



# MAKO FALL INVITATIONAL

October 2-3, 2021

Sanction # PVC-22-01



|   |  |  |
|---|--|--|
| <b>MEET DIRECTOR</b>  | <b>MEET REFEREE</b>  | <b>CLUB OFFICIALS CHAIR</b>  |
| Heather Coulson Haddock<br><a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a> | Jan van Nimwegen<br><a href="mailto:jnimwegen@earthlink.net">jnimwegen@earthlink.net</a><br>571-244-4588 | Josh Helms<br><a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a><br><a href="#">Officials Signup</a> |

|                            |   |
|----------------------------|---|
| <b>SANCTION</b>            | <ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-22-01</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><br/> <b>6805 Industrial Road</b><br/> <b>Springfield, VA 22151</b><br/> <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 10 lanes, 25 yards, running from bulkhead to wall at the southern end of the pool.</li> <li>The Meet Director may add breaks for warm-ups during the meet time permitted.</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, Sept 21, 2021, 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, October 2, 2021</b></p> <p style="text-align: center;">11-12 Warm-up: 7:10-7:30 am, Start Time 7:35 am<br/> 10&amp;U 1<sup>ST</sup> Warm-up: 9:50-10:10 am, 2<sup>nd</sup> Warm-up: 10:15-10:35 am, Start Time 10:40 pm<br/> 13&amp;Over 1<sup>st</sup> Warm-up: 1:15-1:40 pm, 2<sup>nd</sup> Warm-up: 1:45-2:10 pm, Start Time 2:15 pm</p> <p style="text-align: center;"><b>Sunday, October 3, 2021</b></p> <p style="text-align: center;">11-12 Warm-up: 1<sup>st</sup> Warm-up: 7:10-7:30 am, 2<sup>nd</sup> Warm-up: 7:35-7:55 am Start Time 8:00 am<br/> 10&amp;U 1<sup>ST</sup> Warm-up: 10:10-10:30 am, 2<sup>nd</sup> Warm-up: 10:35-10:55 am, Start Time 11:00 pm<br/> 13&amp;Over 1<sup>st</sup> Warm-up: 1:50-2:15 pm, 2<sup>nd</sup> Warm-up: 2:20-2:45 pm, Start Time 2:50 pm</p> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul> |
| <b>ELIGIBILITY</b>         | <ul style="list-style-type: none"> <li>Open to all registered Potomac Valley Swimmers.</li> <li>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> </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 for 11-12 and 13&amp;O sessions. Semi-automatic timing (buttons primary) will be used for 10&amp;U over sessions.</li> </ul>   |

|                                       |  |
|---------------------------------------|--|
| <p><b>COVID-19 CONSIDERATIONS</b></p> | <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, Inc., 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> |
| <p><b>COVID-19 PROTOCOLS</b></p>      | <ul style="list-style-type: none"> <li>• <b>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.</b></li> <li>• Before entering the facility, participants 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"> <li>○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?</li> <li>○ Has anyone in your family been sick or diagnosed with COVID-19 in the last 14 days?</li> <li>○ Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days?</li> </ul> </li> <li>• Athletes who are assigned to the stands will proceed to the stands area via the main entrance.</li> <li>• Athletes who are assigned to outside tent areas will proceed down the stairs and enter the pool deck near the splash park. They will walk around the north pool along the side opposite the bleachers to the exit doors and proceed outside.</li> <li>• Each session will be limited to <b>350</b> swimmers.</li> <li>• Athletes should arrive and depart in their suits if possible.</li> <li>• Locker room use should be minimized.</li> <li>• No one with symptoms of COVID-19 is permitted in the facility.</li> <li>• All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.</li> <li>• Spectators are not permitted. The competition will be live streamed on the MAKO Facebook page.</li> </ul>  |

