



MAKO SPRING FLING

March 18-20, 2022

Sanction # PVC-22-80



MEET DIRECTOR Heather Coulson Haddock heatherhaddock@makoswimming.net	MEET REFEREE John Kost MarlinsOfficials@gmail.com (571) 226-7155	CLUB OFFICIALS CHAIR Josh Helms 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-22-80. 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. 13 lanes will be used for warm-up. There will be 3 lanes available for continuous 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, March 8, 2022, 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;">Friday, March 18, 2022 12&U Warm-up 4:45-5:05 pm, Start Time 5:15 pm</p> <p style="text-align: center;">Saturday, March 19 15&O Warm-up: 7:30-7:55 am, Start Time 8:00 am 13-14 1st Warm-up: 9:20-9:40 am, 2nd Warm-up: 9:40-10:00 am, Start Time 10:05 am 11-12 1st Warm-up: 1:15-1:35 pm, 2nd Warm-up: 1:35-1:55 pm, Start Time 2:00 pm 9-10 1st Warm-up: 5:20-5:40 pm, 2nd Warm-up: 5:40-6:00 pm Start Time 6:05 pm</p> <p style="text-align: center;">Sunday, March 20, 2022 15&O Warm-up: 7:30-7:55 am, Start Time 8:00 am 13-14 1st Warm-up: 9:30-9:50 am, 2nd Warm-up: 9:50-10:10 am, Start Time 10:15 am 11-12 1st Warm-up: 1:10-1:30 pm, 2nd Warm-up: 1:30-1:50 pm, Start Time 1:55 pm 9-10 Warm-up: 4:55-5:15 pm, Start Time 5:20 pm</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& 15&O sessions. Semi-automatic timing (buttons primary) will be used for 10&U sessions.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, MASON MAKOS SWIM TEAM AND THE ST. JAMES: SPORTS WELLNESS & ENTERTAINMENT COMPLEX AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia and Fairfax County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently. Each session will be limited to 350 swimmers. Athletes should arrive and depart in their suits if possible. Locker room use should be minimized. No one with symptoms of COVID-19 is permitted in the facility. All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. Spectators are not permitted. The competition will be live streamed on the MAKO Facebook page.
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,

	<p>cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</p> <ul style="list-style-type: none"> ● 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 six (6) events and no more than three (3) per day. ● Deck entries will be accepted if swimmer is already entered in the meet. 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 and COVID-19 Considerations and COVID-19 Protocols, as set forth above.
POSITIVE CHECK IN	<ul style="list-style-type: none"> ● There will be positive check-in for all events 200 yds utilizing a check in sheet organized by team. The check-in will be due at the start of the events.
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 individual events except for 200 yard events will be pre-seeded.
AWARDS	<ul style="list-style-type: none"> ● Ribbons for 1st-16th place
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.
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 at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> ● No spectators will be allowed in the building. The meet will be live streamed on the MAKO Facebook page.
OFFICIALS	<ul style="list-style-type: none"> ● Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. ● Officials interested in volunteering should complete the Officials Signup or contact Josh Helms, makosofficials@gmail.com ● Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> ● Two (2) timers will be used per lane. ● Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. ● Timer signup will be available on the MAKO website, www.makoswimming.net.
ENTRY PROCEDURES	<ul style="list-style-type: none"> ● Entries should be submitted by email to the Meet Director. Heather Coulson Haddock heatherhaddock@makoswimming.net. ● Include in the subject of the email, "MAKO SPRING FLING- ***" with the club's initials in place of

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Friday, March 18, 2022

12&U Warm-up 4:45-5:05 pm, Start Time 5:15 pm

GIRLS	EVENT	BOYS
1	8&U 100 Freestyle	2
3	8&U 50 Freestyle	4
5	8&U 25 Freestyle	6
7	9-12 200 Backstroke	8
9	8&U 50 Backstroke	10
11	8&U 25 Backstroke	12
13	9-12 200 Breaststroke	14
15	8&U 50 Breaststroke	16
17	8&U 25 Breaststroke	18
19	9-12 200 Butterfly	20
21	8&U 50 Butterfly	22
23	8&U 25 Butterfly	24
25	8&U 100 IM	26

Saturday, March 19

15&O Warm-up: 7:30-7:55 am, Start Time 8:00 am

13-14 1st Warm-up: 9:20-9:40 am, 2nd Warm-up: 9:40-10:00 am, Start Time 10:05 am

11-12 1st Warm-up: 1:15-1:35 pm, 2nd Warm-up: 1:35-1:55 pm, Start Time 2:00 pm

9-10 1st Warm-up: 5:20-5:40 pm, 2nd Warm-up: 5:40-6:00 pm Start Time 6:05 pm

Sunday, March 20, 2022

15&O Warm-up: 7:30-7:55 am, Start Time 8:00 am

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9-10 Warm-up: 4:55-5:15 pm, Start Time 5:20 pm

Saturday, March 19, 2022

GIRLS	EVENT	BOYS
27	15&Over 100 Butterfly	28
29	15&Over 50 Freestyle	30
31	15&Over 200 IM	32
33	15&Over 100 Backstroke	34
35	15&Over 200 Breaststroke	36

Sunday, March 20, 2022

GIRLS	EVENT	BOYS
69	15&Over 100 Freestyle	70
71	15&Over 200 Backstroke	72
73	15&Over 100 Breaststroke	74
75	15&Over 200 Freestyle	76
77	15&Over 200 Butterfly	78

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GIRLS	EVENT	BOYS
37	13-14 100 Butterfly	38
39	13-14 50 Freestyle	40
41	13-14 200 IM	42
43	13-14 100 Backstroke	44
45	13-14 200 Breaststroke	46

Sunday, March 20, 2022

GIRLS	EVENT	BOYS
79	13-14 100 Freestyle	80
81	13-14 200 Backstroke	82
83	13-14 100 Breaststroke	84
85	13-14 200 Freestyle	86
87	13-14 200 Butterfly	88

GIRLS	EVENT	BOYS
47	11-12 100 Butterfly	48
49	11-12 50 Freestyle	50
51	11-12 100 IM	52
53	11-12 100 Backstroke	54
55	11-12 50 Breaststroke	56
57	11-12 200 Freestyle	58

GIRLS	EVENT	BOYS
89	11-12 100 Freestyle	90
91	11-12 50 Backstroke	92
93	11-12 100 Breaststroke	94
95	11-12 50 Butterfly	96
97	11-12 200 IM	98

GIRLS	EVENT	BOYS
59	9-10 100 Butterfly	60
61	9-10 50 Freestyle	62
63	9-10 100 IM	64
65	9-10 100 Backstroke	66
67	9-10 50 Breaststroke	68

GIRLS	EVENT	BOYS
99	9-10 100 Freestyle	100
101	9-10 50 Backstroke	102
103	9-10 100 Breaststroke	104
105	9-10 50 Butterfly	106

