



# MAKO FALL INVITATIONAL

September 28-29, 2024

Sanction # PVI-25-04

And VSI # VS-25-12DS



|                                                                                                                                   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |                                                                                                            |  |
|-----------------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------|--|
| MEET DIRECTORS<br>Heather Coulson Haddock<br><a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a> |  | MEET REFEREE<br>John Kost<br><a href="mailto:makomeetref@gmail.com">makomeetref@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  | CLUB OFFICIALS CHAIR<br>Ed Byers<br><a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a> |  |
| SANCTION                                                                                                                          |  | <ul style="list-style-type: none"><li>Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-25-04 and Virginia Swimming, Inc.: VS-25-12DS.</li><li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Mason Makos Swim Team, and George Mason Freedom 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>                                                                                                                                                                                                          |  |                                                                                                            |  |
| FACILITY                                                                                                                          |  | <p><u>George Mason Freedom Center</u><br/>9100 Freedom Center Blvd<br/>Manassas, VA 20110<br/>(703) 993-8444</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 10 lanes, 25 yards, running from starting end to bulkhead.</li><li>14 lanes will be used for warm-up. At least 4 lanes will be available for 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 6.5’-13’ at both the starting and turning ends of the competition course.</li><li>The meet hosts will ensure the required course dimensions.</li></ul> |  |                                                                                                            |  |
| ENTRY DEADLINE                                                                                                                    |  | <p>Tuesday, Sept 17, 2024, 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.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |                                                                                                            |  |
| SCHEDULE                                                                                                                          |  | <p>Saturday, Sept 28, 2024</p> <p>11-12: Warm-up 8:15-8:35 am, Start Time 8:45 am</p> <p>9-10: Warm-up 11:35 am-11:55 am, Start Time 12:05 pm</p> <p>13&amp; Over: Warm-up 2:20-2:45 pm, Start Time 2:50 pm</p> <p>Sunday, Sept 29, 2024</p> <p>11-12: Warm-up 8:15-8:35 am, Start Time 8:45 am</p> <p>10&amp;U: Warm-up 10:55-11:15 am, Start Time 11:25 pm</p> <p>13&amp; Over: Warm-up 3:10-3:35 pm, Start Time 3:40 pm</p> <ul style="list-style-type: none"><li>Meet Director reserves the right to adjust times/sessions after entries are received.</li></ul>                                                                                                                                                                        |  |                                                                                                            |  |
| ELIGIBILITY                                                                                                                       |  | <ul style="list-style-type: none"><li>Open to all registered USA swimming members.</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 USA Swimming Rules and Regulations, Article 302.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                              |  |                                                                                                            |  |

|                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DISABILITY SWIMMERS | <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| TIMING SYSTEM       | <ul style="list-style-type: none"> <li>Automatic (touchpads primary) will be used for all events greater than 25 yards. Manual timing (watches) will be used for the 25-yard events.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| RULES               | <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 USA Swimming Rules and Regulations, 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 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> |
| EVENT RULES         | <ul style="list-style-type: none"> <li>All events are timed finals.</li> <li>Athletes may enter a total of six (6) events, no more than three (3) per day, EXCEPT for 8&amp;U and they may swim all 4-25's on Sunday.</li> <li>Deck entries will be accepted in empty lanes with proof of USA Swimming membership for \$20 per event (and the per swimmer surcharge if not yet registered for the meet). 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, and space availability.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| POSITIVE CHECK IN   | <ul style="list-style-type: none"> <li>Positive Check-In for all events 200 or longer. All 25, 50 and 100 events will be pre-seeded.</li> <li>Positive Check-in for all 200's will close 10 min prior to the start of each session on Saturday and Sunday.</li> <li>Athletes who check into a positive Check-In event, have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| WARM-UP             | <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| MEDICAL ASSISTANCE  | <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

