

**SCHEDULE** 

**MEET DIRECTOR** 

## **MAKO SPRINT SPECTACULAR**

## Saturday, April 20, 2024 Sanction # PVC-24-85

**MEET REFEREE** 



Heather Coulson Haddock heatherhaddock@makoswimming.net		John Kost makomeetref@gmail.com	Ed Byers  makosofficials@gmail.com  Officials Signup	
SANCTION	<ul> <li>In granting the Swimming, No Complex shall</li> </ul>	there are surrounded of control and a surrounded training of the property of the surrounded training of the		
FACILITY		The St. James: Sports, Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 (703)-239-6870		
	·	• The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8-10 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool.		
		of 12 lanes will be used for warm-up. ol down for all sessions during the m	There will be 2 lanes available for continuous eet.	
	Water depth	of 7'4" at the starting end and 4' at	the turning end of the competition course.	
	The meet ho	sts will ensure the required course d		
	ENTRY Thursday, April 11, 2024 @ 8:00 PM		2024 @ 8:00 PM	
DEADLINE			s to submit their entries to the Meet Director. eive entries from their swimmers. Check with	

ELIGIBILITY	Open to all registered Potomac Valley Swimmers.	
	<ul> <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>	
DISABILITY SWIMMERS	PVS and host clubs along with their meet directors are committed to the <u>Inclusion Policy</u> 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.	

your club for this information. Entries will be accepted first come first serve.

Saturday, April 20, 2024 Warm-Up: 9:15-9:55am Start Time 10:00 am

Meet Director reserves the right to adjust times/sessions after entries are received.

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TIMING SYSTEM	Automatic timing (touchpads primary) will be used.
RULES	Current USA Swimming rules shall govern this meet.
	<ul> <li>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.</li> </ul>
	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.
	<ul> <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> </ul>
	<ul> <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> </ul>
	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.
<b>EVENT RULES</b>	All events are timed finals.
	• Athletes may enter a total of eight (8) events: four (4) individual and four (4) relay events.
	<ul> <li>Athletes must provide their own timers for the 400 IM and 500 Freestyle and counter, for the 500 Free, if desired.</li> </ul>
	<ul> <li>Deck entries will be accepted with proof of USA membership. 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>
POSITIVE CHECK IN	<ul> <li>All events will be pre seeded, except the 400 IM and the 500 Freestyle. These events will be positive check-in, utilizing a check-in sheet organized by team. The check-in will be prior to the start of the session.</li> </ul>
WARM-UP	• 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.
SUPERVISION	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
SEEDING	All events not requiring positive check in, including relays, will be pre-seeded.
AWARDS	No awards will be given.
PROGRAMS	<ul> <li>Meet programs will be available on the MAKO website the evening before the meet at <u>www.makoswimming.net</u> and also on Meet Mobile.</li> </ul>
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.

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SPECTATOR ENTRY	Spectators are welcome, and there will be no spectator entry fee.		
FEE	Teams will be placed in the bleacher area based on number of participants if needed, and		
MEDICAL ASSISTANCE	<ul> <li>spectators may have very limited space in the bleachers.</li> <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>		
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 Officials Signup or contact Ed Byers,     makosofficials@gmail.com		
	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	<ul> <li>Entries should be submitted by email to the Meet Director. Heather Coulson Haddock heatherhaddock@makoswimming.net.</li> </ul>		
	• Include in the subject of the email, "MAKO SPRINT SPECTACULAR- ***" 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.		
	<ul> <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> </ul>		
			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.
	<ul> <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>		
ENTRY FEES	Per Swimmer Surcharge: \$12 Individual Event Fee: \$10 Relay Event Fee: \$15 Deck Entries: \$20 per event + \$12 surcharge		
	Make checks payable to HLR, LLC, and mail to: PO Box 168 Clifton, VA 20124		
	<ul> <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> </ul>		
	<ul> <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>		

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# **MAKO SPRINT SPECTACULAR**

## Saturday, April 20, 2023

Warm-Up: 9:00-9:55am

#### Start Time 10:00 am

MIXED	EVENT
1	9-10 MIXED 100 Freestyle Relay
2	11-12 MIXED 100 Freestyle Relay
3	13-14 MIXED 100 Freestyle Relay
4	8&U MIXED 100 Freestyle Relay
5	OPEN GIRLS 200 Freestyle Relay
6	OPEN BOYS 200 Freestyle Relay
7	OPEN MIXED 25 Free
8	OPEN MIXED 50 Free
9	OPEN MIXED 25 Back
10	OPEN MIXED 50 Back
11	OPEN MIXED 25 Breast
12	OPEN MIXED 50 Breast
13	OPEN MIXED 25 Fly
14	OPEN MIXED 50 Fly
15	8&U MIXED 100 Medley Relay
16	9-10 MIXED 100 Medley Relay
17	11-12 MIXED 100 Medley Relay
18	13-14 MIXED 100 Medley Relay
19	OPEN GIRLS 200 Medley Relay
20	OPEN BOYS 200 Medley Relay
21	OPEN MIXED 100 IM
22	OPEN MIXED 100 Free
23	OPEN MIXED 100 Back
24	OPEN MIXED 100 Breast
25	OPEN MIXED 100 Fly
26	11&Over 400 IM
27	11&Over 500 Freestyle

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