



MAKO HOLIDAY INVITATIONAL

December 12-13, 2020

Sanction # PVI-21-135



MEET DIRECTOR Heather Coulson Haddock heatherhaddock@makoswimming.net	MEET REFEREE Jan van Nimwegen jnimwegen@earthlink.net , 571-244-4588	CLUB OFFICIALS CHAIR Jan van Nimwegen jnimwegen@earthlink.net Officials Signup
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-135. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mason Makos Swim Team, and The St. James: Sports, Wellness & Entertainment Complex 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;">The St. James: Sports and Wellness & Entertainment Complex 6805 Industrial Road, Springfield, VA 22151 703-239-6870</p> <ul style="list-style-type: none"> The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 7 or 10 lanes, determined by # of swimmers per session, 25 yards, running from bulkhead to wall at the southern end of the pool. 18 lanes will be used for warm-ups for Sessions 1, 2, 6, 7, 8, 9 & 10. 10 lanes will be used for Sessions 3, 4, 5. Water depth of 7'4" at the starting end and 4' at the turning end of the competition course. 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 1, 2020, 9:00 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, December 12, 2020</p> <p style="text-align: center;">Session 1: 13-14 Warm-up: 7:00-7:25 am. Events: 7:30 am Session 2: 15&O Warm-up: 9:15-9:45 am. Events: 9:50 am Session 3: 11-12 Warm-Up (2 sessions): 11:35-11:55 am, 11:55-12:15 pm. Events: 12:20 pm Session 4: 10&Under Warm-Up (2 sessions): 2:15-3:30 pm, 3:35-3:50 pm. Events: 3:55 pm Session 5: 13-14 (2 sessions) Warm-up: 5:30-5:55 pm, 6:00-6:25pm Events 6:30pm</p> <p style="text-align: center;">Sunday, December 13, 2020</p> <p style="text-align: center;">Session 6: 13-14 Warm-up: 7:00-7:25 am. Events: 7:30 am Session 7: 15&O Warm-up: 9:15-9:45 am. Events: 9:50 am Session 8: 11-12 Warm-Up 11:35-11:55 am. Events: 12:00 pm Session 9: 10&Under Warm-Up: 2:00-2:20 pm. Events: 2:25 pm Session 10: 15&O Warm-up: 4:30-5:00 pm. Events 5:05 pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. Two lanes of continuous warm-up/cool down will be available during the 13-14 and 15&Over Sessions during competition. Each lane will be limited to 5 swimmers. There may not be continuous warm up/warm down space. If time allows, the Meet Director may open the competition pool for a brief warm down.

ELIGIBILITY	<ul style="list-style-type: none"> • Open to invited PVS teams with swimmers registered as USA Swimming Athletes. No swimmer will be permitted to compete in 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. • All athletes shall compete at the age attained on the first day of the meet.
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 (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> • An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19 • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, MASON MAKOS SWIM TEAM, AND THE ST. JAMES: SPORTS WELLNESS & ENTERTAINMENT COMPLEX AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. • We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. • By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Fairfax County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • Athletes should arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed. • Athletes must shower prior to arrival at the pool. • All attendees (athletes, coaches, officials, volunteers) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when warming up, cooling down, and competing. • All attendees (athletes, coaches, officials, volunteers) will submit to a health screening and temperature check before they are permitted in the facility. Non-members of The St. James must complete the St. James Self-Health Assessment and Participation Terms & Conditions no earlier than 12 hours before attending (specify STJ Swimming Rental as “Sport”). Per CDC guideline, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the facility. Members of the St. James may complete the screening via The St. James app. • All attendees should maintain a minimum of ten (10) feet distance from all other participants whenever possible.

	<ul style="list-style-type: none"> • Each session will be limited to no more than 80 swimmers. • Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck. • Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently. • During warm-ups, swimmers will wear their masks until they arrive at their lane. They will put it in a plastic zipper bag behind their lane. Once warm-ups are completed, swimmers will immediately put their masks back on. • During competition, swimmers will wear their masks until they arrive at their lane and they will take it off and hang it on the hook on the starting block. Swimmers will immediately put their masks back on at the completion of their swims before they leave the bulkhead. • Swimmers must follow all directions as posted and adhere to all marshal directions. • Swimmers will walk around the pool deck and line back up in the designated area with proper social distancing until they are cleared to go up the stairs back to their seated area. • All swimmers must remain in their designated area for their group until they are called for their event and they must return to their area immediately following their event. • Swimmers may not enter another swimmer’s “square” of seating. • Any swimmer not following the meet protocols will be subject to immediate removal from the meet. • All coaches, officials, and volunteers must bring their own water bottle and snacks. Hospitality is not permitted per the facility. • We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID19 after attending the meet. • No spectators will be permitted. Competition will be live-streamed via the St. James Swimming Facebook page (https://www.facebook.com/stjswimming).
<p>RULES</p>	<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 not be used. • 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. • No deck entries will be accepted.

EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • Athletes may enter no more than 3 events per session. • 11-12 and 10& under swimmers may enter 4 events per session. • Swimmers may only participate in the sessions with their age group. • Swimmers may designate one (1) counter for 500 Freestyle, but the counter must be a swimmer, coach or volunteer who is already in attendance at the meet. • The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability and COVID-19 Considerations and COVID-19 Protocols.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded. No Positive Check in at this meet.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • Warm up lanes and times will be assigned by the Meet Director. No more than 5 swimmers will be permitted in each warm up lane.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> • All individual events will be pre-seeded. No Deck entries will be accepted.
PROGRAMS	<ul style="list-style-type: none"> • Meet programs will be available on the MAKO website the evening before the meet at www.makoswimming.net.
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 or in the facility before, during, or after each meet session. 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.
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 Stoke & Turn Judge) per session if entering 25 or more splashes. • Officials will be identified in advance and coordinated by the Meet Referee, Jan van Nimwegen (jnimwegen@earthlink.net). Officials interested in volunteering should complete the Officials Signup or contact the Meet Referee. • Officials who have volunteered for this meet should check in at the time and location designated by the Meet Referee. Certified officials working this meet will need to wear a mask for the duration of the meet. A comprehensive official's briefing will be conducted the night prior to the meet via zoom. • Walk-on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> • One timer is required for each lane. • Each participating club will be responsible for providing its share of timers, in coordination with the Meet Director prior to the start of the meet. • Lane assignments will be made in advance. • All timers must wear masks at all times. • A comprehensive timers' briefing will be conducted prior to the meet via Zoom or similar platform.

ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director, Heather Coulson Haddock heatherhaddock@makoswimming.net. • Include in the subject of the email, "2020 MAKO Holiday 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	<p style="text-align: center;">Per Swimmer Surcharge \$5 Individual Event Fee \$10</p> <p>Make checks payable to HLR, LLC, and mail to: PO Box 168 Clifton, VA 20124</p> <p>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</p>

MAKO HOLIDAY INVITATIONAL

Saturday, December 12, 2020

Session 1: 13-14 Warm-up: 7:00-7:25 am. Events: 7:30 am

Session 2: 15&O Warm-up: 9:15-9:45 am. Events: 9:50 am

Session 3: 11-12 Warm-Up (2 sessions): 11:35-11:55 am, 11:55-12:15 pm. Events: 12:20 pm

Session 4: 10&Under Warm-Up (2 sessions): 2:15-3:30 pm, 3:30-3:45 pm. Events: 3:50 pm

Session 5: 13-14 (2 sessions) Warm-up: 5:30-5:55 pm, 6:00-6:25pm Events 6:30pm

Session 1: 13-14 Warm-up: 7:00 - 7:25 AM Events: 7:30 AM		
GIRLS	EVENT	BOYS
1	13-14 200 Individual Medley	2
3	13-14 500 Freestyle	4
5	13-14 50 Freestyle	6
7	13-14 200 Butterfly	8

Session 2: 15&Over Warm-up: 9:15- 9:45 AM Events: 9:50 AM		
GIRLS	EVENT	BOYS
9	15&O 200 Individual Medley	10
11	15&O 500 Freestyle	12
13	15&O 50 Freestyle	14
15	15&O 200 Butterfly	16

Session 3: 11-12 1 st Warm-up: 11:35-11:55 AM 2 nd Warm-up: 11:55 AM-12:15 PM Events: 12:20 PM		
GIRLS	EVENT	BOYS
17	11-12 50 Butterfly	18
19	11-12 100 Backstroke	20
21	11-12 100 Freestyle	22
23	11-12 100 Breaststroke	24
25	11-12 200 Individual Medley	26

Session 4: 10&U 1 st Warm-up: 2:15-3:30 PM 2 nd Warm-up: 3:30-3:45 PM Events: 3:50 PM		
GIRLS	EVENT	BOYS
27	10&U 50 Freestyle	28
29	9-10 100 Butterfly	30
31	10&U 50 Back	32
33	9-10 100 Breaststroke	34
35	10&U 100 Individual Medley	36

Session 5: 13-14 1 st Warm-up: 5:30-5:55 PM 2 nd Warm-up: 6:00-6:25 PM Events: 6 :30 PM		
GIRLS	EVENT	BOYS
37	13-14 100 Breaststroke	38
39	13-14 200 Freestyle	40
41	13-14 400 Individual Medley	42
43	13-14 100 Backstroke	44

MAKO HOLIDAY INVITATIONAL

Sunday, December 13, 2020

Session 6: 13-14 Warm-up: 7:00-7:25 am. Events: 7:30 am

Session 7: 15&O Warm-up: 9:15-9:45 am. Events: 9:50 am

Session 8: 11-12 Warm-up: 11:35-11:55 am. Events: 12:00 pm

Session 9: 10&Under Warm-up: 2:00-2:20 pm. Events: 2:25 pm

Session 10: 15&O Warm-up: 4:30-5:00 pm. Events 5:05 pm

Session 6: 13-14 Warm-up: 7:00 - 7:25 AM Events: 7:30 AM		
GIRLS	EVENT	BOYS
45	13-14 100 Freestyle	46
47	13-14 200 Backstroke	48
49	13-14 200 Breaststroke	50
51	13-14 100 Butterfly	52

Session 7: 15&Over Warm-up: 9:15- 9:45 AM Events: 9:50 AM		
GIRLS	EVENT	BOYS
53	15&O 100 Breaststroke	54
55	15&O 200 Freestyle	56
57	15&O 400 Individual Medley	58
59	15&O 100 Backstroke	60

Session 8: 11-12 Warm-up: 11:35 – 11:55 AM Events: 12:20 PM		
GIRLS	EVENT	BOYS
61	11-12 100 Individual Medley	62
63	11-12 50 Freestyle	64
65	11-12 100 Butterfly	66
67	11-12 50 Breaststroke	68
69	11-12 50 Backstroke	70
71	11-12 200 Freestyle	72

Session 9: 10&U Warm-up: 2:00-2:20 PM Events: 2:25 PM		
GIRLS	EVENT	BOYS
73	10&U 50 Butterfly	74
75	9-10 100 Backstroke	76
77	10&U 50 Breaststroke	78
79	10&U 100 Freestyle	80

Session 10: 15&O Warm-up: 4:30-5:00 PM Events: 5:05 PM		
GIRLS	EVENT	BOYS
81	15&O 100 Freestyle	82
83	15&O 200 Backstroke	84
85	15&O 200 Breaststroke	86
87	15&O 100 Butterfly	88