

MAKO SPRING INVITATIONAL MARCH 27-28, 2010

Sponsored by the Mason Makos Swim Team

*Sanctioned by USA Swimming through Potomac Valley Swimming
Sanction # PVI-10-50*

Meet Director: Heather Coulson Haddock (703) 263-2274 (makoswimming@aol.com)

Meet Referee: Tony Fitz (703)437-7378 tfitz@cox.net

Location: [GMU Aquatics & Fitness Center](#)
4400 University Blvd
Fairfax, VA
703-993-3939

Schedule: Saturday, March 27 & Sunday, March 28
13 & Over Timed Finals Warm-up: 7:00 to 7:50 AM Events: 8:00AM
11-12 Timed Finals Warm-up: 11:10 to 11:50 PM Events: 12:00 PM
10 & Under Timed Finals Warm-up: 2:10 to 2:50 PM Events: 3:00 PM

One 25-yard course will be used during each. Warm-up / warm-down lanes will be available throughout the meet.

Eligibility: Open to invited Potomac Valley Swimming teams. Teams desiring invitations should contact the Meet Director at makoswimming@aol.com. However, please note that while we want as many PVS teams to participate in this meet as possible, space is very limited. Swimmers shall compete at the age attained on Saturday, March 27, 2010.

PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy as adopted by the Board of Directors](#). Athletes with disabilities are welcome to participate, and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

Rules: Current USA Swimming rules shall govern the meet.

All individual events will be governed by "No Faster Than" (NFT) time standards. These NFT time standards are equivalent to the individual event qualification time standards maintained at the PVS Junior Olympic Championships (March 18-21, 2010), and the PVS Senior Championships (March 11-14, 2010). A swimmer can only enter individual events in which his/her official USA Swimming time is not faster than the posted NFT time standard. No time standards apply to 8&under swimmers, and they may enter any 8&under event.

Swimmers may only participate in their own age group events.

Swimmers may enter a maximum of 6 individual events during the entire meet and no more than 3 individual events per day.

It may be necessary to limit entries in certain events and session start times due to time constraints.

Entries will be accepted on a first-come, first-serve basis. Once each session's intended duration is met, entries will no longer be accepted.

Dive-over starts will be used at both the 13&Over and 11-12 yr old sessions. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

No on-deck USA-S registrations will be permitted.

Awards: Medals will be awarded for 1st through 8th place for individual events. Ribbons will be awarded for 9th through 16th place for individual events.

Time Trials: No time trials will be held at this meet.

Warm-Up: The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

Supervision: **NO COOLERS, OR FOOD OF ANY KIND IS ALLOWED ON THE POOL DECK.**

Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas. Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Coaches & deck officials are required to display their valid 2010 USA Swimming credentials. Parents not working the meet as a deck official, timer, or other meet position are not permitted on deck.

COACHES ARE RESPONSIBLE FOR ENSURING THAT THEIR TEAM AREAS ARE CLEAN OF ANY DEBRIS AT THE CONCLUSION OF EACH MEET SESSION.

Admission: There is no admission charge. Meet programs will be made available for a nominal charge.

Officials: All certified officials wishing to volunteer to work this meet should contact Tony Fitz (703- 437-7378); E-mail: tfitz@cox.net. Please include your club affiliation, certifications held, and sessions you wish to work.

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-up.

Each participating club is requested to provide at least one official and 3 timers per session if entering 25 or more swimmers.

Seating: 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.

Parking: Parking Lot "C" is the designated lot for all swim teams. GMU parking services will ticket all vehicles parked in other non-designated lots.

Penalties: Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

Effective October 1, 2009: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. For men, the swimsuit shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. All swimsuits shall be made from textile materials and may not contain zippers or other fastening devices. For [additional information](#) including the use of modesty wear under swimsuits, see the USA Swimming website.

Entries: Teams should provide entries as follows:

1. Email (preferred):
 - Send e-mail to Heather Coulson Haddock (makoswimming@aol.com).
 - Include with your commlink file one report by name and one by event. Create these reports in HyTek Team Manager and save as Word for Windows files.
 - In the body of your email, provide entry numbers (girls, boys, totals).
 - Include contact information (e-mail, phone, officials contact).
2. Mail:
 - HyTek computer disk entries are required.
 - Include with your commlink file one report by name and one by event. Create these reports in HyTek Team Manager and save as Word for Windows files.
 - Entries may also be submitted on a PVS Master Entry Sheet.
 - All entries must include a completed PVS Entry Cover Sheet.
 - Events and time standards (.hyy files) for use in Team Manager are available online.

Entry Deadline:

THE ENTRY DEADLINE IS 5:00 PM, TUESDAY, MARCH 2, 2010.

Important: The Meet Director will acknowledge receipt by return email within 24 hours. Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.

The above date is the deadline for teams to submit their entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers.

Check with your team for this information.

Other Registration Details:

Entries directly from individual team members will not be accepted.

Entries by phone or fax entries will not be accepted.

Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.

Entry Times: Please enter with short course times.

