



2021 MAKO SPRING SHOWCASE

MARCH 11-14, 2021

Sanction # PVI-21-174

VS-21-156DS



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Heather Coulson Haddock heatherhaddock@makoswimming.net	Jan van Nimwegen jnimwegen@earthlink.net 571-244-4588	Josh Helms makosofficials@gmail.com Officials Signup

SANCTION	<ul style="list-style-type: none">Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-174 and Virginia Swimming, Inc: VS-21-156DS.In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Mason Makos Swim Team, and Central Park Aquatic 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;">Central Park Aquatic Center (Occoquan Swim Academy) 10371 Central Park Drive Manassas, VA 20110 (703) 393-2632</p> <ul style="list-style-type: none">8 lanes, 25 yardsWater depth range of 7.0' at the starting end and 6' 7" 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, March 2, 2021, 8:00 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;">Thursday, March 11, 2021 TIMED FINALS Session 1: 11-14 Girls Warm-up: 3:00 pm. Events 3:50pm Session 2: 11-14 Boys Warm-up: 5:20 pm. Events: 6:10 pm</p> <p style="text-align: center;">Friday, Saturday, & Sunday, March 12 - 14, 2021 PRELIMS Sessions 3, 9, 15: 11-12 Girls Warm-up: 7:00 am. Events 7:50 am Sessions 4, 10, 16: 11-12 Boys Warm-up: 9:20 am. Events: 10:10 am Sessions 5, 11, 17: 13-14 Girls Warm-up: 11:40pm. Events: 12:30 pm Sessions 6, 12, 18: 13-14 Boys Warm-up: 2:00 pm. Events: 2:50 pm</p> <p style="text-align: center;">FINALS- (11-12- Top 8) & (13-14- Top 10) Sessions 7, 13, 19: 11-12 Girls/Boys Warm-up: 4:20 pm. Events: 5:10 pm Sessions 8, 12, 20: 13-14 Girls/Boys Warm-up: 6:15 pm. Events 7:00 pm</p> <ul style="list-style-type: none">Meet Director reserves the right to adjust times/sessions after entries are received.Three lanes of continuous warm-up/cool down will be available during competition. Each lane will be limited to 5 swimmers.

ELIGIBILITY	<ul style="list-style-type: none"> ● Open to USA Swimming Registered Athletes from invited PVS teams. 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. ● Only open to swimmers not competing in the PVS Championship Meet Series regardless of events.
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 CENTRAL PARK AQUATIC CENTER 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 Prince William 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. ● 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 should maintain a minimum of ten (10) feet distance from all other participants whenever possible. ● Each session will be limited to 80 swimmers. Swimmers will be assigned to a seating area. Seating areas are marked to allow for social distancing. ● Entry for all participants, volunteers and coaches will be through the main pool entrance, exit will be through the Bistro doors or out any pool door exit. ● Before entering the facility participants, coaches and volunteers are required to be able to answer the following questions and will only be permitted entrance if answering with ‘no’:

	<ul style="list-style-type: none"> ○ Do you feel any of the symptoms that fall under the COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? ○ Has anyone in your family been sick or diagnosed with COVID-19? ○ Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has? ● Temperature reading will be taken for every person that enters the building. Anyone with a temperature over 100.4 will not be permitted in the facility. ● One timer will be assigned to each lane as a backup timer. Markings will separate the swimmers from the timers while staging and entering/exiting the pool. ● One-way traffic will be maintained on the pool deck. Swimmers will leave their assigned spot, walk along the turn end of the pool, down the lane 1 side of the pool, and continue behind the blocks. ● For warm-ups, swimmers for each session will be assigned to one of two warm-up groups, no more than 48 swimmers in each group. Each group will be assigned an arrival time. Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines. ● During warm-ups, swimmers will wear their masks until they reach the end of the pool. Just before entering the pool, they will hang their mask on a hook on the starting block or on the wall or they may bring their own plastic bag to store their mask while they swim. They will put their mask back on as soon as they exit the pool. ● Staging for swimmers during competition will be: <ul style="list-style-type: none"> ○ Heat 1 is at the blocks and will swim. ○ Heat 2 is under the scoreboard spaced by 6 feet and will remain there until Heat 1 is done swimming, exits the pool and exits the area behind the blocks. ○ Heat 3 is staging under the flag until directed to move to under the scoreboard (after Heat 1 is done swimming and out of the way and Heat 2 proceeds to the starting blocks). ● During competition, swimmers will wear their masks until they reach the starting blocks. They will hang their mask on a hook on the starting block just prior to competing. They will put their mask back on before leaving the starting area. ● Counters for the 500, 1000, 1650 freestyle will be provided by swimmers or coaches already entered in the meet session. ● Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility. ● HEPA Filtration system will be placed on the pool deck and in high traffic rooms for additional air purification. ● UV Light is used along with chlorine to disinfect the water constantly. ● 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 COVID-19 after attending the meet.
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.