|                            |  |
|----------------------------|--|
| <b>RULES</b>               | <ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• No on-deck USA-S registration is permitted.</li> <li>• 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts may be used.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</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.</li> <li>• Athletes may enter a total of 6 events and no more than 3 per day.</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, as set forth above.</li> </ul>  |
| <b>POSITIVE CHECK IN</b>   | <ul style="list-style-type: none"> <li>• All events will be pre-seeded.</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. The Meet Director may determine the structure of warm-up, including times/lane assignments.</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. No Deck entries will be accepted.</li> </ul>  |
| <b>AWARDS</b>              | <ul style="list-style-type: none"> <li>• No awards will be given.</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. 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>SPECTATOR ENTRY FEE</b> | <ul style="list-style-type: none"> <li>• No spectators will be allowed in the building. The meet will be live streamed on the MAKO Facebook page.</li> </ul>   |
| <b>OFFICIALS</b>           | <ul style="list-style-type: none"> <li>• Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>• Officials interested in volunteering should complete the <a href="#">Officials Signup</a> or contact Josh Helms, <a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a></li> <li>• Officials volunteering for this meet should sign in at the recording table prior to the start of</li> </ul>  |



# MAKO FALL INVITATIONAL

October 2-3, 2021

Saturday, October 2, 2021

11-12 Warm-up: 7:10-7:30 am, Start Time 7:35 am

10&U 1<sup>ST</sup> Warm-up: 9:50-10:10 am, 2<sup>nd</sup> Warm-up: 10:15-10:35 am, Start Time 10:40 pm

13&Over 1<sup>st</sup> Warm-up: 1:15-1:40 pm, 2<sup>nd</sup> Warm-up: 1:45-2:10 pm, Start Time 2:15 pm

Sunday, October 3, 2021

11-12 Warm-up: 1<sup>st</sup> Warm-up: 7:10-7:30 am, 2<sup>nd</sup> Warm-up: 7:35-7:55 am Start Time 8:00 am

10&U 1<sup>ST</sup> Warm-up: 10:10-10:30 am, 2<sup>nd</sup> Warm-up: 10:35-10:55 am, Start Time 11:00 pm

13&Over 1<sup>st</sup> Warm-up: 1:50-2:15 pm, 2<sup>nd</sup> Warm-up: 2:20-2:45 pm, Start Time 2:50 pm

Saturday, October 2, 2021

| 11-12 |                             |
|-------|-----------------------------|
| MIXED | EVENT                       |
| 1     | 11-12 50 Butterfly          |
| 2     | 11-12 100 Backstroke        |
| 3     | 11-12 100 Freestyle         |
| 4     | 11-12 50 Breaststroke       |
| 5     | 11-12 200 Individual Medley |

Sunday, October 3, 2021

| 11-12 |                             |
|-------|-----------------------------|
| MIXED | EVENT                       |
| 17    | 11-12 100 Individual Medley |
| 18    | 11-12 50 Freestyle          |
| 19    | 11-12 100 Butterfly         |
| 20    | 11-12 100 Breaststroke      |
| 21    | 11-12 50 Backstroke         |
| 22    | 11-12 200 Freestyle         |

| 10&Under |                          |
|----------|--------------------------|
| MIXED    | EVENT                    |
| 6        | 10&Under 100 Freestyle   |
| 7        | 8&Under 25 Freestyle     |
| 8        | 10&Under 50 Fly          |
| 9        | 8&Under 25 Backstroke    |
| 10       | 10&Under 100 Backstroke  |
| 11       | 10&Under 50 Breaststroke |

| 10&Under |                                |
|----------|--------------------------------|
| MIXED    | EVENT                          |
| 23       | 10&Under 50 Freestyle          |
| 24       | 8&Under 25 Butterfly           |
| 25       | 10&Under 100 Butterfly         |
| 26       | 8&Under 25 Breaststroke        |
| 27       | 10&Under 100 Breaststroke      |
| 28       | 10&Under 50 Backstroke         |
| 29       | 10&Under 100 Individual Medley |

| 13&Over |                          |
|---------|--------------------------|
| MIXED   | EVENT                    |
| 12      | 13&Over 100 Backstroke   |
| 13      | 13&Over 200 Freestyle    |
| 14      | 13&Over 200 Breaststroke |
| 15      | 13&Over 50 Freestyle     |
| 16      | 13&Over 200 Butterfly    |

| 13&Over |                               |
|---------|-------------------------------|
| MIXED   | EVENT                         |
| 30      | 13&Over 100 Butterfly         |
| 31      | 13&Over 200 Individual Medley |
| 32      | 13&Over 200 Backstroke        |
| 33      | 13&Over 100 Freestyle         |
| 34      | 13&Over 100 Breaststroke      |