



**MAKO HOLIDAY INVITATIONAL**  
**December 5-6, 2015**

**Sponsored by the Mason Makos Swim Team**  
*Sanctioned by USA Swimming through Potomac Valley Swimming*  
**Sanction # PVI-16-30**

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

**Meet Referee:** John Kost (571) 226-7155 ([MarlinsOfficials@gmail.com](mailto:MarlinsOfficials@gmail.com))

**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).

**Timing**

**Equipment:** Automatic Timing (touch pads primary) will be used at this meet.

**Schedule:** Saturday, December 6 & Sunday, December 7

11-12 Timed Finals Warm-up: 7:00 to 7:35 AM Events: 7:40 AM

10 & Under Timed Finals Warm-up: 10:40 AM to 11:10 AM Events: 11:15 AM

13 & Over Timed Finals Warm-up: 3:15 PM to 3:55 PM Events: 4:00 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](mailto: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, December 5, 2015.

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.

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.

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.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

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.

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 adjust 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 for all 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.

**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 1<sup>st</sup> through 8<sup>th</sup> place for all events.  
Ribbons will be awarded for 9<sup>th</sup> through 16<sup>th</sup> 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 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 2015 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 each session.

**Officials:** All certified officials wishing to volunteer to work this meet should contact Ken Anderson (KenBear1066@verizon.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](mailto: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, TUESDAY, NOVEMBER 24, 2015.**

**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 \$6.00. There will be a swimmer surcharge of \$5.00 per entered athlete, payable with the team's entries for the meet. 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](mailto:makoswimming@aol.com)

**2015 MAKO HOLIDAY INVITATIONAL  
December 5-6, 2015 @ GMU Aquatics & Fitness Center**

**Saturday, December 5, 2015  
11-12 Timed Finals  
Warm-up: 7:00 to 7:35 AM Events: 7:40 AM**

Girls Event #		Boys Event #
1	11-12 50 Butterfly	2
3	11-12 100 Backstroke	4
5	11-12 100 Freestyle	6
7	11-12 50 Breaststroke	8
9	12&Under 200 Individual Medley	10

**Positive Check in for the 200 IM will close at 8:45 AM**

**Saturday, December 5, 2015  
10 & Under Timed Finals  
Warm-up: 10:40 to 11:10 AM Events: 11:15 AM**

Girls Event #		Boys Event #
11	10&Under 100 Freestyle	12
13	8&Under 25 Freestyle	14
15	10&Under 50 Fly	16
17	8&Under 25 Backstroke	18
19	9-10 100 Backstroke	20
21	10&Under 50 Breaststroke	22

**Saturday, December 5, 2015  
13 & Over Timed Finals  
Warm-up: 3:15 to 3:55 PM Events: 4:00 PM**

Girls Event #		Boys Event #
23	13&Over 100 Backstroke	24
25	13&Over 200 Freestyle	26
27	13&Over 200 Breaststroke	28
29	13&Over 50 Freestyle	30
31	13&Over 200 Butterfly	32

**Positive Check in for the 200 Free, 200 Breast & 200 Fly will close at 3:45 PM**

**2015 MAKO HOLIDAY INVITATIONAL  
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**Sunday, December 6, 2015  
11-12 Timed Finals  
Warm-up: 7:00 to 7:35 AM Events: 7:40 AM**

Girls Event #		Boys Event #
33	11-12 100 Individual Medley	34
35	11-12 50 Freestyle	36
37	11-12 100 Butterfly	38
39	11-12 100 Breaststroke	40
41	11-12 50 Backstroke	42
43	12&Under 200 Freestyle	44

**Positive Check in for the 200 Free will close at 8:45 AM**

**Sunday, December 6, 2015  
10 & Under Timed Finals  
Warm-up: 10:40 to 11:10 AM Events: 11:15 AM**

Girls Event #		Boys Event #
45	10&Under 50 Freestyle	46
47	8&Under 25 Butterfly	48
49	9-10 100 Butterfly	50
51	8&Under 25 Breaststroke	52
53	9-10 100 Breaststroke	54
55	10&Under 50 Backstroke	56
57	10&Under 100 Individual Medley	58

**Sunday, December 6, 2015  
13 & Over Timed Finals  
Warm-up: 3:15 to 3:55 PM Events: 4:00 PM**

Girls Event #		Boys Event #
59	13&Over 100 Butterfly	60
61	13&Over 200 Individual Medley	62
63	13&Over 200 Backstroke	64
65	13&Over 100 Freestyle	66
67	13&Over 100 Breaststroke	68

**Positive Check in for the 200 IM and 200 Back will close at 3:30 PM**