



# MAKO SPRING FLING

March 15-17, 2024

Sanction # PVC-24-77



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>	John Kost <a href="mailto:makomeetref@gmail.com">makomeetref@gmail.com</a> (571) 226-7155	Ed Byers <a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a> <a href="https://www.google.com">2024 MAKO Spring Fling (google.com)</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-24-77</b></li> <li>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 &amp; 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.</li> </ul>																														
<b>FACILITY</b>	<p style="text-align: center;"><b>The St. James: Sports, Wellness &amp; Entertainment Complex</b>  <b>6805 Industrial Road</b>  <b>Springfield, VA 22151</b>  <b>703-239-6870</b></p> <ul style="list-style-type: none"> <li>The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 to 10 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool.</li> <li>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.</li> <li>Water depth of 7'4" at the starting end and 4' at the turning end of the competition course.</li> <li>The meet hosts will ensure the required course dimensions.</li> </ul>																														
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Monday, March 4, 2024, 8:00 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. Entries will be accepted first come first serve.</p>																														
<b>SCHEDULE</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="3"><b>Friday, March 15, 2024</b></td> </tr> <tr> <td style="text-align: center;">12&amp;U</td> <td style="text-align: center;">Warm-up 4:35-5:15</td> <td style="text-align: center;">Start 5:20 pm</td> </tr> <tr> <td colspan="3"><b>Saturday, March 16, 2024</b></td> </tr> <tr> <td style="text-align: center;">13 &amp; O</td> <td style="text-align: center;">Warm-up: 8:15-8:55 am</td> <td style="text-align: center;">Start 9:00 am</td> </tr> <tr> <td style="text-align: center;">11-12</td> <td style="text-align: center;">Warm-up: 11:45-12:25 pm</td> <td style="text-align: center;">Start 12:30 pm</td> </tr> <tr> <td style="text-align: center;">9-10</td> <td style="text-align: center;">Warm-up: 2:45-3:25 pm</td> <td style="text-align: center;">Start 3:30 pm</td> </tr> <tr> <td colspan="3"><b>Sunday, March 17, 2024</b></td> </tr> <tr> <td style="text-align: center;">13 &amp; O</td> <td style="text-align: center;">Warm-up: 8:15-8:55 am</td> <td style="text-align: center;">Start 9:00 am</td> </tr> <tr> <td style="text-align: center;">11-12</td> <td style="text-align: center;">Warm-up: 12:05-12:30 pm</td> <td style="text-align: center;">Start 12:35 pm</td> </tr> <tr> <td style="text-align: center;">9-10</td> <td style="text-align: center;">Warm-up: 2:55-3:15 pm</td> <td style="text-align: center;">Start 3:20 pm</td> </tr> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>	<b>Friday, March 15, 2024</b>			12&U	Warm-up 4:35-5:15	Start 5:20 pm	<b>Saturday, March 16, 2024</b>			13 & O	Warm-up: 8:15-8:55 am	Start 9:00 am	11-12	Warm-up: 11:45-12:25 pm	Start 12:30 pm	9-10	Warm-up: 2:45-3:25 pm	Start 3:30 pm	<b>Sunday, March 17, 2024</b>			13 & O	Warm-up: 8:15-8:55 am	Start 9:00 am	11-12	Warm-up: 12:05-12:30 pm	Start 12:35 pm	9-10	Warm-up: 2:55-3:15 pm	Start 3:20 pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to all registered USA Swimming members 15&amp;Over.</li> <li>• Open to all registered USA Swimming members 14&amp;Under, <b>except</b> those that have obtained 2 or more PVS 14&amp;Under Championship qualifying times.</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 USA Swimming Rules and Regulations, 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 timing (touchpads primary) will be used.</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 the 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 may 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 14&amp;Under may <b>only</b> enter in events for which they have <b>not</b> obtained PVS 14&amp;Under Championship qualifying times.</li> <li>• Athletes 8&amp;Under may enter up to 4 events (Friday). All other athletes may enter a total of twelve (12) events and no more than four (4) per day.</li> <li>• Deck entries will be accepted with proof of USA membership. No new heats will be created.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• The first event in each session will be pre-seeded.</li> <li>• All 8&amp;Under events on Friday will be pre-seeded.</li> <li>• All other events <b>may</b> be positive check-in, utilizing a check-in sheet organized <b>by team</b>. The check-in will be due 20 minutes prior to the start of each session. Prior to the meet, coaches of participating teams will be informed what events will use positive check-in.</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>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• Only the first event each session will be pre-seeded. Other events may be pre-seeded as</li> </ul>



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Friday, March 15, 2024

12&U: 4:35-5:15, Start Time 5:20 pm

## Session 1

GIRLS	EVENT	BOYS
1	9-12 200 Freestyle	2
3	8&U 25 Freestyle	4
5	8&U 25 Butterfly	6
7	8&U 50 Freestyle	8
9	8&U 100 Freestyle	10
11	9-12 200 Backstroke	12
13	8&U 25 Backstroke	14
15	8&U 25 Breaststroke	16
17	9-12 200 Breaststroke	18
19	8&U 50 Backstroke	20
21	8&U 100 IM	22
23	8&U 50 Breaststroke	24
25	8&U 50 Butterfly	26
27	9-12 200 Butterfly	28

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### Session 2

GIRLS	EVENT	BOYS
29	15&Over 50 Freestyle	30
41	13-14 50 Freestyle	42
31	15&Over 50 Butterfly	32
43	13-14 50 Butterfly	44
33	15&Over 100 Butterfly	34
45	13-14 100 Butterfly	46
35	15&Over 200 IM	36
47	13-14 200 IM	48

## Sunday, March 17, 2024

### Session 5

GIRLS	EVENT	BOYS
73	15&Over 100 Freestyle	74
87	13-14 100 Freestyle	88
75	15&Over 50 Backstroke	76
89	13-14 50 Backstroke	90
77	15&Over 200 Backstroke	78
91	13-14 200 Backstroke	92
79	15&Over 50 Breaststroke	80
93	13-14 50 Breaststroke	94

37	15&Over 100 Backstroke	38
49	13-14 100 Backstroke	50
39	15&Over 200 Breaststroke	40
51	13-14 200 Breaststroke	52

81	15&Over 100 Breaststroke	82
95	13-14 100 Breaststroke	96
83	15&Over 200 Freestyle	84
97	13-14 200 Freestyle	98
85	15&Over 200 Butterfly	86
99	13-14 200 Butterfly	100

### Session 3

GIRLS	EVENT	BOYS
53	11-12 50 Freestyle	54
55	11-12 100 Butterfly	56
57	11-12 100 IM	58
59	11-12 100 Backstroke	60
61	11-12 50 Breaststroke	62

### Session 6

GIRLS	EVENT	BOYS
101	11-12 100 Freestyle	102
103	11-12 50 Backstroke	104
105	11-12 100 Breaststroke	106
107	11-12 50 Butterfly	108
109	11-12 200 IM	110

### Session 4

GIRLS	EVENT	BOYS
63	9-10 50 Freestyle	64
65	9-10 100 Butterfly	66
67	9-10 100 IM	68
69	9-10 100 Backstroke	70
71	9-10 50 Breaststroke	72

### Session 7

GIRLS	EVENT	BOYS
111	9-10 100 Freestyle	112
113	9-10 50 Backstroke	114
115	9-10 50 Butterfly	116
117	9-10 100 Breaststroke	118