	<ul style="list-style-type: none"> 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 on Thursday are timed finals, fastest heat to slowest heat. With the exception of the 1000 Freestyle on Sunday, all events on Friday, Saturday, and Sunday are prelims and finals. The 1000 Freestyle will be timed finals and will be swum fastest to slowest. The Top 8 11-12yr old swimmers on Friday, Saturday, and Sunday in each preliminary event will qualify for finals and will swim in the order B, A. <ul style="list-style-type: none"> B Final: Places 4-8 A Final: Top 3 The Top 10 13-14yr old swimmers in each preliminary event will qualify for finals and will swim in the order B, A. <ul style="list-style-type: none"> B Final: Places 5-10 A Final: Top 4 Swimmers may enter and compete in up to ten (10) events throughout the weekend and no more than three events each day. Note that swimming in back-to-back races is not recommended as the timelines are very short. The 500 Freestyle will be limited to a maximum of three heats (Fastest 24 swimmers) per gender. The 1000 and 1650 Freestyle will be limited to a maximum of two heats (Fastest 16 swimmers) per gender. Swimmers must swim in their designated age group based on their age on March 11, 2021. The meet director reserves the right to change the format of the meet to best accommodate the space and time for each session. 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.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> If you do not wish to swim in the Final, you may scratch from the final event by following this procedure: You must email meets@makoswimming.net within 30 minutes of completion of the last preliminary event of the prelims session. Email must include: <ul style="list-style-type: none"> CC: Coaches Email Subject: (event #) scratch Body of email: <ul style="list-style-type: none"> Swimmer Name Swimmer Age Swimmer's club Event(s) being scratched In the case that a swimmer or coach does not have access to email, please see the meet director for assistance.
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.

	<ul style="list-style-type: none"> ● 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 events will be pre-seeded.
AWARDS	<ul style="list-style-type: none"> ● Medals will be given to the top 3 11-12 yr old, and the top 4 13-14 yr old swimmers in each event.
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"> ● Officials will be identified in advance and coordinated by the Meet Referee, Jan van Nimwegen jnimwegen@earthlink.net. Officials interested in volunteering should contact the Meet Referee or fill out the Officials Signup. ● 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 which will be coordinated with the Meet Director prior to the start of the meet. ● Timers are expected to stay for the entire session. ● 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. Timers should arrive in the facility 15 minutes prior to the start times of the sessions for a quick review of protocols related to the meet.

<p>ENTRY PROCEDURES</p>	<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, "2021 MAKO Spring Showcase - ****" 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.
<p>ENTRY FEES</p>	<p>Per Swimmer Surcharge \$20 (Facility/VSI Fees) Individual Event Fee \$12</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 SPRING SHOWCASE

Thursday, March 11, 2021

TIMED FINALS

Session 1: 11-14 GIRLS		
Warm-up: 3:00pm. Events 3:50pm		
GIRLS #	EVENT	
1	11-12 500 Freestyle	
3	13-14 1650 Freestyle	
5	11-12 400 IM	

Session 2: 11-14 BOYS		
Warm-up: 5:20pm. Events: 6:10pm		
	EVENT	BOYS #
	11-12 500 Freestyle	2
	13-14 1650 Freestyle	4
	11-12 400 IM	6

Friday, March 12, 2021

PRELIMS

Session 3: 11-12 GIRLS		
Warm-up: 7:00am. Events 7:50am		
GIRLS #	EVENT	
7	11-12 100 Freestyle	
9	11-12 100 Breaststroke	
11	11-12 50 Backstroke	
13	11-12 200 Fly	
15	11-12 100 IM	

Session 4: 11-12 BOYS		
Warm-up: 9:20 am. Events: 10:10 am		
	EVENT	BOYS #
	11-12 100 Freestyle	8
	11-12 100 Breaststroke	10
	11-12 50 Backstroke	12
	11-12 200 Fly	14
	11-12 100 IM	16

Session 5: 13-14 GIRLS		
Warmup:11:40pm Events:12:30pm		
GIRLS #	EVENT	
17	13-14 200 Freestyle	
19	13-14 200 Breaststroke	
21	13-14 100 Fly	
23	13-14 400 IM	

Session 6: 13-14 BOYS		
Warm-up: 2:00 pm. Events: 2:50 pm		
	EVENT	BOYS #
	13-14 200 Freestyle	18
	13-14 200 Breaststroke	20
	13-14 100 Fly	22
	13-14 400 IM	24

