



# MAKO WINTER INVITATIONAL

**JANUARY 9-10, 2021**

**Sanction # PVI-21-140**



<b>MEET DIRECTOR</b> Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>	<b>MEET REFEREE</b> Jan van Nimwegen <a href="mailto:jnimwegen@earthlink.net">jnimwegen@earthlink.net</a> , 571-244-4588	<b>CLUB OFFICIALS CHAIR</b> Jan van Nimwegen <a href="mailto:jnimwegen@earthlink.net">jnimwegen@earthlink.net</a> <a href="#">Officials Signup</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-21-140</b>.</li> <li>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 &amp; 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>The St. James: Sports and Wellness &amp; Entertainment Complex</b>  <b>6805 Industrial Road, Springfield, VA 22151</b>  <b>703-239-6870</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>18 lanes will be used for warm-ups for Sessions 1, 2, 6, 7, 8, 9 &amp; 10. 10 lanes will be used for Sessions 3, 4, 5.</li> <li>Water depth of 7'4" at the starting end and 4' at the turning end of the competition course.</li> <li>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.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Tuesday, December 22, 2020, 9:00 PM</b></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>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Saturday, January 9, 2021</b></p> <p style="text-align: center;">Session 1: 13-14 Warm-up: 7:00-7:25 am. Events: 7:30 am          Session 2: 15&amp;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: 9-10 Warm-Up (2 sessions): 2:15-3:30 pm, 3:35-3:50 pm. Events: 3:55 pm          Session 5: 8&amp;U (2 sessions) Warm-up: 5:30-5:45 pm, 5:45-6:00pm Events 6:05 pm</p> <p style="text-align: center;"><b>Sunday, January 10, 2021</b></p> <p style="text-align: center;">Session 6: 13-14 Warm-up: 7:00-7:25 am. Events: 7:30 am          Session 7: 15&amp;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: 9-10 Warm-Up: 2:00-2:20 pm. Events: 2:25 pm          Session 10: 15&amp;O Warm-up: 4:30-5:00 pm. Events 5:05 pm</p> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> <li>Two lanes of continuous warm-up/cool down will be available during the 13-14 and 15&amp;Over Sessions during competition. Each lane will be limited to 5 swimmers.</li> <li>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.</li> </ul>

<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• All athletes shall compete at the age attained on the first day of the meet.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>• PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic timing (touchpads primary) will be used.</li> </ul>
<b>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• 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 &amp; 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.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>• Athletes should arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed.</li> <li>• Athletes must shower prior to arrival at the pool.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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 <a href="#">St. James Self-Health Assessment and Participation Terms &amp; Conditions</a> 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</li> </ul>

the facility. Members of the St. James may complete this via The St. James app.

- All attendees should maintain a minimum of ten (10) feet distance from all other participants whenever possible.
- 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.
- 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.
- For the 25 yd events which will start at the far end, the swimmers will put their masks in a plastic zipper bag and place it behind their lane. A marshal will collect the bags and transport them to the finish end of the pool. The swimmers will retrieve their masks and immediately put their masks back on.
- 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>).

**RULES**

- 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 *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. 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,

	<p>swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 &amp; U events per Rule 205.3.1F.</p> <ul style="list-style-type: none"> <li>No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>All events are timed finals.</li> <li>All events are mixed gender, except the 15&amp;Over sessions.</li> <li>Athletes age 9 and Over may enter no more than 4 events per session. Athletes age 8 and Under may enter five (5) individual events.</li> <li>Swimmers may only participate in the sessions with their age group.</li> <li>Swimmers may designate one (1) counter for 500 Freestyle, but the counter must be a swimmer, coach or volunteer who is already on deck at the meet.</li> <li>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.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded. No Positive Check in at this meet.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>The prescribed PVS warm-up procedures and safety policies will be followed.</li> <li>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.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>All individual events will be pre-seeded.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Meet programs will be available on the MAKO website the evening before the meet at <a href="http://www.makoswimming.net">www.makoswimming.net</a>.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials will be identified in advance and coordinated by the Meet Referee, Jan van Nimwegen <a href="mailto:jnimwegen@earthlink.net">jnimwegen@earthlink.net</a>. Officials interested in volunteering should contact the Meet Referee or fill out the <a href="#">Officials Signup</a>.</li> <li>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.</li> <li>Walk-on officials cannot be accommodated.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>One timer is required for each lane.</li> <li>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.</li> <li>Lane assignments will be made in advance.</li> <li>All timers must wear masks at all times.</li> <li>A comprehensive timers' briefing will be conducted prior to the meet via Zoom or similar platform.</li> </ul>

