



MAKO SPRING FLING

March 17-19, 2023

Sanction # PVC-23-78



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| MEET DIRECTOR | MEET REFEREE | CLUB OFFICIALS CHAIR |
| Heather Coulson Haddock Erica Andresen heatherhaddock@makoswimming.net | John Kost makomeetref@gmail.com (571) 226-7155 | 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-23-78. 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, 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. A minimum of 14 lanes will be used for warm-up. There will be 3 lanes available for continuous warm-up/cool down for all sessions during the meet, with the exception of Sessions 1, 5 & 9. 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 7 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. Entries will be accepted first come first serve.</p> |
| SCHEDULE | <p style="text-align: center;">Friday, March 17, 2023</p> <p style="text-align: center;">Session 1: 12&U: 1st Warm-up 4:30-4:50 pm, 2nd Warm-up 4:50-5:10, Start Time 5:20 pm</p> <p style="text-align: center;">Saturday, March 18, 2023</p> <p style="text-align: center;">Session 2: 11-14 1st Warm-up: 8:05-8:30 am, 2nd Warm-up Start Time 8:30-8:55 am, Start 9:00 am</p> <p style="text-align: center;">Session 3: 9-10 & 15&O 1st Warm-up: 12:15-12:35 pm, 2nd Warm-up: 12:35-12:55 pm, Start 1:00 pm</p> <p style="text-align: center;">Sunday, March 19, 2023</p> <p style="text-align: center;">Session 4: 11-14 1st Warm-up: 8:05-8:30 am, 2nd Warm-up Start Time 8:30-8:55 am, Start 9:00 am</p> <p style="text-align: center;">Session 5: 9-10 & 15&O 1st Warm-up: 12:20-12:45 pm, 2nd Warm-up: 12:45-1:10 pm, Start 1:15 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. |

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| TIMING SYSTEM | <ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used. |
| 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 timed finals. • Athletes may enter a total of eight (8) events and no more than three (3) per day, with the exception of Session 1 (12&Under) (4 event limit). • Deck entries will be accepted if swimmer is already entered in the meet. No new heats will be created. |
| POSITIVE CHECK IN | <ul style="list-style-type: none"> • There may be positive check-in for all events 100 yds and above utilizing a check in sheet organized by team. The check-in will be due at the start of the 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"> • All 50yrd individual events will be pre-seeded. Events 100yrd and above may be pre-seeded or will be positive check-in events, depending on the number of athletes and the number of empty lanes on the previous day. |
| AWARDS | <ul style="list-style-type: none"> • Medal for 1st-8th, Ribbons for 9th-16th place for swimmers 12&Under. |
| 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. |
| SPECTATOR ENTRY FEE | <ul style="list-style-type: none"> • Teams may be placed in the bleacher area based on number of participants. Spectators may have very limited space in the bleachers. |
| MEDICAL ASSISTANCE | <ul style="list-style-type: none"> • Medical assistance will be provided by the facility staff. If you require medical assistance, please |

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Friday, March 17, 2023

12&U: 4:30-5:10, Start Time 5:20 pm

Session 1

| MIXED | EVENT |
|-------|-----------------------------|
| 1 | MIXED 8&U 100 Freestyle |
| 2 | MIXED 9-12 200 Freestyle |
| 3 | MIXED 8&U 50 Freestyle |
| 4 | MIXED 8&U 25 Freestyle |
| 5 | MIXED 9-12 200 Backstroke |
| 6 | MIXED 8&U 50 Backstroke |
| 7 | MIXED 8&U 25 Backstroke |
| 8 | MIXED 9-12 200 Breaststroke |
| 9 | MIXED 8&U 50 Breaststroke |
| 10 | MIXED 8&U 25 Breaststroke |
| 11 | MIXED 9-12 200 Butterfly |
| 12 | MIXED 8&U 50 Butterfly |
| 13 | MIXED 8&U 25 Butterfly |
| 14 | MIXED 8&U 100 IM |

MAKO SPRING FLING

Saturday, March 18, 2023

Session 2: 11-14 1st Warm-up: 8:05-8:30 am, 2nd Warm-up Start Time 8:30-8:55 am, Start 9:00 am

Session 3: 9-10 & 15&O 1st Warm-up: 12:15-12:35 pm, 2nd Warm-up: 12:35-12:55 pm, Start 1:00 pm

Sunday, March 19, 2023

Session 4: 11-14 1st Warm-up: 8:05-8:30 am, 2nd Warm-up Start Time 8:30-8:55 am, Start 9:00 am Session 5: 9-10 & 15&O 1st Warm-up: 12:20-12:45 pm, 2nd Warm-up: 12:45-1:10 pm, Start 1:15 pm

Saturday, March 18, 2023

Session 2

| GIRLS | EVENT | BOYS |
|-------|------------------------|------|
| 15 | 13-14 50 Freestyle | 16 |
| 25 | MIXED 11-12 50 Free | |
| 17 | 13-14 100 Butterfly | 18 |
| 26 | MIXED 11-12 100 Fly | |
| 19 | 13-14 200 IM | 20 |
| 27 | MIXED 11-12 100 IM | |
| 21 | 13-14 100 Backstroke | 22 |
| 28 | MIXED 11-12 100 Back | |
| 23 | 13-14 200 Breaststroke | 24 |
| 29 | MIXED 11-12 50 Breast | |

Sunday, March 19, 2023

Session 4

| GIRLS | EVENT | BOYS |
|-------|---------------------------|------|
| 55 | MIXED 11-12 100 Freestyle | |
| 45 | 13-14 100 Freestyle | 46 |
| 56 | MIXED 11-12 50 Backstroke | |
| 47 | 13-14 200 Backstroke | 48 |
| 57 | 11-12 100 Breaststroke | |
| 49 | 13-14 100 Breaststroke | 50 |
| 58 | MIXED 11-12 50 Butterfly | |
| 51 | 13-14 200 Freestyle | 52 |
| 59 | MIXED 11-12 200 IM | |
| 53 | 13-14 200 Butterfly | 54 |

Session 3

| GIRLS | EVENT | BOYS |
|-------|----------------------------|------|
| 30 | MIXED 9-10 50 Freestyle | |
| 35 | 15&Over 50 Freestyle | 36 |
| 31 | MIXED 9-10 100 Butterfly | |
| 37 | 15&Over 100 Butterfly | 38 |
| 32 | MIXED 9-10 100 IM | |
| 39 | 15&Over 200 IM | 40 |
| 33 | MIXED 9-10 100 Backstroke | |
| 41 | 15&Over 100 Backstroke | 42 |
| 34 | MIXED 9-10 50 Breaststroke | |
| 43 | 15&Over 200 Breaststroke | 44 |

Session 5

| GIRLS | EVENT | BOYS |
|-------|-----------------------------|------|
| 64 | 15&Over 100 Freestyle | 65 |
| 60 | MIXED 9-10 100 Freestyle | |
| 66 | 15&Over 200 Backstroke | 67 |
| 61 | MIXED 9-10 50 Backstroke | |
| 68 | 15&Over 100 Breaststroke | 69 |
| 62 | MIXED 9-10 50 Butterfly | |
| 70 | 15&Over 200 Freestyle | 71 |
| 63 | MIXED 9-10 100 Breaststroke | |
| 72 | 15&Over 200 Butterfly | 73 |
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