

10/2/12 – Sessions changed to 13 & O and 12 & U. See below for details!



**MAKO FALL INVITATIONAL
OCTOBER 6-7, 2012**

Sponsored by the Mason Makos Swim Team

*Sanctioned by USA Swimming through Potomac Valley Swimming
Sanction # PVI-13-03*

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 competition course has been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C).

Schedule: Saturday, October 6 & Sunday, October 7

11 & Over 13 & Over Timed Finals	Warm-up: 7:30 to 8:10 AM	Events: 8:15 AM
10 & Under 12 & Under Timed Finals	Warm-up: 12:15-12:55 PM	Events: 1:00 PM

An 8 lane, 25 yard course will be used for all competition, with a water depth of 7' at the dive end, and 9' at the turning end. Warm-up / warm-down lanes will be available throughout the meet in separate lanes from the competition pool.

Timing System: Automatic Timing System (touch pads primary) will be used for this 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, October 6, 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/Entries: Current USA Swimming rules shall govern the meet.

Swimmers may only participate in their own age group events.

All events are timed finals.

A swimmer may enter no more than 3 events each day.

Seed times are short course yards.

No on-deck USA-S registration is permitted.

The 500 Freestyle and 400 Individual Medley events may be limited to 2 heats; the top 16 women, and the top 16 men in each event. In the event of a significantly over subscribed session, the Meet Director reserves the right to remove both the 500 Freestyle and/or the 400 IM events if necessary.

Deck entries will be accepted if there are open lanes in existing heats, and are \$10 per individual event. All deck entries must be submitted no later than 45 minutes prior to first event of each session. Swimmers will be entered into open lanes in existing heats on a first come, first served basis.

In the event of a significantly over subscribed session, the Meet Director reserves the right to not accept deck entries. Evidence of current USA-S registration will be required for deck entries. 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 & Under events per Rule 205.3.1F.

In compliance with USA Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDS's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

It may be necessary to limit entries in certain events due to time constraints.

The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy.

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. 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.

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 the 11 & Over session. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

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

Awards: Medals will be awarded for 1st through 8th place for 12&Under events.
Ribbons will be awarded for 9th through 16th place for 12&Under 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 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 (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 9:00 PM, THURSDAY, SEPTEMBER 27, 2012.

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.

Fees: Fees for individual events are \$5.00. There will be a one time surcharge of \$4.00 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

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 October 6-7, 2012 @ GMU Aquatics & Fitness Center**

Saturday, October 6, 2012 13 & Over Timed Finals Warm-up 7:30 AM to 8:10 AM / Events 8:15 AM				
Girls Event #				Boys Event #
1		11-12 100 Backstroke		2
3		13-14 100 Backstroke		4
5		15&Over 100 Backstroke		6
7		11-12 200 Individual Medley		8
9		13-14 200 Individual Medley		10
11		15&Over 200 Individual Medley		12
13		11-12 50 Breaststroke		14
15		Open 200 Breaststroke		16
17		11-12 50 Freestyle		18
19		13-14 50 Freestyle		20
21		15&Over 50 Freestyle		22
23		11-12 50 Butterfly		24
25		Open 200 Butterfly		26
27		Open 500 Freestyle		28

Saturday, October 6, 2012 12 & Under Timed Finals Warm-up: 1:00PM to 1:40 PM Events: 1:45 PM				
Girls Event #				Boys Event #
29		8&Under 100 Freestyle		30
31		9-10 200 Freestyle		32
33		8&Under 25 Backstroke		34
35		9-10 50 Backstroke		36
37		8&Under 50 Breaststroke		38
39		9-10 100 Breaststroke		40
41		8&Under 25 Freestyle		42
43		9-10 50 Freestyle		44

45		8&Under 50 Butterfly		46
47		9-10 100 Butterfly		48

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Sunday, October 7, 2012 13 & Over Timed Finals Warm-up 7:30 AM to 8:10 AM / Events 8:15 AM				
Girls Event #				Boys Event #
49		11-12 200 Freestyle		50
51		13-14 200 Freestyle		52
53		15&Over 200 Freestyle		54
55		11-12 100 Butterfly		56
57		13-14 100 Butterfly		58
59		15&Over 100 Butterfly		60
61		11-12 50 Backstroke		62
63		Open 200 Backstroke		64
65		11-12 100 Freestyle		66
67		13-14 100 Freestyle		68
69		15&Over 100 Freestyle		70
71		11-12 100 Breaststroke		72
73		13-14 100 Breaststroke		74
75		15&Over 100 Breaststroke		76
77		Open 400 Individual Medley		78

Sunday, October 7, 2012 12 & Under Timed Finals Warm-up: 1:00PM to 1:40 PM Events: 1:45 PM				
Girls Event #				Boys Event #
79		8&Under 100 Individual Medley		80
81		9-10 100 Individual Medley		82
83		8&Under 25 Butterfly		84
85		9-10 50 Butterfly		86
87		8&Under 50 Backstroke		88
89		9-10 100 Backstroke		90
91		8&Under 50 Freestyle		92
93		9-10 100 Freestyle		94
95		8&Under 25 Breaststroke		96
97		9-10 50 Breaststroke		98
99		9-10 200 Individual Medley		100