



# MAKO GOBBLE GOBBLE INVITATIONAL

November 9-10, 2024

Sanction # PVI-25-24



<b>MEET DIRECTOR</b> Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>	<b>MEET REFEREE</b> John Kost <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>
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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-25-24</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;">The St. James: Sports, Wellness &amp; Entertainment Complex 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. <ul style="list-style-type: none"> <li>A minimum of 12 lanes will be used for general warm-up. There will be 3 lanes available for continuous warm-up/cool down for all sessions during the meet.</li> <li>Water depth of 7'4" at the starting end and 4' at the turning end of the competition course.</li> <li>The meet hosts shall ensure the required course dimensions.</li> </ul> </li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Tuesday, October 29, 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 style="text-align: center;"><b>Saturday, November 9, 2024</b></p> <p style="text-align: center;"><b>Session 1: 12 &amp; U and 13 &amp; O: Warm up: 8:30 am</b></p> <p style="text-align: center;">Session 1: 12&amp;U Warm-up: 8:30-8:55 am, Start Time 9:00 am</p> <p style="text-align: center;">Session 2: 13&amp;Over Warm-up: 11:45 am-12:10 pm Start Time 12:15pm</p> <p style="text-align: center;"><b>Sunday, November 10, 2024</b></p> <p style="text-align: center;"><b>Session 2: 12&amp;U and 13&amp;O: Warm up at 8:30am</b></p> <p style="text-align: center;">Session 1: 12&amp;U Warm-up: 8:30-8:55 am, Start Time 9:00 am</p> <p style="text-align: center;">Session 2: 13&amp;Over Warm-up: 11:45 am-12:10 pm Start Time 12:15pm</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 2024-2025 registered USA Swimming athletes.</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-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 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.</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 will 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>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>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• Athletes may enter a total of 6 events and no more than 3 per day.</li> <li>• Swimmers in the 500 Freestyle are required to provide their own timer and counter (if desired).</li> <li>• Entries in the 500 Freestyle and 400 IM may be limited due to time constraints. If necessary, this will be done based on verifiable proof of time. Any swimmer removed from an event due to time constraints will be provided the opportunity to enter another event, as long as it does not create a new heat and does not violate any applicable entry limits.</li> <li>• Deck entries will be accepted. Entries will be accepted in empty lanes only. No new heats will be created. The athlete's member card must be shown to the meet referee for entry.</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>Positive Check In for all events 200 or longer will be used and will close 10 minutes before the start of each session. All other 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 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>SEEDING</b>	<ul style="list-style-type: none"> <li>Positive Check In for all events 200 or longer. All other events will be pre-seeded. Deck entries will be accepted with proof of USA Swimming membership. No new heats will be added.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>Events will not be scored</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Ribbons will be given to Top 16 places in all 9-10, 11-12 and 12&amp;U events.</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>. Coaches should print their own copy and bring it to the meet, as we will have limited copies available.</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>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>None</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 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. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials' briefing will precede each session during warm-ups.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</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 GOBBLE GOBBLE 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.</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> <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</li> </ul>

	by PVS and no further entries will be accepted from that club until the said fine is paid.
<b>ENTRY FEES</b>	<p>Per Swimmer Surcharge: \$12                      Deck Entries: \$20 per event  Individual event fee: \$12</p> <ul style="list-style-type: none"> <li>• Make checks payable <b>HLR, LLC</b>. Checks may be mailed to:  <b>PO Box 168</b>  <b>Clifton, VA 20124</b></li> <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 GOBBLE GOBBLE INVITATIONAL

**Saturday, November 9 and Sunday, November 10, 2024**

Sessions 1 and 3: 12&Under Warm-up: 8:30-8:55 am, Start Time 9:00 am

Session 2 and 4: 13&Over Warm-up: 11:45 am-12:10 pm, Start Time 12:15pm

## Saturday, November 9, 2024

	12&Under	
GIRLS	EVENT	BOYS
1	10&U 50 Butterfly	2
3	11-12 50 Butterfly	4
5	10&U 100 Freestyle	6
7	11-12 100 Freestyle	8
9	10&U 50 Breaststroke	10
11	11-12 50 Breaststroke	12
13	9-10 100 Backstroke	14
15	11-12 100 Backstroke	16
17	9-12 200 IM	18

## Sunday, November 10, 2024

	12&Under	
GIRLS	EVENT	BOYS
31	10&U 100 IM	32
33	11-12 100 IM	34
35	10&U 50 Freestyle	36
37	11-12 50 Freestyle	38
39	10&U 50 Backstroke	40
41	11-12 50 Backstroke	42
43	9-10 100 Butterfly	44
45	9-10 100 Breaststroke	46
47	9-12 200 Free	48

	13&Over	
GIRLS	EVENT	BOYS
19	13&O 100 Butterfly	20
21	13&O 50 Freestyle	22
23	13&O 200 Backstroke	24
25	13&O 200 Freestyle	26
27	13&O 100 Breaststroke	28
29	13&O 400 IM	30

	13&Over	
GIRLS	EVENT	BOYS
49	13&O 100 Backstroke	50
51	13&O 200 IM	52
53	13&O 100 Freestyle	54
55	13&O 200 Breaststroke	56
57	13&O 200 Butterfly	58
59	13&O 500 Freestyle	60