



MAKO HOLIDAY INVITATIONAL

December 1-3, 2023

Sanction # PVC-24-34



MEET DIRECTOR Heather Coulson Haddock heatherhaddock@makoswimming.net	MEET REFEREE John Kost makomeetref@gmail.com	CLUB OFFICIALS CHAIR Ed Byers makosofficials@gmail.com Online:
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-24-34. 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 & 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. 																																
FACILITY	<p style="text-align: center;">The St. James: Sports and Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 703-239-6870</p> <ul style="list-style-type: none"> 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. A minimum of 12 lanes will be used for warm-up. There will be 2 lanes available for continuous warm-up/cool down for all sessions during the meet, with the exception of Session 3, where there are no lanes for after the assigned warm-up for continuous warm-up/down during that particular session. 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 DEADLINE	<p style="text-align: center;">Monday, November 20, 2023, 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. Entries will be accepted first come first serve.</p>																																
SCHEDULE	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Session</th> <th style="text-align: left;">Warmup 1</th> <th style="text-align: left;">Warmup 2</th> <th style="text-align: left;">Start Session</th> </tr> </thead> <tbody> <tr> <td>Friday 12&U</td> <td>4:30-4:50 pm</td> <td>4:50-5:10 pm</td> <td>5:15 pm</td> </tr> <tr> <td>Saturday 13&O</td> <td>7:20-7:45 am</td> <td>7:45-8:10 am</td> <td>8:15 am</td> </tr> <tr> <td>Saturday 11-12</td> <td>11:50 am-12:10 pm</td> <td>12:10-12:30 pm</td> <td>12:35 pm</td> </tr> <tr> <td>Saturday 9-10</td> <td>3:45-4:05 pm</td> <td>4:05-4:25 pm</td> <td>4:30 pm</td> </tr> <tr> <td>Sunday 13&O</td> <td>7:20-7:45 am</td> <td>7:45-8:10 am</td> <td>8:15 am</td> </tr> <tr> <td>Sunday 11-12</td> <td>11:40 am-12:05 pm</td> <td>12:05-12:25 pm</td> <td>12:30 pm</td> </tr> <tr> <td>Sunday 9-10</td> <td>3:25-3:45 pm</td> <td>3:45-4:05 pm</td> <td>4:10 pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Session	Warmup 1	Warmup 2	Start Session	Friday 12&U	4:30-4:50 pm	4:50-5:10 pm	5:15 pm	Saturday 13&O	7:20-7:45 am	7:45-8:10 am	8:15 am	Saturday 11-12	11:50 am-12:10 pm	12:10-12:30 pm	12:35 pm	Saturday 9-10	3:45-4:05 pm	4:05-4:25 pm	4:30 pm	Sunday 13&O	7:20-7:45 am	7:45-8:10 am	8:15 am	Sunday 11-12	11:40 am-12:05 pm	12:05-12:25 pm	12:30 pm	Sunday 9-10	3:25-3:45 pm	3:45-4:05 pm	4:10 pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers. 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. 																																
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 for all sessions.
RULES	<ul style="list-style-type: none"> 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 without the use of the backstroke ledge. 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 be used for all events, with the exception of the 25's. 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	<ul style="list-style-type: none"> All events are timed finals. Athletes may enter a total of six (6) events and no more than three (3) per day, with the exception of Session 1 (12&Under) (4 event limit). Deck entries will be accepted if swimmer is already entered in the meet. No new heats will be created
POSITIVE CHECK IN	<ul style="list-style-type: none"> There will be positive check-in for all events 200 yds for session 1 utilizing a check in sheet organized by team. The check-in will be due at the start of the session. For sessions 2 through 7 (Saturday and Sunday) all events will be positive check-in except for the first event (both genders) of the session. We will utilize a check in sheet organized by Team. The check-in will be due at the end of the (last) warmup for each session.
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
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"> For session 1 (Fri, 12&U), all events will be pre-seeded with exception of events 7, 13 and 19 (200yd events). For session 2 through 7 only the first event will be pre-seeded. All other events for these sessions will be using positive check ins.
AWARDS	<ul style="list-style-type: none"> Medal for 1st-8th, Ribbons for 9th-16th place for swimmers 12&Under. Heat winners will receive a holiday rubber duck.
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

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December 1-3, 2023

Friday, December 1, 2023

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

Friday, December 1, 2023

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	MIXED 8&U 100 IM	

MAKO HOLIDAY INVITATIONAL

Saturday, December 2, 2023

Session	Warmup 1	Warmup 2	Start Session
Saturday 13&O	7:20-7:45 am	7:45-8:10 am	8:15 am
Saturday 11-12	11:50 am-12:10 pm	12:10-12:30 pm	12:35 pm
Saturday 9-10	3:45-4:05 pm	4:05-4:25 pm	4:30 pm

Sunday, December 3, 2023

Session	Warmup 1	Warmup 2	Start Session
Sunday 13&O	7:20-7:45 am	7:45-8:10 am	8:15 am
Sunday 11-12	11:40 am-12:05 pm	12:05-12:25 pm	12:30 pm
Sunday 9-10	3:25-3:45 pm	3:45-4:05 pm	4:10 pm

Saturday, December 2, 2023

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 3, 2023

GIRLS	EVENT	BOYS
59	13&Over 100 Breaststroke	60
61	13&Over 200 Backstroke	62
63	13&Over 100 Freestyle	64
65	13&Over 200 Freestyle	66
67	13&Over 200 Butterfly	68

GIRLS	EVENT	BOYS
37	11-12 100 Butterfly	38
39	11-12 50 Freestyle	40
41	11-12 100 IM	42
43	11-12 100 Backstroke	44
45	11-12 50 Breaststroke	46
47	11-12 MIXED 200 Freestyle	

GIRLS	EVENT	BOYS
69	11-12 100 Breaststroke	70
71	11-12 50 Backstroke	72
73	11-12 100 Freestyle	74
75	11-12 50 Butterfly	76
77	11-12 MIXED 200 IM	

GIRLS	EVENT	BOYS
49	9-10 100 Butterfly	50
51	9-10 50 Freestyle	52
53	9-10 100 IM	54
55	9-10 100 Backstroke	56
	9-10 50 Breaststroke	58

GIRLS	EVENT	BOYS
79	9-10 100 Breaststroke	80
81	9-10 50 Backstroke	82
83	9-10 100 Freestyle	84
85	9-10 50 Butterfly	86