Fees: Fees for individual events are \$5.00. There will be a one time surcharge of \$3.50 per entered athlete, payable with the team's entries for the meet.

Checks: Each participating team is requested to remit one check to cover the entry fee for the entire team.

Please make checks payable to "HLR, LLC". Please do not send cash.

Entry fees are due with each team's entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.

Send Entries To:

Heather Coulson Haddock
4870 Autumn Glory Way
Chantilly, VA 20151
(V) 703-263-2274
(E) makoswimming@aol.com

2010 MAKO SPRING INVITATIONAL
March 27-28, 2010 @ GMU Aquatics & Fitness Center

Saturday, March 27, 2010				
13 & Over Timed Finals				
Warm-up 7:00 AM to 7:50 AM / Events 8:00 AM				
Girls Event #	No faster than SCY		No faster than SCY	Boys Event #
1	2:06.90	13-14 200 Freestyle	2:02.00	2
3	2:00.50	15&Over 200 Freestyle	1:49.20	4
5	1:07.00	13-14 100 Backstroke	1:04.50	6
7	1:04.50	15&Over 100 Backstroke	58.70	8
9	2:45.10	13-14 200 Breaststroke	2:39.00	10
11	2:38.50	15 &Over 200 Breaststroke	2:26.50	12
13	27.10	13-14 50 Freestyle	25.70	14
15	26.20	15&Over 50 Freestyle	23.40	16
17	2:37.10	13-14 200 Butterfly	2:32.60	18
19	2:22.70	15 &Over 200 Butterfly	2:10.80	20

Saturday, March 27, 2010				
11-12 Timed Finals				
Warm-up: 11:10 PM to 11:50 PM Events: 12:00 PM				
Girls Event #	No faster than SCY		No faster than SCY	Boys Event #
21	2:38.90	11-12 200 Individual Medley	2:40.00	22
23	32.80	11-12 50 Butterfly	33.00	24
25	1:13.00	11-12 100 Backstroke	1:12.80	26
27	38.10	11-12 50 Breaststroke	39.00	28
29	1:03.30	11-12 100 Freestyle	1:03.50	30

Saturday, March 27, 2010				
10 & Under Timed Finals				
Warm-up: 2:10 PM to 2:50 PM Events: 3:00 PM				
Girls Event #	No faster than SCY		No faster than SCY	Boys Event #
31	37.80	10 & Under 50 Fly	38.90	32
33		8&Under 25 Backstroke		34
35	1:25.20	9-10 100 Backstroke	1:25.80	36
37		8&Under 25 Freestyle		38
39	1:13.70	10 & Under 100 Freestyle	1:13.20	40
41	43.90	10& Under 50 Breaststroke	44.60	42
43	1:25.20	10& Under 100 Individual Medley	1:24.40	44

2010 MAKO SPRING INVITATIONAL
March 27-28, 2010 @ GMU Aquatics & Fitness Center

Sunday, March 28, 2010				
13 & Over Timed Finals				
Warm-up 7:00 AM to 7:50 AM / Events 8:00 AM				
Girls Event #	No faster than SCY		No faster than SCY	Boys Event #
45	1:08.00	13-14 100 Butterfly	1:05.30	46
47	1:03.60	15&Over 100 Butterfly	57.00	48
49	2:24.50	13-14 200 Individual Medley	2:20.50	50
51	2:17.80	15&Over 200 Individual Medley	2:06.50	52
53	2:24.50	13-14 200 Backstroke	2:18.80	54
55	2:18.90	15&Over 200 Backstroke	2:07.80	56
57	58.50	13-14 100 Freestyle	55.60	58
59	56.30	15&Over 100 Freestyle	50.70	60
61	1:16.60	13-14 100 Breaststroke	1:13.00	62
63	1:13.70	15&Over 100 Breaststroke	1:06.90	64

Sunday, March 28, 2010				
11-12 Timed Finals				
Warm-up: 11:10 PM to 11:50 PM Events: 12:00 PM				
Girls Event #	No faster than SCY		No faster than SCY	Boys Event #
65	1:13.30	11-12 100 Individual Medley	1:14.10	66
67	29.00	11-12 50 Freestyle	28.60	68
69	1:14.30	11-12 100 Butterfly	1:16.00	70
71	1:23.00	11-12 100 Breaststroke	1:25.20	72
73	34.10	11-12 50 Backstroke	34.10	74
75	2:18.50	11-12 200 Freestyle	2:19.00	76

Sunday, March 28, 2010				
10& Under Timed Finals				
Warm-up: 2:10 PM to 2:50 PM Events: 3:00 PM				
Girls Event #	No faster than SCY		No faster than SCY	Boys Event #
77	33.00	10 & Under 50 Freestyle	32.90	78
79		8&Under 25 Butterfly		80
81	1:32.20	9-10 100 Butterfly	1:35.20	82
83	38.90	10 & Under 50 Backstroke	39.20	84
85		8&Under 25 Breaststroke		86
87	1:36.00	9-10 100 Breaststroke	1:37.40	88
89	2:44.00	9-10 200 Freestyle	2:44.00	90