



# MAKO FALL INVITATIONAL

September 30-October 1, 2023

Sanction # PVC-24-03



<b>MEET DIRECTORS</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a> Erica Andresen <a href="mailto:erica.andresen@gmail.com">erica.andresen@gmail.com</a>	John Kost <a href="mailto:makomeetref@gmail.com">makomeetref@gmail.com</a>	Ed Byers <a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a> <a href="#">Officials Signup</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-24-03</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mason Makos Swim Team, and George Mason Aquatics &amp; 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><a href="#"><u>George Mason University Aquatic and Fitness Center</u></a>                  4520 Patriot Circle                  Fairfax, VA 22030                  (703) 993-3939</p> <ul style="list-style-type: none"> <li>The pool at George Mason University is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 9 lanes, 25 yards, running from wall to wall (spectator bleachers to scoreboard).</li> <li>19 lanes will be used for warm-up. 8 lanes will be available for continuous warm-up/cool down during all sessions.</li> <li>The Meet Director may add breaks for warm-ups during the meet time permitted.</li> <li>Water depth of 9' at the starting end and 9' at the turning end of the competition course.</li> <li>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.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Friday, Sept 15, 2023, 9:00 PM</b></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>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Saturday, Sept 30, 2023</b></p> <p style="text-align: center;">11-12: Warm-up 8:45-9:05 am, Start Time 9:10 am                  9-10: Warm-up 11:40 am-12:00 pm, Start Time 12:05 pm                  13&amp;Over: 1<sup>st</sup> Warm-up 1:55-2:20 pm, 2<sup>nd</sup> Warm-up 2:20-2:45 pm, Start Time 2:50 pm</p> <p style="text-align: center;"><b>Sunday, October 1, 2023</b></p> <p style="text-align: center;">11-12: Warm-up 8:10-8:30 am, Start Time 8:35 am                  10&amp;U: 1st Warm-up 10:40-11:00 am, 2nd Warm-Up 11:00-11:20 am Start Time 11:25 am</p> <ul style="list-style-type: none"> <li>13&amp;Over: 1<sup>st</sup> Warm-up 2:45-3:10 pm, 2<sup>nd</sup> Warm-up 3:10-3:35 pm Start Time 3:40 pm</li> </ul> <p>Meet Director reserves the right to adjust times/sessions after entries are received.</p>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered Potomac Valley Swimmers.</li> <li>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.</li> </ul>

<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic (touchpads primary) will be used for all events greater than 25 yards. Manual timing (watches) will be used for the 25 yard events.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>Current USA Swimming rules shall govern this meet.</li> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>No on-deck USA Swimming registration is permitted.</li> <li>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.</li> <li>Deck changes are prohibited.</li> <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 a 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> <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> <li>Dive-over starts will be used.</li> <li>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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>All events are timed finals.</li> <li>Athletes may enter a total of six (6) events, no more than three (3) per day, EXCEPT for 8&amp;U and they may swim all 4-25's on Sunday.</li> <li>Deck entries will be accepted in empty lanes with proof of USA Swimming membership for \$20 per event. No new heats will be created.</li> <li>The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, and space availability.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>Positive Check In for all events 200 or longer. All 25, 50 &amp; 100 events will be pre-seeded.</li> <li>Positive Check in for all 200's will close 10 min prior to the start of each session on Saturday and Sunday.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <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>

<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up their team areas.</li> <li>Due to the limited pool deck space, only officials, USA swimming registered coaches and swimmers will be permitted on the pool deck. No chairs are allowed on deck.</li> <li>NO FOOD ALLOWED ON DECK. Swimmers may either eat in the concession room upstairs next to the lobby, or downstairs in a designated room, which is located next to the stairwell on the first floor, and signs posted on the wall to direct swimmers. Coaches and Officials will also need to abide by this policy and will use the hospitality room to eat all snacks/meals.</li> </ul>
<b>PARKING</b>	<ul style="list-style-type: none"> <li>Parking Lot "C" and Lot "A" are the designated lots for all swim teams. GMU parking services will ticket all vehicles parked in other non-designated lots.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>Positive Check In for all events 200 or longer. All 25, 50 &amp; 100 events will be pre-seeded.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>Events will not be scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>No awards.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>The meet will be on Meet Mobile. Meet programs will be available on the MAKO website the evening before the meet at <a href="http://www.makoswimming.net">www.makoswimming.net</a>.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>None</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <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> <li>Officials interested in volunteering should complete the <a href="#">Officials Signup</a> or contact <a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a>.</li> <li>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.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the Meet Director. Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>.</li> <li>Include in the subject of the email, "MAKO FALL 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> <li>Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>Entries directly from individual team members will not be accepted.</li> <li>Entries by phone or fax will not be accepted.</li> <li>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.</li> <li>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.</li> </ul>

<b>ENTRY FEES</b>	Per Swimmer Surcharge: \$12.00	Deck Entries: \$20.00
	Individual event fee: \$12.00	
	<ul style="list-style-type: none"> <li>• Make checks payable <b>HLR, LLC</b>. Checks may be mailed to:  <b>PO Box 168</b>  <b>Clifton, VA 20124</b></li> <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> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>	

# MAKO FALL INVITATIONAL

September 30-October 1, 2023

**Saturday, September 30**

**Sunday, October 1**

**11-12**

**SESSION 1**

**SESSION 5**

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

Warm-up: 8:10-8:30 am, Start Time 8:40 am

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

GIRLS	EVENT	BOYS
43	11-12 50 Backstroke	44
45	11-12 100 Freestyle	46
47	11-12 100 Breaststroke	48
49	11-12 50 Butterfly	50
51	11-12 200 IM	52

**9-10**

**10&Under**

**SESSION 2**

**SESSION 6**

Warm-up 11:40 am-12:00 pm, Start Time 12:05 pm

Warm-up 10:40-11:00 am, 2nd Warm-Up 11:00-11:20 am Start Time 11:25 am

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

GIRLS	EVENT	BOYS
53	8&Under 25 Freestyle	54
55	9-10 100 Freestyle	56
57	8&Under 25 Backstroke	58
59	9-10 50 Backstroke	60
61	8&Under 25 Butterfly	62
63	9-10 50 Butterfly	64
65	8&Under 25 Breaststroke	66
67	9-10 100 Breaststroke	68

## Saturday, September 30

## Sunday, October 1

### 13 & OVER

#### SESSION 3

1<sup>st</sup> Warm-up 1:55-2:20 pm, 2<sup>nd</sup> Warm-up 2:20-2:45 pm  
Start Time 2:50 pm

GIRLS	EVENT	BOYS
23	13-14 100 Butterfly	24
33	15&Over 100 Butterfly	34
25	13-14 50 Freestyle	26
35	15&Over 50 Freestyle	36
27	13-14 200 IM	28
37	15&Over 200 IM	38
29	13-14 100 Backstroke	30
39	15&Over 100 Backstroke	40
31	13-14 200 Breaststroke	32
41	15&Over 200 Breaststroke	42

#### SESSION 6

1<sup>st</sup> Warm-up 2:45-3:10 pm, 2<sup>nd</sup> Warm-up 3:10-3:35 pm  
Start Time 3:40 pm

GIRLS	EVENT	BOYS
69	13-14 100 Freestyle	70
79	15&Over 100 Freestyle	80
71	13-14 200 Backstroke	72
81	15&Over 200 Backstroke	82
73	13-14 100 Breaststroke	74
83	15&Over 100 Breaststroke	84
75	13-14 200 Freestyle	76
85	15&Over 200 Freestyle	86
77	13-14 200 Butterfly	78
87	15&Over 200 Butterfly	88