



# MAKO QUALIFIER

February 3-4, 2024

Sanction # PVI-24-56



<b>MEET DIRECTOR</b> Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>	<b>MEET REFEREE</b> Jan van Nimwegen <a href="mailto:makomeetref@gmail.com">makomeetref@gmail.com</a>	<b>CLUB OFFICIALS CHAIR</b> Ed Byers <a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a> <a href="#">Officials Signup</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-24-56</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mason Makos Swim Team, and George Mason Aquatics &amp; Fitness 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><a href="#"><u>George Mason University Aquatic and Fitness Center</u></a> 4520 Patriot Circle Fairfax, VA 22030 (703) 993-3939</p> <ul style="list-style-type: none"> <li>The pool at George Mason University is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 9 lanes, 25 yards, running from the bleachers to the opposite wall.</li> <li>19 lanes will be used for warm-up. There will be at least 4 continuous warm-up/cool down during all sessions.</li> <li>The Meet Director may add breaks for warm-ups during the meet time permitted.</li> <li>Water depth of 7' at the starting end and 9' at the turning end of the competition course.</li> <li>The meet host will ensure the required course dimensions.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Tuesday, January 16, 2024, 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.</p>
<b>SCHEDULE</b>	<p><b>MEET INFORMATION: UPDATED WARM-UP &amp; START TIMES AS OF 1.30.24</b></p> <p><b>Saturday, February 3, 2024</b>  11-12 Warm-up 8:45-9:05 am (ALL TEAMS) Start 9:10 am  10&amp;U 1st Warm-up 10:45-11:05 am (MAKO &amp; ASTS); 2nd Warm-up 11:05-11:25 am (APEX, ERSC, LIFE, NCAP, PWSC, UNAT &amp; VLAC), Start 11:30 am  13&amp;O 1st Warm-up 1:05-1:30 pm (MAKO &amp; NCAP); 2nd Warm-up 1:30-1:55 pm (ASTS, APEX, ERSC, HEAL, LIFE, PWSC, UNAT &amp; VLAC), Start 2:00 pm</p> <p><b>Sunday, February 4, 2024</b>  11-12 Warm-up 8:10-8:30 am (ALL TEAMS) Start 8:35 am  10&amp;U 1st Warm-up 10:00-10:20 am (MAKO &amp; LIFE); 2nd Warm-up 10:20-10:40 am (APEX, ASTS, ERSC, NCAP, PWSC, UNAT &amp; VLAC), Start 10:50 am  13&amp;O 1st Warm-up 12:20-12:45 pm (MAKO &amp; NCAP); 2nd Warm-up 12:45-1:10 pm (ASTS, APEX, ERSC, HEAL, LIFE, PWSC, UNAT &amp; VLAC), Start 1:15 pm</p>

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<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 all sessions.</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 without the use of a 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.</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>• <b>Entries with NO TIME (NT) will not be accepted.</b></li> <li>• All events are seeded as MIXED gender and are timed finals.</li> <li>• Seed times are short course yards. Athletes may enter a total of eight (8) events and no more than four (4) per day.</li> <li>• <b>Swimmers in the 400 IM and 500 Freestyle are required to provide their own timer. If desired, swimmers need to provide their own counter for 500 Freestyle.</b></li> </ul>																		

	<ul style="list-style-type: none"> <li>• Entries in the 500 Freestyle and 400 IM may be limited to 4 heats each (split equally between female and male swimmers). If necessary, this will be done based on verifiable proof of time. Any swimmer removed from these events due to time constraints will be provided the opportunity to enter another event, provided it does not create a new heat and does not violate any applicable entry limits.</li> <li>• Deck entries will only be accepted for swimmers already in the meet and will be accepted in empty lanes only. 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, space availability.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• The first event in each session will be pre-seeded. All other events <b>may</b> be positive check-in, utilizing a check-in sheet organized <b>by team</b>. The check-in will be due 10 minutes prior to the start of each session. Prior to the meet, coaches of participating teams will be informed what events will use positive check-in.</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 will 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 for cleaning up their team areas.</li> </ul>
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• Only the first event each session will be pre-seeded. Other events will be seeded as described above.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• No Awards</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 on Meet Mobile. After seeding, meet programs will be available on Meet Mobile.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• 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>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>• No fees for spectators.</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 Ed Byers, <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 warm-ups. A comprehensive officials' briefing will precede each session during warm-ups.</li> <li>• Walk-on officials can be accommodated.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• Two (2) timers per lane.</li> <li>• Participating clubs are requested to provide timers in proportion to their entries for that session.</li> <li>• Timer signup will be available on the MAKO website, <a href="http://www.makoswimming.net">www.makoswimming.net</a>.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director. Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>.</li> <li>• Include in the subject of the email, "MAKO QUALIFIER - ***" 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.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> </ul>

	<ul style="list-style-type: none"> <li>• Entries by phone or fax will not be accepted.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>ENTRY FEES</b>	<p>Per Swimmer Surcharge: \$12 Facility Surcharge per team: \$20</p> <p>Individual Event Fee: \$12 Deck Entries: \$20 (cash or check only)</p> <p>Make checks payable to <b>HLR, LLC</b>, and mail to: <b>PO Box 168</b> <b>Clifton, VA 20124</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>

## MAKO QUALIFIER

### Saturday, February 3, 2024

#	EVENT
1	MIXED 11-12 100 Freestyle
2	MIXED 11-12 50 Butterfly
3	MIXED 11-12 200 IM
4	MIXED 11-12 50 Breaststroke
5	MIXED 11-12 200 Butterfly
6	MIXED 11-12 100 Backstroke
7	MIXED 11-12 200 Freestyle
8	MIXED 11-12 400 IM (*)

### Sunday, February 4, 2024

#	EVENT
22	MIXED 11-12 100 IM
23	MIXED 11-12 100 Breaststroke
24	MIXED 11-12 50 Freestyle
25	MIXED 11-12 200 Backstroke
26	MIXED 11-12 100 Butterfly
27	MIXED 11-12 50 Backstroke
28	MIXED 11-12 200 Breaststroke
29	MIXED 11-12 500 Freestyle (*)

#	EVENT
9	MIXED 10&U 100 Freestyle
10	MIXED 10&U 50 Butterfly
11	MIXED 9-10 200 IM
12	MIXED 10&U 50 Breaststroke
13	MIXED 9-10 200 Butterfly
14	MIXED 10&U 100 Backstroke
15	MIXED 9-10 200 Freestyle

#	EVENT
30	MIXED 10&U 100 IM
31	MIXED 9-10 100 Breaststroke
32	MIXED 10&U 50 Freestyle
33	MIXED 9-10 200 Backstroke
34	MIXED 9-10 100 Butterfly
35	MIXED 10&U 50 Backstroke
36	MIXED 9-10 200 Breaststroke
37	MIXED 9-10 500 Freestyle (*)

#	EVENT
16	MIXED 13&O 50 Freestyle
17	MIXED 13&O 100 Butterfly
18	MIXED 13&O 200 Backstroke
19	MIXED 13&O 200 Freestyle
20	MIXED 13&O 100 Breaststroke
21	MIXED 13&O 400 IM (*)

#	EVENT
38	MIXED 13&O 100 Backstroke
39	MIXED 13&O 200 IM
40	MIXED 13&O 200 Breaststroke
41	MIXED 13&O 100 Freestyle
42	MIXED 13&O 200 Butterfly
43	MIXED 13&O 500 Freestyle (*)

Note: (\*) indicates limitation to 4 heats in the session, and swimmers need to provide their own timer.