



MAKO SPRINT SPECTACULAR

Saturday, April 26, 2025

Sanction # PVC-25-92



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Heather Coulson Haddock heatherhaddock@makoswimming.net	John Kost makomeetref@gmail.com	Ed Byers makosofficials@gmail.com Officials Signup

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-25-92. 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, 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 8-10 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. 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;">Thursday, April 10, 2025 @ 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	<p style="text-align: center;">Saturday, April 26, 2025</p> <p style="text-align: center;">Warm-Up: 8:30-8:55 am Start Time 9:00 am</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
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.
SWIMMERS WITH A DISABILITY	<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 written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications prior to competition.

TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used.
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. 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	<ul style="list-style-type: none"> • All events are timed finals. • Athletes may enter a total of eight (8) events: four (4) individual and four (4) relay events. • Deck entries will be accepted with proof of USA membership. 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	<ul style="list-style-type: none"> • All events will be pre-seeded.
WARM-UP	<ul style="list-style-type: none"> • 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.
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"> • All events including relays will be pre-seeded.
AWARDS	<ul style="list-style-type: none"> • No awards will be given.
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 and also on Meet Mobile.
CREDENTIALS	<ul style="list-style-type: none"> • <u>Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck.</u> 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 FEE	<ul style="list-style-type: none"> • Spectators are welcome, and there will be no spectator entry fee. • Teams will be placed in the bleacher area based on number of participants if needed, and spectators may have very limited space in the bleachers.
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.
OFFICIALS	<ul style="list-style-type: none"> • 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.

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Warm-Up: 8:30-8:55am

Start Time 9:00 am

MIXED	EVENT
1	8&U MIXED 100 Freestyle Relay
2	9-10 MIXED 100 Freestyle Relay
3	11-12 MIXED 100 Freestyle Relay
4	13-14 MIXED 100 Freestyle Relay
5	15&O MIXED 100 Freestyle Relay
6	OPEN MIXED 25 Free
7	OPEN MIXED 25 Back
8	OPEN MIXED 25 Breast
9	OPEN MIXED 25 Fly
10	OPEN MIXED 50 Free
11	OPEN MIXED 50 Back
12	OPEN MIXED 50 Breast
13	OPEN MIXED 50 Fly
14	OPEN MIXED 100 IM
15	OPEN MIXED 100 Free
16	OPEN MIXED 100 Back
17	9&O MIXED 100 Breast
18	9&O MIXED 100 Fly
19	8&U MIXED 100 Medley Relay
20	9-10 MIXED 100 Medley Relay
21	11-12 MIXED 100 Medley Relay
22	13-14 MIXED 100 Medley Relay
23	15&O MIXED 100 Medley Relay