



MAKO WINTER INVITATIONAL

January 11-12, 2020
Sanction # PVI-20-45



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| MEET DIRECTOR Heather Coulson Haddock (703) 263-2274 makoswimming@aol.com | MEET REFEREE Jan van Nimwegen (571) 244-4588 jnimwegen@earthlink.net | CLUB OFFICIALS CHAIR Dave Charbonneau Officials@makoswimming.net |
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| SANCTION | <ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-20-45. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mako Swimming, and George Mason Aquatics & Fitness Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. |
| FACILITY | <p style="text-align: center;">GMU Aquatics & Fitness Center 4400 University Blvd Fairfax, VA 703-993-3939</p> <ul style="list-style-type: none"> 8 lanes, 25 yards x 50 meter with movable bulkheads. The meet will be held in the course running lengthwise at the bulkhead. Water depth range of 7' at the starting end and 9' at the turning end. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming. |
| ENTRY DEADLINE | <p style="text-align: center;">TUESDAY, DECEMBER 17, 2019 AT 5:00 PM</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p> |
| SCHEDULE | <p style="text-align: center;">Saturday, January 11, 2020 UPDATED 12/17/19</p> <p style="text-align: center;">11-12 Timed Finals Warm-up: 8:30-8:55 AM Events: 9:00 AM Warm up: 9:30-9:55 am, events 10:00am (positive check in for 200 IM ends at 10:15 am) 10 & Under Timed Finals Warm-up: 12:45-1:10 PM Events: 1:15 PM 1st warm up: 12:10-12:30, 2nd warm up: 12:30-12:50, events: 1:00 13 & Over Timed Finals Warm-up: 4:30-4:55 PM Events: 5:00 PM 1st warm up 3:10-3:35, 2nd warm up: 3:35-4:00, events 4:10</p> <p style="text-align: center;">Sunday, January 12, 2020 UPDATED</p> <p style="text-align: center;">11-12 Timed Finals Warm-up: 8:15-8:40 AM Events: 8:45 AM (positive check in for 200 free at 9am) 10 & Under Timed Finals Warm-up: 11:30-11:55 PM Events: 12:00 PM 1st warm up: 11-11:20, 2nd warm up: 11:20-11:40, events: 11:50 13 & Over Timed Finals Warm-up: 3:15-3:45 PM Events: 3:50 PM 1st warm up: 2:20-2:45, 2nd warm up: 2:45-3:10, events 3:20 pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. |
| ELIGIBILITY | <ul style="list-style-type: none"> Open to invited Potomac Valley Swimming teams. No swimmer will be permitted to compete in |

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| | <p>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.</p> <ul style="list-style-type: none"> 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 11, 2020. |
| DISABILITY SWIMMERS | <ul style="list-style-type: none"> PVS and host clubs along with their meet directors are committed to the Inclusion Policy 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. |
| TIMING SYSTEM | <ul style="list-style-type: none"> Automatic timing (touch pads primary) will be used for 13&Over and 11-12 events. Semi-Automatic timing system (buttons primary) will be used for 10 & under events. |
| RULES | <ul style="list-style-type: none"> Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), shall govern this meet. No on-deck USA-S 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. 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. 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. Dive-over starts will be used at this meet. 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. |
| EVENT RULES | <ul style="list-style-type: none"> All events are timed finals. Seed times are short course yards. In the event that short course yard times are not available, coaches' times are preferred over no times "NT" for all events. 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. 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 Lots "C" and Lot "A" are the designated lots for all swim teams. GMU parking services will ticket all vehicles parked in other non-designated lots. NO FOOD ALLOWED ON DECK. Swimmers may either eat in the concession room upstairs next to |

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| | the lobby, or downstairs in a designated room, which is located next to the stairwell on the first floor, and signs posted on the wall to direct swimmers. Coaches and Officials will also need to abide by this policy and will use the hospitality room to eat all snacks/meals. |
| POSITIVE CHECK IN | <ul style="list-style-type: none"> • Positive Check in for the 11-12 yr old 200 Free & 200 IM will close at 9:00 AM. • Positive Check in for the 10&Under 100 IM will close at 12:30 PM • Positive Check in for all 13&O events will close at 4:45 PM on Sat and 3:45 PM on Sun, with the exception of the 100 Back on Sat & 100 Fly on Sun which will be seeded. |
| WARM-UP | <ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments. One 25-yard course will be used during each. Warm-up / warm-down lanes will be available throughout the meet. |
| SUPERVISION | <ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. |
| AWARDS | <ul style="list-style-type: none"> • Ribbons will be awarded for 1st through 16th place for all 10&U and 11-12 yr old events. |
| PROGRAMS | <ul style="list-style-type: none"> • Meet Programs will be sold for \$5 upstairs in the concession room. |
| CREDENTIALS | <ul style="list-style-type: none"> • 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 at all times. |
| SPECTATOR ENTRY FEE | <ul style="list-style-type: none"> • None |
| OFFICIALS | <ul style="list-style-type: none"> • 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 contact the Makos Officials Chair, Dave Charbonneau, officials@makoswimming.net. • Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will proceed each session during warm-ups. |
| TIMERS | <ul style="list-style-type: none"> • Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. • The Meet Director will send out a request and a sign up genius for timers based upon entries. |
| ENTRY PROCEDURES | <ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director. • Include in the subject of the email, "2020 MAKO Winter Invitational-****" 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. • In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). • Entries directly from individual team members will not be accepted. • Entries by phone or fax will not be accepted. • 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. • 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.

ENTRY FEES

Per Swimmer Surcharge: **\$6.00** Deck entries: **\$10.00**
 Individual event fee: **\$6.00**

Make checks payable to **HLR, LLC**, and mailed to **P.O Box 168, Clifton, VA 20124**

Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

MAKO HOLIDAY INVITATIONAL

January 11-12, 2020

Saturday, January 11, 2020

| 11-12 yr old Warm-up: 8:30-8:55 AM Events: 9:00 AM | | |
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| GIRLS | EVENT | BOYS |
| 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 | 11-12 200 Individual Medley | 10 |

Sunday, January 12, 2020

| 11-12 yr old Warm-up: 8:15-8:40 AM Events: 8:45 AM | | |
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| GIRLS | EVENT | BOYS |
| 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 | 11-12 100 Breaststroke | 42 |
| 43 | 11-12 200 Freestyle | 44 |

| 10&Under Warm-up: 12:45-1:10 PM Events: 1:15 PM | | |
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| GIRLS | EVENT | BOYS |
| 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 |

| 10&Under Warm-up: 11:30-11:55 AM Events: 12:00 PM | | |
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| GIRLS | EVENT | BOYS |
| 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 |

| 13&Over Warm-up: 4:30-4:55 PM Events: 5:00 PM | | |
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| GIRLS | EVENT | BOYS |
| 23 | 13&Over 100 Backstroke | 24 |
| 25 | 13&Over 200 Freestyle | 26 |
| 27 | 13&Over 200 Breaststroke | 28 |
| 29 | 13&Over 50 Freestyle | 30 |

| 13&Over Warm-up: 3:15-3:45 PM Events: 3:50 PM | | |
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| GIRLS | EVENT | BOYS |
| 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 |

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| 31 | 13&Over 200 Butterfly | 32 |
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| 67 | 13&Over 100 Breaststroke | 68 |
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