

1/2/11 Updated Warm up and Event Start Times
Session 1 & 4: Warm up: 7:00-7:50am Events: 8:00am
Session 2 & 5: Warm up: 11:40-12:25 Events: 12:30 pm
Session 3 & 6: Warm up: 3:00-3:40 pm Events 3:45 pm



**MAKO WINTER INVITATIONAL
JANUARY 8-9, 2011**

Sponsored by the Mason Makos Swim Team

*Sanctioned by USA Swimming through Potomac Valley Swimming
Sanction # PVI-11-31*

Meet Director: Heather Coulson Haddock (703) 263-2274 (makoswimming@aol.com)
Meet Referee: Tony Fitz (tfitz@cox.net)

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

The Jim McKay Natatorium Competition pool is 25 Y by 50 M with two moveable bulkheads. The meet will be held in the course running lengthwise at the bulkhead. The water depth is 7" at the starting end and 9" at the turning end. The course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C).

Tentative Schedule: Saturday, January 8 & Sunday, January 9
13 & Over Timed Finals Warm-up: 7:00 to 7:50 AM Events: 8:00 AM
11-12 Timed Finals Warm-up: 11:10 to 11:50 AM Events: 12:00 PM
10 & Under Timed Finals Warm-up: 2:10 to 3:00 PM Events: 3:10 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, January 8, 2011. 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.

The use of equipment capable of taking pictures (i.e. cell phones, camera, PDA's ect) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship or the swimmer's legal guardian.

Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer

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 due to time constraints.

Entries will be accepted on a first-come, first-serve basis beginning Monday, December 13, 2010. Once each session's intended duration is met, entries will no longer be accepted. No on-deck USA-S registrations will be permitted.

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](#).

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 2011 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.

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, DECEMBER 21, 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

Note: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, George Mason University, GMU Aquatic & Fitness Center and the MAKO Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**2011 MAKO WINTER INVITATIONAL
January 8-9, 2011 @ GMU Aquatics & Fitness Center**

**Saturday, January 8, 2011
13 & Over Timed Finals
Warm-up: 7:00 AM to 7:50 AM Events: 8:00 AM**

Girls Event #		Boys Event #
1	13-14 200 Freestyle	2
3	15&Over 200 Freestyle	4
5	13-14 100 Backstroke	6
7	15&Over 100 Backstroke	8
9	Open 200 Breaststroke	10
11	13-14 50 Freestyle	12
13	15&Over 50 Freestyle	14
15	Open 200 Butterfly	16

Saturday, January 8, 2011

11-12 Timed Finals
Warm-up: 11:10 PM to 11:50 PM Events: 12:00 PM

Girls Event #		Boys Event #
17	11-12 50 Butterfly	18
19	11-12 100 Backstroke	20
21	11-12 100 Freestyle	22
23	11-12 50 Breaststroke	24
25	11-12 200 IM	26

Saturday, January 8, 2011
10 & Under Timed Finals
Warm-up: 2:10 PM to 3:00 PM Events: 3:10 PM

Girls Event #		Boys Event #
27	10 & Under 50 Fly	28
29	8&Under 25 Backstroke	30
31	9-10 100 Backstroke	32
33	8&Under 25 Freestyle	34
35	10 & Under 100 Freestyle	36
37	10& Under 50 Breaststroke	38
39	10& Under 100 Individual Medley	40

2011 MAKO WINTER INVITATIONAL
January 8-9, 2011 @ GMU Aquatics & Fitness Center

Sunday, January 9, 2011
13 & Over Timed Finals
Warm-up: 7:00 AM to 7:50 AM Events: 8:00 AM

Girls Event #		Boys Event #
41	13-14 100 Butterfly	42
43	15&Over 100 Butterfly	44
45	13-14 200 Individual Medley	46
47	15&Over 200 Individual Medley	48
49	Open 200 Backstroke	50
51	13-14 100 Freestyle	52
53	15&Over 100 Freestyle	54
55	13-14 100 Breaststroke	56
57	15&Over 100 Breaststroke	58

Sunday, January 9, 2011
11-12 Timed Finals
Warm-up: 11:10 PM to 11:50 PM Events: 12:00 PM

Girls Event #		Boys Event #
59	11-12 100 Individual Medley	60
61	11-12 50 Freestyle	62
63	11-12 100 Butterfly	64

65	11-12 100 Breaststroke	66
67	11-12 50 Backstroke	68
69	11-12 200 Freestyle	70

Sunday, January 9, 2011
10 & Under Timed Finals
Warm-up: 2:10 PM to 3:00 PM Events: 3:10 PM

Girls Event #		Boys Event #
71	10 & Under 50 Freestyle	72
73	8&Under 25 Butterfly	74
75	9-10 100 Butterfly	76
77	8&Under 25 Breaststroke	78
79	9-10 100 Breaststroke	80
81	10 & Under 50 Backstroke	82
83	9-10 200 Freestyle	84