

# **MAKO POLAR PLUNGE**

January 10-11, 2026





MEE	T DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR	
Heather Coulson Haddock		Jan van Nimwegen	Ed Byers	
heatherhaddock@makoswimming.net		makomeetref@gmail.com	makosofficials@gmail.com	
			Officials Signup TBD	
SANCTION	Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-26-54.			
	In granting this sales	anction it is understood and agreed that USA	A Swimming, Potomac Valley	
	Swimming, Mason Makos Swim Team, and George Mason Aquatics & Fitness Center shall be held			
	free and harmless from any and all liabilities or claims for damages arising by reason of injuries to			
FACILITY	anyone during th	anyone during the conduct of this event.  GMU Aquatics & Fitness Center		
171012111	4400 University Blvd			
		Fairfax, VA		
		703-993-3939		
	The pool at Geor	ge Mason University is a 50m x 25yd pool w	ith two moveable bulkheads.	
	Competition will	be held in 10 lanes, 25 yards, running from	the bleachers towards the opposite wall.	
	• 19 lanes will be ι	ised for warm-up. 4 lanes will be available fo	or continuous warm-up/cool down all	
	sessions.	·		
	The Meet Director	or may add breaks for warm-ups during the	meet, time permitted.	
	Water depth of 7' at the starting end and 9' at the turning end of the competition course.			
	The meet hosts v	The meet hosts will ensure the required course dimensions.		
ENTRY	Tuesday, December 23, 2025, 8:00 PM			
DEADLINE	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.			
SCHEDULE	Club for this informat	Saturday, January 10, 2026		
		Session 1: 13&O Warm-up: 8:15-8:40 am, Start Time 8:45 am		
	9	Session 2: 10&U Warm-up: 12:00-12:20 pm,	Start Time 12:30 pm	
		Session 3: 11-12 Warm-up: 3:00-3:25 pm,	Start Time 3:30 pm	
		Sunday, January 11, 2026		
		Session 4: 11-12 Warm-up: 8:15-8:40 am,	Start Time 8:45 am	
		Session 5: 10&U Warm-up: 12:00-12:20 pm	, Start Time 12:30 pm	
		Session 6: 13&O Warm-up: 3:00-3:25 pm,	Start Time 3:30 pm	
	•	Meet Director reserves the right to adjust times/sessions after entries are received.		
ELIGIBILITY	·	registered swimmers.		
		be permitted to compete in the meet unles	<del>-</del>	
SWIMMERS		Swimming as provided in USA Swimming Rui bs along with their meet directors are comm		
WITH A		Athletes with a disability are welcomed and		
DISABILITY		odations to the Meet Director. The athlete (		
	, -	sion referee of any disability prior to compe		
	Athletes requirin	g special accommodation are asked to comp	plete the form below.	

	NECESSARY ACCOMMODATIONS FORM	
TIMING SYSTEM	<ul> <li>Automatic timing (touchpads primary) will be used for all sessions, except for the 25yd events, where semi-automatic timing (buttons primary) will be used if no touch pads are available for the finish end of the event.</li> </ul>	
RULES	Current USA Swimming rules shall govern this meet.	
	<ul> <li>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.</li> </ul>	
	No on-deck USA Swimming registration is permitted.	
	<ul> <li>In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, restrooms, or locker rooms.</li> <li>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> </ul>	
	Deck changes are prohibited.	
	<ul> <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 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> </ul>	
	<ul> <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> </ul>	
	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	All events are seeded as MIXED gender and are timed finals.	
RULES	<ul> <li>Seed times are short course yards. Athletes may enter a total of 8 events and no more than 4 per day. For this meet, NT entries are allowed. Coaches times will be accepted.</li> </ul>	
	<ul> <li>Deck entries will be accepted with proof of current USA-S membership in empty lanes only. No new heats will be created.</li> </ul>	
	• The 400 IM and 500 Free will be limited to 4 heats per event, with an equal number of boys and girls.	
	Swimmers in the 500 Freestyle need to provide their own timer.	
	<ul> <li>The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines and space availability as set forth above.</li> </ul>	
POSITIVE	• There will be positive check-in for events 200 yards and longer, utilizing a check in sheet organized by	
CHECK IN WARM-UP	team. The check-in sheets are due at the start of each session.  The proscribed RVS warm up procedures and safety policies will be followed. The Most Director will be followed.	
VVAINIVI-UF	<ul> <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>	
MEDICAL	<ul> <li>Medical assistance will be provided by the facility staff. If you require medical assistance, please</li> </ul>	
ASSISTANCE	notify a facility lifeguard or a member of the meet staff.	
SUPERVISION	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.	
SEEDING	All events will be pre-seeded except for events 200 yards and longer.	
AWARDS	Heat Winners will receive a prize.	
PROGRAMS	<ul> <li>Meet programs will be available on the MAKO website the evening before the meet at www.makoswimming.net.</li> </ul>	