<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director, Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>.</li> <li>• 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.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>ENTRY FEES</b>	<p style="text-align: center;">Per Swimmer Surcharge \$5 <span style="float: right;">Individual Event Fee \$10</span></p> <p>Make checks payable to <b>HLR, LLC</b>, and mail to:  <b>PO Box 168</b>  <b>Clifton, VA 20124</b></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 WINTER INVITATIONAL

Saturday, January 9, 2021

**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: 9-10** Warm-Up (2 sessions): 2:15-3:30 pm, 3:30-3:45 pm. Events: 3:50 pm

**Session 5: 8&U** Warm-up (2 sessions): 5:30-5:45 pm, 5:45-6:00pm Events 6:05pm

<b>Session 1: 13-14</b> <b>Warm-up: 7:00 - 7:25 AM</b> <b>Events: 7:30 AM</b>	
	EVENT
1	Mixed 100 Freestyle
2	Mixed 200 Backstroke
3	Mixed 100 Breaststroke
4	Mixed 100 Butterfly
5	Mixed 200 Freestyle

<b>Session 2: 15&amp;Over</b> <b>Warm-up: 9:15- 9:45 AM</b> <b>Events: 9:50 AM</b>		
GIRLS	EVENT	BOYS
6	200 Individual Medley	7
8	500 Freestyle	9
10	50 Freestyle	11
12	200 Butterfly	13

<b>Session 3: 11-12</b> <b>1<sup>st</sup> Warm-up: 11:35-11:55 AM</b> <b>2<sup>nd</sup> Warm-up: 11:55 AM-12:15 PM</b> <b>Events: 12:20 PM</b>	
	EVENT
14	Mixed 50 Butterfly
15	Mixed 100 Backstroke
16	Mixed 100 Freestyle
17	Mixed 100 Breaststroke
18	Mixed 200 Individual Medley

<b>Session 4: 9-10</b> <b>1<sup>st</sup> Warm-up: 2:15-3:30 PM</b> <b>2<sup>nd</sup> Warm-up: 3:30-3:45 PM</b> <b>Events: 3:50 PM</b>	
	EVENT
19	Mixed 50 Freestyle
20	Mixed 100 Butterfly
21	Mixed 50 Back
22	Mixed 100 Breaststroke
23	Mixed 100 Individual Medley

<b>Session 5: 8&amp;U</b> <b>1<sup>st</sup> Warm-up: 5:30-5:45 PM</b> <b>2<sup>nd</sup> Warm-up: 5:45-6:00 PM</b> <b>Events: 6:05 PM</b>	
	EVENT
24	Mixed 100 IM
25	Mixed 50 Free
26	Mixed 25 Butterfly
27	Mixed 25 Freestyle
28	Mixed 50 Breaststroke
29	Mixed 50 Butterfly
30	Mixed 25 Backstroke
31	Mixed 25 Breaststroke
32	Mixed 50 Backstroke

# MAKO WINTER INVITATIONAL

Sunday, January 10, 2021

**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: 9-10** 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

<b>Session 6: 13-14</b> <b>Warm-up: 7:00 - 7:25 AM</b> <b>Events: 7:30 AM</b>	
	EVENT
33	Mixed 200 Individual Medley
34	Mixed 100 Backstroke
35	Mixed 50 Freestyle
36	Mixed 200 Butterfly
37	Mixed 200 Breaststroke

<b>Session 7: 15&amp;Over</b> <b>Warm-up: 9:15- 9:45 AM</b> <b>Events: 9:50 AM</b>		
GIRLS	EVENT	BOYS
38	100 Breaststroke	39
40	200 Freestyle	41
42	400 Individual Medley	43
44	100 Backstroke	45

<b>Session 8: 11-12</b> <b>Warm-up: 11:35 – 11:55 AM</b> <b>Events: 12:20 PM</b>	
	EVENT
46	Mixed 100 Individual Medley
47	Mixed 50 Freestyle
48	Mixed 100 Butterfly
49	Mixed 50 Breaststroke
50	Mixed 50 Backstroke
51	Mixed 200 Freestyle

<b>Session 9: 9-10</b> <b>Warm-up: 2:00-2:20 PM</b> <b>Events: 2:25 PM</b>	
	EVENT
52	Mixed 50 Butterfly
53	Mixed 100 Backstroke
54	Mixed 50 Breaststroke
55	Mixed 100 Freestyle

<b>Session 10: 15&amp;O</b> <b>Warm-up: 4:30-5:00 PM</b> <b>Events: 5:05 PM</b>		
	EVENT	
56	100 Freestyle	57
58	200 Backstroke	59
60	200 Breaststroke	61
62	100 Butterfly	63