FINALS

(Top 8- 11/12yr) & (Top 10- 13/14yr)

Session 7: 11-12		
Warm-up:4:20 pm Events: 5:10pm		
GIRLS #	EVENT	BOYS #
7	11-12 100 Freestyle	8
9	11-12 100 Breaststroke	10
11	11-12 50 Backstroke	12
13	11-12 200 Fly	14
15	11-12 100 IM	16

Session 8: 13-14		
Warm-up: 6:15 pm. Events 7:00 pm		
GIRLS #	EVENT	BOYS #
17	13-14 200 Freestyle	18
19	13-14 200 Breaststroke	20
21	13-14 100 Fly	22
23	13-14 400 IM	24

MAKO SPRING SHOWCASE

Saturday, March 13, 2021

PRELIMS

Session 9: 11-12 GIRLS		
Warm-up: 7:00am. Events 7:50am		
GIRLS #	EVENT	
25	11-12 200 Freestyle	
27	11-12 50 Breaststroke	
29	11-12 100 Backstroke	
31	11-12 50 Fly	
33	11-12 200 Breaststroke	

Session 10: 11-12 BOYS		
Warm-up: 9:20 am. Events: 10:10 am		
	EVENT	BOYS #
	11-12 200 Freestyle	26
	11-12 50 Breaststroke	28
	11-12 100 Backstroke	30
	11-12 50 Fly	32
	11-12 200 Breaststroke	34

Session 11: 13-14 GIRLS		
Warmup:11:40pmEvents:12:30pm		
GIRLS #	EVENT	
35	13-14 100 Freestyle	
37	13-14 200 Backstroke	
39	13-14 500 Freestyle	
41	13-14 100 Breaststroke	

Session 12: 13-14 BOYS		
Warm-up: 2:00 pm. Events: 2:50 pm		
	EVENT	BOYS #
	13-14 100 Freestyle	36
	13-14 200 Backstroke	38
	13-14 500 Freestyle	40
	13-14 100 Breaststroke	42

FINALS

(Top 8- 11/12yr) & (Top 10- 13/14yr)

Session 13: 11-12		
Warm-up:4:20 pm Events: 5:10pm		
GIRLS #	EVENT	BOYS #
25	11-12 200 Freestyle	26
27	11-12 50 Breaststroke	28
29	11-12 100 Backstroke	30
31	11-12 50 Fly	32
33	11-12 200 Breaststroke	34

Session 14: 13-14		
Warm-up: 6:15 pm. Events 7:00 pm		
GIRLS #	EVENT	BOYS #
35	13-14 100 Freestyle	36
37	13-14 200 Backstroke	38
39	13-14 500 Freestyle	40
41	13-14 100 Breaststroke	42

MAKO SPRING SHOWCASE

Sunday, March 14, 2021

PRELIMS

Session 15: 11-12 GIRLS		
Warm-up: 7:00am. Events 7:50am		
GIRLS #	EVENT	
43	11-12 200 IM	
45	11-12 100 Fly	
47	11-12 50 Freestyle	
49	11-12 200 Backstroke	

Session 16: 11-12 BOYS		
Warm-up: 9:20 am. Events: 10:10 am		
	EVENT	BOYS #
	11-12 200 IM	44
	11-12 100 Fly	46
	11-12 50 Freestyle	48
	11-12 200 Backstroke	50

Session 17: 13-14 GIRLS		
Warmup:11:40pmEvents:12:30pm		
GIRLS #	EVENT	
51	13-14 200 IM	
53	13-14 50 Freestyle	
55	13-14 1000 Freestyle	
57	13-14 200 Fly	
59	13-14 100 Backstroke	

Session 18: 13-14 BOYS		
Warm-up: 2:00 pm. Events: 2:50 pm		
	EVENT	BOYS #
	13-14 200 IM	52
	13-14 50 Freestyle	54
	13-14 1000 Freestyle	56
	13-14 200 Fly	58
	13-14 100 Backstroke	60

FINALS

(Top 8- 11/12yr) & (Top 10- 13/14yr)

Session 19: 11-12		
Warm-up:4:20 pm Events: 5:10pm		
GIRLS #	EVENT	BOYS #
43	11-12 200 IM	44
45	11-12 100 Fly	46
47	11-12 50 Freestyle	48
49	11-12 200 Backstroke	50

Session 20: 13-14		
Warm-up: 6:15 pm. Events 7:00 pm		
GIRLS #	EVENT	BOYS #
51	13-14 200 IM	52
55	13-14 50 Freestyle	56
57	13-14 200 Fly	58
59	13-14 100 Backstroke	60