



# MAKO HOLIDAY INVITATIONAL

December 9-11, 2022

Sanction # PVC-23-36



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>	John Kost <a href="mailto:MarlinsOfficials@gmail.com">MarlinsOfficials@gmail.com</a> (571) 226-7155	Ed Byers <a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a> <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-23-36</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> 6805 Industrial Road Springfield, VA 22151 (703)-239-6870</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>14 lanes will be used for warm-up. There will be 3 lanes available for continuous warm-up/cool down for all sessions during the meet, with the exception of Sessions 1, 5 &amp; 9.</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>Wednesday, November 23, 2022, 8:00 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. Entries will be accepted first come first serve.</p>
<b>SCHEDULE</b>	<p><b>Friday, December 9, 2022</b> 12&amp;U: 1st Warm-up 4:30-4:50 pm, 2nd Warm-up 4:50-5:10 pm, Start Time 5:15 pm</p> <p><b>Saturday, December 10, 2022</b> 13&amp;Over: 1st Warm-up 7:15-7:35 am, 2nd Warm-up 7:40-8:00 am, Start Time 8:05 am 11-12: 1st Warm-up 11:40 am-12:00 pm, 2nd Warm-up 12:05-12:25 pm, Start Time 12:30 pm 9-10: 1st Warm-up 3:45-4:05 pm, 2nd Warm-up 4:10-4:30 pm, 3rd Warm-up 4:35-4:55 pm, Start Time 5:00 pm</p> <p><b>Sunday, December 11, 2022</b> 13&amp;Over: 1st Warm-up 7:00-7:20 am, 2nd Warm-up 7:20-7:40 am, 3rd Warm-up 7:40-8:00 am, Start Time 8:05 am 11-12: 1st Warm-up 11:55 am-12:15 pm, 2nd Warm-up 12:20-12:40 pm, Start Time 12:45 pm 9-10: 1st Warm-up 3:30-3:50 pm, 2nd Warm-up 3:55-4:15 pm, Start Time 4:20 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, 13-14, and 15&amp;O sessions. Semi-automatic timing (buttons primary) will be used for 9-10 sessions and Friday's session.</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 Swimming 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>Athletes may enter a total of six (6) events and no more than three (3) per day.</li> <li>Deck entries will be accepted if swimmer is already entered in the meet. No new heats will be created.</li> <li>The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines and space availability.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>There will be positive check-in for all events 200 yds or longer utilizing a check in sheet organized by <b>team</b>. The check-in will be due at the start of the session.</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 25, 50, and 100 yard individual events will be pre-seeded.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Medal for 1st-8th, Ribbons for 9th-16th place for swimmers 12&amp;Under.</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> and also on Meet Mobile.</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.</li> </ul>



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GIRLS	EVENT	BOYS
1	8&U 100 Freestyle	2
3	8&U 50 Freestyle	4
5	8&U 25 Freestyle	6
7	MIXED 9-12 200 Backstroke	
9	8&U 50 Backstroke	10
11	8&U 25 Backstroke	12
13	MIXED 9-12 200 Breaststroke	
15	8&U 50 Breaststroke	16
17	8&U 25 Breaststroke	18
19	MIXED 9-12 200 Butterfly	
21	8&U 50 Butterfly	22
23	8&U 25 Butterfly	24
25	8&U 100 IM	26

Saturday, December 10 & Sunday, December 11, 2022

Saturday, December 10, 2022

GIRLS	EVENT	BOYS
27	13&Over 100 Butterfly	28
29	13&Over 50 Freestyle	30
31	13&Over 200 IM	32
33	13&Over 100 Backstroke	34
35	13&Over 200 Breaststroke	36

Sunday, December 11, 2022

GIRLS	EVENT	BOYS
69	13&Over 100 Freestyle	70
71	13&Over 200 Backstroke	72
73	13&Over 100 Breaststroke	74
75	13&Over 200 Freestyle	76
77	13&Over 200 Butterfly	78

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GIRLS	EVENT	BOYS
47	11-12 100 Butterfly	48
49	11-12 50 Freestyle	50
51	11-12 100 IM	52
53	11-12 100 Backstroke	54
55	11-12 50 Breaststroke	56
57	11-12 200 Freestyle	58

**Sunday, December 11, 2022**

GIRLS	EVENT	BOYS
89	11-12 100 Freestyle	90
91	11-12 50 Backstroke	92
93	11-12 100 Breaststroke	94
95	11-12 50 Butterfly	96
97	11-12 200 IM	98

GIRLS	EVENT	BOYS
59	9-10 100 Butterfly	60
61	9-10 50 Freestyle	62
63	9-10 100 IM	64
65	9-10 100 Backstroke	66
67	9-10 50 Breaststroke	68

GIRLS	EVENT	BOYS
99	9-10 100 Freestyle	100
101	9-10 50 Backstroke	102
103	9-10 100 Breaststroke	104
105	9-10 50 Butterfly	106