CREDENTIALS	Parents not working the meet as a deck official, volunteer timer or other position are not permitted	
	on deck but can sit in the spectator area.	
	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.	
PUBLICATION OF	By entering this meet, participants (and their parents or guardians, if applicable) acknowledge and	
RESULTS	consent to the posting of official meet results on the Potomac Valley Swimming (PVS) website.	
	Athlete birthdates will not be included in any posted results. Meet results may be accessed by	
	third-party organizations or applications that use publicly available swimming data for purposes	
605654560	such as rankings, recruitment, or goal tracking	
SPECTATOR ENTRY FEE	• None	
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 Officials Signup or contact Ed Byers,	
	makosofficials@gmail.com	
	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 meet referee upon	
	arrival to make their services available.	
T10.45DC	A mandatory, comprehensive officials' briefing will precede each session during warm-ups.	
TIMERS	Two (2) timers 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	Entries should be submitted by email to the Meet Director. Heather Coulson Haddock	
PROCEDURES	heatherhaddock@makoswimming.net.	
	• Include in the subject of the email, "MAKO POLAR PLUNGE - ***" 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.	
	<ul> <li>In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> </ul>	
	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 (cash or check only)	
	Make checks payable to <b>HLR, LLC,</b> 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.	
	<ul> <li>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at</li> </ul>	
	the conclusion of the meet.	

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# Saturday, January 10, 2026

## Session 1

	EVENT	
1	Mixed 13&O 100 Butterfly	
2	Mixed 13&O 200 IM	
3	Mixed 13&O 100 Freestyle	
4	Mixed 13&O 200 Backstroke	
5	Mixed 13&O 100 Breaststroke	
6	Mixed 13&O 500 Freestyle (*)	

## Session 2

		EVENT
7	Mixed 9-10	100 IM
8	Mixed 10&U	50 Free
9	Mixed 10&U	50 Backstroke
10	Mixed 9-10	100 Freestyle
11	Mixed 10&U	50 Butterfly
12	Mixed 9-10	100 Breaststroke
13	Mixed 9-10	200 Freestyle

#### **Session 3**

	EVENT	
14	Mixed 11-12 50 Butterfly	
15	Mixed 11-12 100 Backstroke	
16	Mixed 11-12 100 Freestyle	
17	Mixed 11-12 50 Breaststroke	
18	Mixed 11-12 200 IM	
19	Mixed 11-12 500 Freestyle (*)	
	(*)bring your own timer/counter	

# Sunday, January 11, 2026

## **Session 4**

	EVENT
20	Mixed 11-12 100 IM
21	Mixed 11-12 50 Freestyle
22	Mixed 11-12 100 Butterfly
23	Mixed 11-12 50 Backstroke
24	Mixed 11-12 100 Breaststroke
25	Mixed 11-12 200 Freestyle

## **Session 5**

	EVENT
26	Mixed <b>8&amp;U</b> 25 Freestyle
27	Mixed 9-10 100 Backstroke
28	Mixed <b>8&amp;U</b> 25 Backstroke
29	Mixed 10&U 50 Breaststroke
30	Mixed <b>8&amp;U</b> 25 Butterfly
31	Mixed 9-10 100 Butterfly
32	Mixed <b>8&amp;U</b> 25 Breaststroke
33	Mixed 9-10 200 IM

#### Session 6

	EVENT
34	Mixed 13&O 100 Backstroke
35	Mixed 13&O 200 Freestyle
36	Mixed 13&O 50 Butterfly
37	Mixed 13&O 200 Breaststroke
38	Mixed 13&O 50 Freestyle
39	Mixed 13&O 200 Butterfly
40	Mixed 13&O 50 Backstroke
41	Mixed 13&O 400 IM
42	Mixed 13&O 50 Breaststroke