



MAKO QUALIFIER

February 4-5, 2023

Sanction # PVC-23-54



MEET DIRECTOR Heather Coulson Haddock heatherhaddock@makoswimming.net	MEET REFEREE Jan van Nimwegen jnimwegen@earthlink.net 571-244-4588	CLUB OFFICIALS CHAIR Ed Byers 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-23-54s. 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 12&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;">Tuesday, January 17, 2023, 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.</p>
SCHEDULE	<p style="text-align: center;">Saturday, February 4, 2023</p> <p style="text-align: center;">11-12 Warm-up: Warm-up 8:45-9:05 am, Start 9:15 am 10&U Warm-up 12:25-12:45 pm, Start 12:55 pm 13&O 1st Warm-up 3:10-3:30 pm & 2nd Warm-up 3:30-3:50 pm, Start 3:55 pm</p> <p style="text-align: center;">Sunday, February 5, 2023</p> <p style="text-align: center;">11-12 Warm-up 8:45-9:05 am, Start 9:10 am 10&U 1st Warm-up 11:40 am-12:00 pm & 2nd Warm-up 12:00-12:20 pm, Start 12:30 pm 13&O 1st Warm-up 2:45-3:05 pm & 2nd Warm-up 3:05-3:25 pm, Start 3:30 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 all 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 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 seeded as MIXED gender and are timed finals. Seed times are short course yards. Athletes may enter a total of eight (8) events and no more than four (4) per day. Swimmers in the 500 Freestyle are required to provide their own timers and counters. Entries in the 500 Freestyle and 400 IM may be limited to the top 24 swimmers in each event (12 female and 12 males). 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 in empty lanes only. 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.
POSITIVE CHECK IN	<ul style="list-style-type: none"> There will be positive check in for all events 200 yd and longer utilizing a check in sheet organized by team. The check in will be due at the start of each session. All other events will be pre-seeded.
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.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> 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.
SEEDING	<ul style="list-style-type: none"> All events will be pre-seeded except the events 200 yard and longer.
AWARDS	<ul style="list-style-type: none"> No Awards
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 and on Meet Mobile.

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Saturday, February 4, 2023

11-12 Warm-up: Warm-up 8:45-9:05 am, Start 9:15 am

10&U Warm-up 12:25-12:45 pm, Start 12:55 pm

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Sunday, February 5, 2023

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Saturday, February 4, 2023

MIXED	EVENT
1	MIXED 11-12 100 Freestyle
2	MIXED 11-12 50 Butterfly
3	MIXED 11-12 200 IM
4	MIXED 11-12 50 Breaststroke
5	MIXED 11-12 200 Butterfly
6	MIXED 11-12 100 Backstroke
7	MIXED 11-12 200 Freestyle
8	MIXED 11-12 400 IM

Sunday, February 5, 2023

MIXED	EVENT
15	MIXED 11-12 100 IM
16	MIXED 11-12 100 Breaststroke
17	MIXED 11-12 50 Freestyle
18	MIXED 11-12 200 Backstroke
19	MIXED 11-12 100 Butterfly
20	MIXED 11-12 50 Backstroke
21	MIXED 11-12 200 Breaststroke
22	MIXED 11-12 500 Freestyle

Saturday, February 4, 2023

MIXED	EVENT
101	MIXED 10&U 100 Freestyle
102	MIXED 10&U 50 Butterfly
103	MIXED 9-10 200 IM
104	MIXED 10&U 50 Breaststroke
105	MIXED 9-10 200 Butterfly
106	MIXED 10&U 100 Backstroke
107	MIXED 9-10 200 Freestyle

Sunday, February 5, 2023

MIXED	EVENT
115	MIXED 10&U 100 IM
116	MIXED 9-10 100 Breaststroke
117	MIXED 10&U 50 Freestyle
118	MIXED 9-10 200 Backstroke
119	MIXED 9-10 100 Butterfly
120	MIXED 10&U 50 Backstroke
121	MIXED 9-10 200 Breaststroke
122	MIXED 9-10 500 Freestyle

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Saturday, February 4, 2023

MIXED	EVENT
9	13&Over 50 Freestyle
10	13&Over 100 Butterfly
11	13&Over 200 Backstroke
12	13&Over 200 Freestyle
13	13&Over 100 Breaststroke
14	13&Over 400 IM

Sunday, February 5, 2023

MIXED	EVENT
23	13&Over 100 Backstroke
24	13&Over 200 IM
25	13&Over 200 Breaststroke
26	13&Over 100 Freestyle
27	13&Over 200 Butterfly
28	13&Over 500 Freestyle