

MEET DIRECTOR

MAKO HOLIDAY INVITATIONAL

December 9-11, 2022 Sanction # PVC-23-36

MEET REFEREE



Heather Coulson Haddock heatherhaddock@makoswimming.net		John Kost MarlinsOfficials@gmail.com	Ed Byers makosofficials@gmail.com	
		(571) 226-7155	Officials Signup	
SANCTION	Held under to	he sanction of USA Swimming throu	gh Potomac Valley Swimming: PVC-23-36.	
	Swimming, N Complex sha	Mason Makos Swim Team, and The S	reed that USA Swimming, Potomac Valley St James: Sports, Wellness & Entertainment ny and all liabilities or claims for damages e conduct of this event.	
FACILITY		The St. James: Sports and Wellne		
		6805 Industrial Road Springfield, VA 22151 (703)-239-6870		
	-	it. James is a 50m x 25yd pool with a yards, running from bulkhead to wa	a moveable bulkhead. Competition will be held in II at the southern end of the pool.	
		• 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 & 9.		
	Water depth	• 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		Wednesday, November 23, 2022, 8:00 PM		
DEADLINE	Therefore, clubs	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.		
SCHEDULE	Friday, Decembe	·		
	12&U: 1st Warm	-up 4:30-4:50 pm, 2nd Warm-up 4:5	50-5:10 pm, Start Time 5:15 pm	
	Saturday, Decem	•		
		arm-up 7:15-7:35 am, 2nd Warm-up	•	
		•	-up 12:05-12:25 pm, Start Time 12:30 pm	
	7-10: 1st warm-t	ıp 3:45-4:05 pm, 2nd Warm-up 4:10	0-4:30 pm, 3rd Warm-up 4:35-4:55 pm, Start	
	Sunday, Decemb	er 11. 2022		
	7, = ==================================	··,	7:20-7:40 am, 3rd Warm-up 7:40-8:00 am, Start	
	11-12: 1st Warm		-up 12:20-12:40 pm, Start Time 12:45 pm	
		up 3:30-3:50 pm, 2nd Warm-up 3:55	sessions after entries are received.	
ELIGIBILITY		egistered Potomac Valley Swimmers		
	No swimmer	will be permitted to compete in the	e meet unless the swimmer is registered as an USA Swimming Rules and Regulations, Article	

DISABILITY SWIMMERS	• 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	Automatic timing (touchpads primary) will be used for 11-12, 13-14, and 15&O sessions. Semi- automatic timing (buttons primary) will be used for 9-10 sessions and Friday's session.
RULES	Current USA Swimming rules shall govern this meet.
	 All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
	No on-deck USA Swimming 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 may 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.
EVENT RULES	All events are timed finals.
	• Athletes may enter a total of six (6) events and no more than three (3) per day.
	Deck entries will be accepted if swimmer is already entered in the meet. No new heats will be created.
	• The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines and space availability.
POSITIVE CHECK IN	There will be positive check-in for all events 200 yds or longer utilizing a check in sheet organized
WA DDA :::	by team . The check-in will be due at the start of the session.
WARM-UP	The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director The prescribed PVS warm-up procedures are prescribed by the procedure was prescribed by the prescribed PVS warm-up procedures and prescribed by the procedure was prescribed by the prescribed PVS warm-up procedures and prescribed by the presc
SUPERVISION	may determine the structure of warm-up, including times/lane assignments.
SEEDING	 Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. All 25, 50, and 100 yard individual events will be pre-seeded.
AWARDS	 All 25, 50, and 100 yard individual events will be pre-seeded. Medal for 1st-8th, Ribbons for 9th-16th place for swimmers 12&Under.
PROGRAMS	Meet programs will be available on the MAKO website the evening before the meet at
	www.makoswimming.net and also on Meet Mobile.
CREDENTIALS	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.

SPECTATOR ENTRY	There will be no spectator entry fee.
FEE	• Teams will be placed in the bleacher area based on number of participants. Spectators may have very limited space in the bleachers.
OFFICIALS	• Each participating club is requested to provide at least one table worker or official (Referee, Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes.
	 Officials interested in volunteering should complete the <u>Officials Signup</u> or contact Ed Byers, <u>makosofficials@gmail.com</u>
	Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	Two (2) timers will be used per lane.
	 Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
	Timer signup will be available on the MAKO website, <u>www.makoswimming.net</u> .
ENTRY PROCEDURES	 Entries should be submitted by email to the Meet Director. Heather Coulson Haddock heatherhaddock@makoswimming.net.
	• Include in the subject of the email, "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	Per Swimmer Surcharge: \$12 Individual Event Fee: \$12 Deck Entries: \$20
	Make checks payable to HLR, LLC, and mail to: PO Box 168 Clifton, VA 20124
	Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.
	• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

MAKO HOLIDAY INVITATIONAL

December 9-11, 2022

Friday, December 9, 2022

12&U: 1st Warm-up 4:30-4:50 pm, 2nd Warm-up 4:50-5:10 pm, Start Time 5:15 pm

Saturday, December 10, 2022

13&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

Sunday, December 11, 2022

13&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

Friday, December 9, 2022

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

MAKO HOLIDAY INVITATIONAL

December 9-11, 2022

Saturday, December 10, 2022

13&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

Sunday, December 11, 2022

13&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

Saturday, December 10, 2022

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