

# MAKO HOLIDAY INVITATIONAL

December 12-14, 2025 Sanction # PVC-26-46



MEET DIRECTOR		MEET REFEREE	CLUB (	OFFICIALS CHAIR	
Heather Coulson Haddock		John Kost	Ed Byers		
<u>heatherhaddock</u>	@makoswimming.net	makomeetref@gmail.com	makosofficials@gi	mail.com	
			OFFICIALS SIGN U	<u>P</u>	
SANCTION	Held under t	he sanction of USA Swimming thr	rough Potomac Valley S	wimming: PVC-26-46	
	<ul> <li>In granting tl</li> </ul>	his sanction it is understood and a	agreed that USA Swimn	ning. Potomac Vallev	
		Mason Makos Swim Team, and Th	•	•	
	Complex shall be held free and harmless from any and all liabilities or claims for damages				
	arising by rea	ason of injuries to anyone during	the conduct of this eve	nt.	
FACILITY		The St. James: Sports and Wel	llness & Entertainment	Complex	
		6805 Indu	ustrial Road		
			d, VA 22151		
		703-2	39-6870		
	The pool at 9	St. James is a 50m x 25yd pool wit	th a moveable bulkhead	I. Competition will be held in	
	10 lanes, 25	yards, running from bulkhead to	wall at the southern en	d of the pool.	
	A minimum of	of 12 lanes will be used for warm	-up. There will be 2 land	es available for continuous	
	warm-up/co	ol down for all sessions during the	e meet.		
	<ul> <li>Water depth</li> </ul>	of 7'4" at the starting end and 4	' at the turning end of t	he competition course.	
	The meet ho	sts shall ensure the required cou	rse dimensions.		
ENTRY		•	er 25, 2024, 8:00 PM		
DEADLINE	IMPORTANT: The	e above date is the deadline for c	•	ries to the Meet Director	
		usually set an earlier deadline to			
		s information. Entries will be acce			
SCHEDULE	,		•		
	Session	Warmup 1	Warmup 2	Start Session	
	Friday 12&U	4:15-4:35 pm	4:35-4:55 pm	5:00 pm	
	Saturday 13&0	O 7:20-7:45 am	7:45-8:10 am	8:15 am	
	Saturday 11-1		11:35-11:55 am	12:00 pm	
	Saturday 9-10		4:05-4:25 pm	4:30 pm	
	Sunday 9-10	7:20-7:45 am	7:45-8:10 am	8:15 am	
	Sunday 11-12		11:35-11:55 am	12:00 pm	
	Sunday 13&O	3:45-4:05 pm or reserves the right to adjust tim	4:05-4:25 pm	4:30 pm	
ELIGIBILITY		egistered USA Swimmers.	les/sessions after entire	s are received.	
LLIGIBILITI	·				
		No swimmer will be permitted to compete in the meet unless the swimmer is registered as an			
	302.	athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> , Article			
SWIMMERS		t clubs along with their meet dire	ctors are committed to	the Inclusion Policy as	
WITH A		t clubs along with their meet dire the PVS BOD. Athletes with a disa			
DISABILITY	· · ·	ice of desired accommodations to	•	•	
		nsible for notifying the session re		-	
	15 4150 1 6500	ioi iiotii jiiig tiie sessioii ie	se or any albability p	to competition	

Athletes requiring special accommodation are asked to complete the form below.
 NECESSARY ACCOMMODATIONS FORM

TIMING SYSTEM	Automatic timing (touchpads primary) will be used for all sessions.
RULES	Current USA Swimming rules shall govern this meet.
	<ul> <li>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.</li> </ul>
	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, restrooms, 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.
	<ul> <li>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.</li> </ul>
	<ul> <li>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.</li> </ul>
	Dive-over starts will be used for all events, except the 25's.
	• 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.
<b>EVENT RULES</b>	All events are timed finals.
	<ul> <li>All entries must have verifiable times achieved since 10/01/2023. NT (no time) will not be accepted for this meet.</li> </ul>
	• For the Saturday and Sunday Sessions, athletes may enter a total of six (6) events and no more than three (3) per day.
	<ul> <li>For the Friday session (session 1), athletes 8&amp;U may enter up to 4 events; athletes 9-12 may enter for up to 3 events, and these events will <b>not</b> count towards the maximum (of 6) listed above.</li> </ul>
	<ul> <li>Deck entries will be accepted with proof of USA Swimming registration. No new heats will be created.</li> </ul>
POSITIVE CHECK IN	There will be positive check-in for all events 200 yds for Session 1 utilizing a check-in sheet organized by team. The check-in will be due at the start of the session.
	• For Sessions 2 through 7 (Saturday and Sunday) all events will be positive check-in <b>except</b> the first event (both genders) of the session. We will utilize a check-in sheet organized by Team. The check-in will be due at the end of the (last) warmup for each session.
WARM-UP	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	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
SEEDING	• For Session 1 (Fri, 12&Under), all events will be pre-seeded except events 9, 15 and 21 (200yd events).

