

MAKO SPRINT SPECTACULAR

Saturday, April 26, 2025

Sanction # PVC-25-92



MEET DIRECTOR		MEET REFEREE	CLUB OFFICIALS CHAIR	
Heather Coulson Haddock		John Kost	Ed Byers	
heatherhaddock@makoswimming.net		makomeetref@gmail.com	makosofficials@gmail.com	
			Officials Signup	
SANCTION	Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-25-92.			
	 In granting the 	nis sanction it is understood and agre	ed that USA Swimming, Potomac Valley	
Complex sha		Aason Makos Swim Team, and The St James: Sports, Wellness & Entertainment		
		Il be held free and harmless from any and all liabilities or claims for damages		
FACILITY	arising by reason of injuries to anyone during the conduct of this event. The St. James: Sports, Wellness & Entertainment Complex			
	6805 Industrial Road			
		Springfield, VA 22151		
	(703)-239-6870			
	• 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 availawarm-up/cool down for all sessions during the meet. 			
		of 7'4" at the starting end and 4' at the turning end of the competition course.		
	The competit	tion course has been certified in acco	ordance with current USA Swimming Rules and	
			certification is on file with USA Swimming.	
ENTRY	Thursday, April 10, 2025 @ 8:00 PM			
DEADLINE	IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Direct			
	Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with			
SCHEDULE	your club for this information. Entries will be accepted first come first serve.			
SCHEDULE	Saturday, April 26, 2025			
		Warm-Up: 8:30-8:55 am		
		Start Time 9	:00 am	
	Meet Directo	or reserves the right to adjust times/s	sessions after entries are received.	
ELIGIBILITY	Open to all registered Potomac Valley Swimmers.			
			meet unless the swimmer is registered as an USA Swimming Rules and Regulations, Article	
	302.			
SWIMMERS				
WITH A		•	Directors are committed to the Inclusion	
DISABILITY			ith a disability are welcomed and are asked to	
			commodations/modifications to the Meet hlete's coach) is also responsible for notifying	
		on Referee in writing of any desired a	accommodation/modifications prior to	

TIMING SYSTEM	Automatic timing (touchpads primary) will be used.			
RULES	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 <u>Minor Athlete Abuse Prevention Policy</u> ("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 USA Swimming Rules and Regulations, 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. 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	All events are timed finals.		
		• Athletes may enter a total of eight (8) events: four (4) individual and four (4) relay events.		
	 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	All events will be pre-seeded.			
WARM-UP	• 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	Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.			
SEEDING	All events including relays will be pre-seeded.			
AWARDS	No awards will be given.			
PROGRAMS	Meet programs will be available on the MAKO website the evening before the meet at			
CREDENTIALS	www.makoswimming.net and also on Meet Mobile.			
	 <u>Parents not working the meet as a deck official, volunteer timer or other position are not</u> <u>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. 			
SPECTATOR ENTRY	Spectators are welcome, and there will be no spectator entry fee.			
FEE	• Teams will be placed in the bleacher area based on number of participants if needed, and spectators may have very limited space in the bleachers.			
MEDICAL ASSISTANCE	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.			
OFFICIALS	• 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 makosofficials@gmail.com 	complete the <u>Officials Signup</u> or contact Ed Byers,		
		d sign in at the recording table prior to the start of efing will precede each session during warm-ups.		
TIMERS	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 MAK	(O website, <u>www.makoswimming.net</u> .		
ENTRY PROCEDURES	Entries should be submitted by email to the Meet Director. Heather Coulson Haddock <u>heatherhaddock@makoswimming.net</u> .			
	• Include in the subject of the email, "MAKO 2025 SPRINT SPECTACULAR- ***" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email.			
	Include in entry email: entry file, report of entries by name, report of entries by event.			
	• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).			
	Entries directly from individual team members will not be accepted.			
	Entries by phone or fax will not be accepted.			
	• The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.			
	• Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.			
ENTRY FEES	Per Swimmer Surcharge: \$12	Individual Event Fee: \$10		
	Relay Event Fee: \$15	Deck Entries: \$20 per event + \$12 surcharge		
	Make checks payable to HLR, LLC, and mail to: PO Box 168 Clifton, VA 20124			
	• Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.			
	• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.			
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Saturday, April 26, 2025

Warm-Up: 8:30-8:55am

Start Time 9:00 am

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