. 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, January 10, 2010.

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.

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 Monday, December 11, 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 1st through 8th place for individual events. Ribbons will be awarded for 9th through 16th place for individual events.

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 2010 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. 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 3 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.

Effective October 1, 2009: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. For men, the swimsuit shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. All swimsuits shall be made from textile materials and may not contain zippers or other fastening devices. For [additional information](#) including the use of modesty wear under swimsuits, see the USA Swimming website.

Entries: Teams should provide entries as follows:

1. Email (preferred):
 - Send e-mail to Heather Coulson (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, DECEMBER 22, 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: Please enter with short course times.

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 Haddock
 4870 Autumn Glory Way
 Chantilly, VA 20151
 (V) 703-263-2274
 (E) makoswimming@aol.com

**2010 MAKO WINTER INVITATIONAL
 January 9-10, 2010 @ GMU Aquatics & Fitness Center**

Girls Event #	Saturday, January 9, 2010 13 & Over Timed Finals Warm-up 7:00 AM to 7:50 AM / Events 8:00 AM	Boys Event #
1	13-14 200 Freestyle	2
3	15&Over 200 Freestyle	4
5	13-14 100 Backstroke	6
7	15&Over 100 Backstroke	8
9	Open 200 Breaststroke	10
11	13-14 50 Freestyle	12
13	15&Over 50 Freestyle	14
15	Open 200 Butterfly	16

Girls Event #	Saturday, January 9, 2010 12 & Under Timed Finals Warm-up: 12:30 PM to 1:10 PM / Events: 1:20 PM	Boys Event #
17	10 &Under 50 Butterfly	18
19	11-12 50 Butterfly	20
21	8&Under 25 Backstroke	22
23	9-10 100 Backstroke	24
25	11-12 100 Backstroke	26
27	8&Under 25 Freestyle	28
29	10&Under 100 Freestyle	30
31	11-12 100 Freestyle	32
33	10&Under 50 Breaststroke	34
35	11-12 50 Breaststroke	36
37	10&Under 100 Individual Medley	38
39	11-12 200 Individual Medley	40

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41	13-14 100 Butterfly	42
43	15&Over 100 Butterfly	44
45	13-14 200 Individual Medley	46
47	15&Over 200 Individual Medley	48
49	Open 200 Backstroke	50
51	13-14 100 Freestyle	52
53	15&Over 100 Freestyle	54
55	13-14 100 Breaststroke	56
57	15&Over 100 Breaststroke	58

Girls Event #	Sunday, January 10, 2010 12 & Under Timed Finals Warm-up: 12:30 PM to 1:10 PM / Events: 1:20 PM	Boys Event #
59	10&Under 50 Freestyle	60
61	11-12 50 Freestyle	62
63	8&Under 25 Butterfly	64
65	9-10 100 Butterfly	66
67	11-12 100 Butterfly	68
69	8&Under 25 Breaststroke	70
71	9-10 100 Breaststroke	72
73	11-12 100 Breaststroke	74
75	10&Under 50 Backstroke	76
77	11-12 50 Backstroke	78
79	9-10 200 Freestyle	80
81	11-12 200 Freestyle	82