	• For Sessions 2 through 7 only the first event and the 50 Freestyle events will be pre-seeded. All other events for these sessions will be using positive check-ins.
AWARDS	Medals for 1st-8th, Ribbons for 9th-16th place for all 12&Under events. Medals for 1st-3rd,
AWARDS	Ribbons for 4th-8th place for all 13&O events. Heat winners will receive a holiday rubber duck.
PROGRAMS	Meet programs will be available on the MAKO website the evening before the meet at www.makoswimming.net.
MEDICAL ASSISTANCE	<ul> <li>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.</li> </ul>
CREDENTIALS	Parents not working at 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.
SPECTATOR ENTRY FEE	Teams will be placed in the bleacher area based on number of participants. Spectators may have very limited space in the bleachers.
OFFICIALS	<ul> <li>Each participating club is requested to provide at least one table worker or official (Referee, Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> </ul>
	Officials interested in volunteering should complete the Officials Link or contact Ed Byers,     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	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, <u>www.makoswimming.net</u> .
ENTRY PROCEDURES	Entries should be submitted by email to the Meet Director. Heather Coulson Haddock     heatherhaddock@makoswimming.net.
	<ul> <li>Include in the subject of the email, "MAKO HOLIDAY INVITATIONAL- ***" 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.</li> </ul>
	<ul> <li>Include in entry email: entry file, report of entries by name, report of entries by event.</li> </ul>
	<ul> <li>In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> </ul>
	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: \$15 Individual Event Fee: \$12 Deck Entries: \$20 plus swimmer surcharge if not already entered in the meet.
	<ul> <li>Make checks payable to HLR, LLC, and mail to:</li> <li>PO Box 168</li> <li>Clifton, VA 20124</li> </ul>
	<ul> <li>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.</li> </ul>
	Entry fees are due with meet entries. Unpaid fees will be reported to the PVS Administrative     Office at the conclusion of the meet.

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December 12-14, 2025

#### Friday, December 12, 2025

12&U: 1st Warm-up 4:15-4:35 pm, 2nd Warm-up 4:35-4:55 pm, Start Time 5:00 pm

### Friday, December 12, 2025

GIRLS		EVENT		BOYS
1	8&U	25Freestyle		2
3	8&U	25 Backstroke		4
5	8&U	25 Breaststroke		6
7	8&U	25 Butterfly		8
9	MIXED 9-12	200 Backstroke	(*)	
11	8&U	50 Freestyle		12
13	8&U	50 Backstroke		14
15	MIXED 9-12	200 Breaststroke	(*)	
17	8&U	50 Breaststroke		18
19	8&U	50 Butterfly		20
21	MIXED 9-12	200 Butterfly	(*)	
23	MIXED 8&U	100 Freestyle		
25	MIXED 8&U	100 IM		

<sup>(\*) =</sup> positive check-in event; check-in will be due at the start of the session.

# MAKO HOLIDAY INVITATIONAL

#### Saturday, December 13, 2025

Session	Warmup 1	Warmup 2	Start Session
Saturday 13&O	7:20-7:45 am	7:45-8:10 am	8:15 am
Saturday 11-12	11:15 am-11:35 am	11:35-11:55 am	12:00 pm
Saturday 9-10	3:45-4:05 pm	4:05-4:25 pm	4:30 pm

#### Sunday, December 14, 2025

Session	Warmup 1	Warmup 2	Start Session
Sunday 9-10	7:20-7:45 am	7:45-8:10 am	8:15 am
Sunday 11-12	11:15 am-11:35 am	11:35-11:55 am	12:00 pm
Sunday 13&O	3:45-4:05 pm	4:05-4:25 pm	4:30 pm

## Saturday, December 13, 2025

GIRLS	EVENT		BOYS
27	13&Over 100 Butterfly		28
29	13&Over 50 Freestyle		30
31	13&Over 200 IM	(*)	32
33	13&Over 100 Backstroke	(*)	34
35	13&Over 200 Breaststroke	(*)	36

## Sunday, December 14, 2025

GIRLS	EVENT		BOYS
59	9-10 100 Breaststroke		60
61	9-10 50 Backstroke	(*)	62
63	9-10 100 Freestyle	(*)	64
65	9-10 50 Butterfly	(*)	66

GIRLS	EVENT		BOYS
37	11-12 100 Butterfly		38
39	11-12 50 Freestyle		40
41	11-12 100 IM	(*)	42
43	11-12 100 Backstroke	(*)	44
45	11-12 50 Breaststroke	(*)	46
47	11-12 MIXED 200 Freestyle	(*)	

GIRLS	EVENT		BOYS
67	11-12 100 Breaststroke		68
69	11-12 50 Backstroke	(*)	70
71	11-12 100 Freestyle	(*)	72
73	11-12 50 Butterfly	(*)	74
75	11-12 MIXED 200 IM	(*)	

GIRLS	EVENT		BOYS
49	9-10 100 Butterfly		50
51	9-10 50 Freestyle		52
53	9-10 100 IM	(*)	54
55	9-10 100 Backstroke	(*)	56
57	9-10 50 Breaststroke	(*)	58

GIRLS	GIRLS EVENT		BOYS
77	13&Over 100 Breaststroke	<u>:</u>	78
79	13&Over 100 Freestyle	(*)	80
81	13&Over 200 Backstroke	(*)	82
83	13&Over 200 Butterfly	(*)	84
85	13&Over 200 Freestyle	(*)	86

<sup>(\*) =</sup> positive check-in event; check-in will be due at the end of the (last) warmup for each session.