

MAKO SPRING FLING

March 17-19, 2023

Sanction # PVC-23-78



MEET DIRECTOR		MEET REFEREE	CLUB OFFICIALS CHAIR	
Heather Coulson Haddock		John Kost	Ed Byers	
Erica Andresen heatherhaddock@makoswimming.net		<u>makomeetref@gmail.com</u> (571) 226-7155	makosofficials@gmail.com	
			Officials Signup	
SANCTION	Held under t	he sanction of USA Swimming throu	gh Potomac Valley Swimming: PVC-23-78.	
	Swimming, N Complex sha	Aason Makos Swim Team, and The S	eed that USA Swimming, Potomac Valley St James: Sports, Wellness & Entertainment ny and all liabilities or claims for damages e conduct of this event.	
FACILITY		The St. James: Sports, Wellness 6805 Industi Springfield, V 703-239-	s & Entertainment Complex rial Road VA 22151	
	-	• 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	• 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 USA Swimming Rules and Regulations, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.		
ENTRY		Tuesday, March, 7 2023, 8:00 PM		
DEADLINE	Therefore, clubs	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.		
SCHEDULE	your club for this	Friday, March 17, 2023		
	Session 1:	Session 1: 12&U: 1 st Warm-up 4:30-4:50 pm, 2 nd Warm-up 4:50-5:10, Start Time 5:20 pm Saturday, March 18, 2023		
		Session 2: 11-14 1 st Warm-up: 8:05-8:30 am, 2 nd Warm-up Start Time 8:30-8:55 am, Start 9:00 am		
	Session 3: 9-10 &	Session 3: 9-10 & 15&O 1 st Warm-up: 12:15-12:35 pm, 2 nd Warm-up: 12:35-12:55 pm, Start 1:00 pm		
		Sunday, March 19, 2023		
		Session 4: 11-14 1 st Warm-up: 8:05-8:30 am, 2 nd Warm-up Start Time 8:30-8:55 am, Start 9:00 am Session 5: 9-10 & 15&O 1 st Warm-up: 12:20-12:45 pm, 2 nd Warm-up: 12:45-1:10 pm, Start 1:15 pm		
	Meet Directo	 Meet Director reserves the right to adjust times/sessions after entries are received. 		
ELIGIBILITY	Open to all re	egistered Potomac Valley Swimmers	5.	
			e meet unless the swimmer is registered as an In USA Swimming Rules and Regulations, Article	
DISABILITY SWIMMERS	adopted by t advance noti	he PVS BOD. Athletes with a disabili ice of desired accommodations to th	ors are committed to the <u>Inclusion Policy</u> as ity are welcomed and are asked to provide ne Meet Director. The athlete (or athlete's coach) ee of any disability prior to competition.	

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 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	• 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	• 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 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	Medal for 1st-8th, Ribbons for 9th-16th place for swimmers 12&Under.
PROGRAMS	 Meet programs will be available on the MAKO website the evening before the meet at <u>www.makoswimming.net</u>.
CREDENTIALS	 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	 Teams may be placed in the bleacher area based on number of participants. Spectators may have very limited space in the bleachers.

	notify a facility lifeguard or a member of the meet staff.
SAFETY CONCERNS	 To better ensure safety measures for all attendees at the meet, the first row of the spectator area (the bleacher area on the second level) cannot be used by swimmers and/or spectators. In case of non-compliance with this measure, the meet may be temporarily suspended, and violators may be removed from the remainder of the meet and/or will be asked to leave the facility. In addition, anyone throwing anything down on the pool deck will be subject to dismissa from the meet.
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 complete the <u>Officials Signup</u> or contact Ed Byers, <u>makosofficials@gmail.com</u>
	• 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 <u>heatherhaddock@makoswimming.net</u> .
	• Include in the subject of the email, "MAKO SPRING FLING- ***" 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:\$12Individual Event Fee:\$12Deck Entries:\$20
	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 price 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 Offic at the conclusion of the meet.

MAKO SPRING FLING

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	

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 4

Sunday, March 19, 2023

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 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