



MAKO GOBBLE GOBBLE INVITATIONAL

November 5-6, 2022

Sanction # PVC-23-20



MEET DIRECTOR Heather Coulson Haddock heatherhaddock@makoswimming.net (703) 263-2274	MEET REFEREE Jan van Nimwegen jnimwegen@earthlink.net 571-244-4588	CLUB OFFICIALS CHAIR Ed Beyers 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-23-20.• In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mason Makos Swim Team, and George Mason Aquatics & Fitness Center 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;">George Mason University Aquatic and Fitness Center 4520 Patriot Circle Fairfax, VA 22030 (703) 993-3939</p> <ul style="list-style-type: none">• The pool at George Mason University is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 8 lanes, 25 yards, running lengthwise from the wall to the bulkhead.• 19 lanes will be used for warm-up. 4 lanes will be available for continuous warm-up/cool down during the 13 & Over sessions. 3 lanes will be available during the 11-12 sessions. No continuous warm-up lanes will be available during the 10 & Under sessions.• The Meet Director may add breaks for warm-ups during the meet time permitted.• Water depth of 7' at the starting end and 9' 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;">Thursday, October 13, 2022, 9:00 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.</p>
SCHEDULE	<p style="text-align: center;">Saturday, November 5, 2022</p> <ul style="list-style-type: none">• 11-12: Warm-up @ 8:45-9:05 am, Start Time @ 9:15 am• 10&U: Warm-up @ 11:50 am-12:10 pm, Start Time @ 12:20 pm• 13&Over: Warm-up @ 2:20-2:45 pm, Start Time @ 2:50 pm <p style="text-align: center;">Sunday, November 6, 2022</p> <ul style="list-style-type: none">• 13&Over: Warm-up @ 8:10-8:35 am, Start Time @ 8:40 am• 10&U Warm-up @ 12:35-12:55 pm, Start Time @ 1:05 pm• 11-12 Warm-up @ 3:20-3:40 pm, Start Time @ 3:45 pm <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 and 13&O sessions. Semi-automatic timing (buttons primary) will be used for 10&U over sessions.
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, 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 will 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. ● Swimmers in the 500 Freestyle are required to provide their own counters (if desired). ● Entries in the 500 Freestyle and 400 IM may be limited due to time constraints. If necessary, this will be done based on verifiable proof of time. Any swimmer removed from an event due to time constraints will be provided the opportunity to enter another event, as long as it does not create a new heat and does not violate any applicable entry limits. ● Deck entries will be accepted into empty lanes. No new heats will be created. Evidence of current USA Swimming membership is required for deck entries. ● The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability.
POSITIVE CHECK IN	<ul style="list-style-type: none"> ● Positive Check In for all events 200 or longer which will close 10 minutes before the star of each session.
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"> ● Positive Check In for all events 200 or longer. All other events will be pre-seeded.
SCORING	<ul style="list-style-type: none"> ● Events will not be scored.
AWARDS	<ul style="list-style-type: none"> ● Ribbons will be given to Top 16 places in all 12&U events

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. Coaches should print their own copy and bring it to the meet, as we will have limited copies available.
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"> None
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 makosofficials@gmail.com. Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. 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-ups.
TIMERS	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
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 GOBBLE GOBBLE 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. 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	<p style="text-align: center;">Per Swimmer Surcharge: \$10 Deck Entries: \$15 per event Individual event fee: \$12</p> <ul style="list-style-type: none"> Make checks payable HLR, LLC. Checks may be mailed 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.

MAKO GOBBLE GOBBLE MEET

November 5, 2022

11-12 1st Warm-up: 8:45-9:05 am, 2nd Warm-up 9:05-9:25 am, Start Time 9:30 am
 10&U 1st Warm-up: 12:10-12:30 pm, 2nd Warm-up 12:30-12:50 pm, Start Time 1:00 pm
 13&Over 1st Warm-up: 4:15-4:50 pm, 2nd Warm-up 4:50-5:15 pm Start Time 5:20 pm

November 6, 2022

13&O 1st Warm-up: 8:10-8:35 am, 2nd Warm-up 8:05-8:30 am, Start Time 8:35 am
 10&U 1st Warm-up: 12:00-12:20 pm, 2nd Warm-up 12:20-12:40 pm, Start Time 12:50 pm
 11-12 1st Warm-up: 11-12 Warm-up: 4:10-4:30 pm, 2nd Warm-up 4:30-4:50 pm, Start Time 5:00 pm

Saturday, November 6, 2021

Sunday, November 7, 2021

11-12 yr old		
GIRLS	EVENT	BOYS
1	11-12 50 Butterfly	2
3	11-12 100 Freestyle	4
5	11-12 50 Breaststroke	6
7	11-12 100 Backstroke	8
9	11-12 200 Freestyle	10
11	11-12 200 IM	12

13&Over		
GIRLS	EVENT	BOYS
35	13&Over 100 Backstroke	36
37	13&Over 200 IM	38
39	13&Over 100 Freestyle	40
41	13&Over 200 Breaststroke	42
43	13&Over 200 Butterfly	44
45	13&Over 500 Freestyle	46

10&Under		
GIRLS	EVENT	BOYS
13	9-10 100 Freestyle	14
15	10&Under 50 Fly	16
17	10&Under 50 Breaststroke	18
19	9-10 100 Backstroke	20
21	9-10 200 IM	22

10&Under		
GIRLS	EVENT	BOYS
47	9-10 100 IM	48
49	10&Under 50 Freestyle	50
51	9-10 100 Breaststroke	52
53	10&Under 50 Backstroke	54
55	9-10 100 Butterfly	56
57	9-10 200 Free	58

13&Over		
GIRLS	EVENT	BOYS
23	13&Over 100 Butterfly	24
25	13&Over 50 Freestyle	26
27	13&Over 200 Backstroke	28
29	13&Over 200 Freestyle	30
31	13&Over 100 Breaststroke	32
33	13&Over 400 IM	34

11-12 yr old		
GIRLS	EVENT	BOYS
59	11-12 100 IM	60
61	11-12 50 Freestyle	62
63	11-12 100 Breaststroke	64
65	11-12 50 Backstroke	66
67	11-12 100 Butterfly	68
69	11-12 500 Freestyle	70