|                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SUPERVISION         | <ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</li> <li>Due to the limited pool deck space, only officials, USA swimming registered coaches and swimmers will be permitted on the pool deck. No chairs are allowed on deck.</li> <li><b>NO FOOD ALLOWED ON DECK.</b> Swimmers may either eat in the concession room upstairs next to the lobby, or downstairs in a designated room, which is located next to the stairwell on the first floor, and signs will be posted on the wall to direct swimmers. Coaches and Officials will also need to abide by this policy and will use the hospitality room to eat all snacks/meals.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| SEEDING             | <ul style="list-style-type: none"> <li>Positive Check In for all events 200 or longer. All 25, 50 and 100 events will be pre-seeded.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| SCORING             | <ul style="list-style-type: none"> <li>Events will not be scored.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| AWARDS              | <ul style="list-style-type: none"> <li>Top 16 places will receive ribbons in each event for 12&amp;Under Sessions.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| PROGRAMS            | <ul style="list-style-type: none"> <li>The meet will be posted on Meet Mobile. 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>.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| CREDENTIALS         | <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| SPECTATOR ENTRY FEE | <ul style="list-style-type: none"> <li>None</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| OFFICIALS           | <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 Officials Signup on the MAKOs webpage for the meet or contact <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| TIMERS              | <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| ENTRY PROCEDURES    | <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 FALL 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 by PVS and no further entries will be accepted from that club until the said fine is paid.</li> </ul> |

|            |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                       |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| ENTRY FEES | Per Swimmer Surcharge: \$12.00                                                                                                                                                                                                                                                                                                                                                                                                                       | Deck Entries: \$20.00 |
|            | Individual event fee: \$12.00                                                                                                                                                                                                                                                                                                                                                                                                                        |                       |
|            | <ul style="list-style-type: none"><li>• Make checks payable HLR, LLC. Checks may be mailed to:<br/>PO Box 168<br/>Clifton, VA 20124</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 FALL INVITATIONAL

September 28-29, 2024

**Saturday, September 28**

**11-12**

## **SESSION 1**

**Warm-up 8:15-8:35 am, Start Time 8:45 am**

| GIRLS | EVENT                 | BOYS |
|-------|-----------------------|------|
| 1     | 11-12 100 Butterfly   | 2    |
| 3     | 11-12 50 Freestyle    | 4    |
| 5     | 11-12 100 IM          | 6    |
| 7     | 11-12 100 Backstroke  | 8    |
| 9     | 11-12 50 Breaststroke | 10   |
| 11    | 11-12 200 Freestyle   | 12   |

**Sunday, September 29**

**11-12**

## **SESSION 4**

**Warm-up: 8:15-8:35 am, Start Time 8:45 am**

| GIRLS | EVENT                  | BOYS |
|-------|------------------------|------|
| 33    | 11-12 50 Backstroke    | 34   |
| 35    | 11-12 100 Freestyle    | 36   |
| 37    | 11-12 100 Breaststroke | 38   |
| 39    | 11-12 50 Butterfly     | 40   |
| 41    | 11-12 200 IM           | 42   |
|       |                        |      |

**9-10**

## **SESSION 2**

**Warm-up: 11:35-11:55 am, Start Time 12:05 pm**

| GIRLS | EVENT                | BOYS |
|-------|----------------------|------|
| 13    | 9-10 100 Butterfly   | 14   |
| 15    | 9-10 50 Freestyle    | 16   |
| 17    | 9-10 100 IM          | 18   |
| 19    | 9-10 100 Backstroke  | 20   |
| 21    | 9-10 50 Breaststroke | 22   |
|       |                      |      |
|       |                      |      |
|       |                      |      |

**10 & Under**

## **SESSION 5**

**Warm-up: 10:55-11:15 am, Start Time 11:25 am**

| GIRLS | EVENT                   | BOYS |
|-------|-------------------------|------|
| 43    | 8&Under 25 Freestyle    | 44   |
| 45    | 9-10 100 Freestyle      | 46   |
| 47    | 8&Under 25 Backstroke   | 48   |
| 49    | 9-10 50 Backstroke      | 50   |
| 51    | 8&Under 25 Butterfly    | 52   |
| 53    | 9-10 50 Butterfly       | 54   |
| 55    | 8&Under 25 Breaststroke | 56   |
| 57    | 9-10 100 Breaststroke   | 58   |

**13 & Over**

## **SESSION 3**

**Warm-up: 2:20-2:45 pm, Start Time 2:50 pm**

| GIRLS | EVENT                    | BOYS |
|-------|--------------------------|------|
| 23    | 13&Over 100 Butterfly    | 24   |
| 25    | 13&Over 50 Freestyle     | 26   |
| 27    | 13&Over 200 IM           | 28   |
| 29    | 13&Over 100 Backstroke   | 30   |
| 31    | 13&Over 200 Breaststroke | 32   |

**13 & Over**

## **SESSION 6**

**Warm-up: 3:10-3:35 pm, Start Time 3:40 pm**

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