



MAKO HOLIDAY INVITATIONAL

December 13-15, 2024

Sanction # PVC-25-41



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SANCTION	<ul style="list-style-type: none">Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-25-41.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 and 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 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 meet hosts shall ensure the required course dimensions.			
ENTRY DEADLINE	<p style="text-align: center;">Monday, November 25, 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. Entries will be accepted first come first serve.</p>			
SCHEDULE	Session	Warmup 1	Warmup 2	Start Session
	Friday 12&U	4:15-4:35 pm	4:35-4:55 pm	5:00 pm
	Saturday 13&O	7:20-7:45 am	7:45-8:10 am	8:15 am
	Saturday 11-12	11:15 am-11:35 am	11:35-11:55 am	12:00 pm
	Saturday 9-10	3:45-4:05 pm	4:05-4:25 pm	4:30 pm
	Sunday 9-10	7:20-7:45 am	7:45-8:10 am	8:15 am
	Sunday 11-12	11:15 am-11:35 am	11:35-11:55 am	12:00 pm
	Sunday 13&O	3:45-4:05 pm	4:05-4:25 pm	4:30 pm
	<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 USA 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.			
DISABILITY SWIMMERS	<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 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.			

TIMING SYSTEM	<ul style="list-style-type: none">Automatic timing (touchpads primary) will be used for all sessions.
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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 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. • 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 will be used for all events, except the 25's. • 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. • All entries must have verifiable times achieved since 10/01/2022. NT (no time) will not be accepted for this meet. • For the Saturday and Sunday Sessions, athletes may enter a total of six (6) events and no more than three (3) per day. • For the Friday session (session 1), athletes 8&U may enter up to 4 events; athletes 9-12 may enter for up to 3 events, and these events will not count towards the maximum (of 6) listed above. • Deck entries will be accepted with proof of USA Swimming registration. No new heats will be created.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • There will be positive check-in for all events 200 yds for Session 1 utilizing a check-in sheet organized by team. The check-in will be due at the start of the session. • For Sessions 2 through 7 (Saturday and Sunday) all events will be positive check-in except the first event (both genders) of the session. We will utilize a check-in sheet organized by Team. The check-in will be due at the end of the (last) warmup for each session.
WARM-UP	<ul style="list-style-type: none"> • 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.
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.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
SEEDING	<ul style="list-style-type: none"> • For Session 1 (Fri, 12&Under), all events will be pre-seeded except events 9, 15 and 21 (200yd events). • For Session 2 through 7 only the first event will be pre-seeded. All other events for these sessions will be using positive check-ins.
AWARDS	<ul style="list-style-type: none"> • Medals for 1st-8th, Ribbons for 9th-16th place for all 12&Under events. Medals for 1st-3rd, Ribbons for 4th-8th place for all 13&O events. Heat winners will receive a holiday rubber duck.

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Friday, December 13, 2024

12&U: 1st Warm-up 4:15-4:35 pm, 2nd Warm-up 4:35-4:55 pm, Start Time 5:00 pm

Friday, December 13, 2024

GIRLS	EVENT	BOYS
1	8&U 25 Freestyle	2
3	8&U 25 Backstroke	4
5	8&U 25 Breaststroke	6
7	8&U 25 Butterfly	8
9	MIXED 9-12 200 Backstroke	
11	8&U 50 Freestyle	12
13	8&U 50 Backstroke	14
15	MIXED 9-12 200 Breaststroke	
17	8&U 50 Breaststroke	18
19	8&U 50 Butterfly	20
21	MIXED 9-12 200 Butterfly	
23	MIXED 8&U 100 Freestyle	
25	MIXED 8&U 100 IM	

MAKO HOLIDAY INVITATIONAL

Saturday, December 14, 2024

Session	Warmup 1	Warmup 2	Start Session
Saturday 13&O	7:20-7:45 am	7:45-8:10 am	8:15 am
Saturday 11-12	11:15 am-11:35 am	11:35-11:55 am	12:00 pm
Saturday 9-10	3:45-4:05 pm	4:05-4:25 pm	4:30 pm

Sunday, December 15, 2024

Session	Warmup 1	Warmup 2	Start Session
Sunday 9-10	7:20-7:45 am	7:45-8:10 am	8:15 am
Sunday 11-12	11:15 am-11:35 am	11:35-11:55 am	12:00 pm
Sunday 13&O	3:45-4:05 pm	4:05-4:25 pm	4:30 pm

Saturday, December 14, 2024

GIRLS	EVENT	BOYS
27	13&Over 100 Butterfly	28
29	13&Over 50 Freestyle	30
31	13&Over 200 IM	32
33	13&Over 100 Backstroke	34
35	13&Over 200 Breaststroke	36

Sunday, December 15, 2024

GIRLS	EVENT	BOYS
59	9-10 100 Breaststroke	60
61	9-10 50 Backstroke	62
63	9-10 100 Freestyle	64
65	9-10 50 Butterfly	66

GIRLS	EVENT	BOYS
37	11-12 100 Butterfly	38
39	11-12 50 Freestyle	40
41	11-12 100 IM	42
43	11-12 100 Backstroke	44
45	11-12 50 Breaststroke	46
47	11-12 MIXED 200 Freestyle	

GIRLS	EVENT	BOYS
67	11-12 100 Breaststroke	68
69	11-12 50 Backstroke	70
71	11-12 100 Freestyle	72
73	11-12 50 Butterfly	74
75	11-12 MIXED 200 IM	

GIRLS	EVENT	BOYS
49	9-10 100 Butterfly	50
51	9-10 50 Freestyle	52
53	9-10 100 IM	54
55	9-10 100 Backstroke	56
57	9-10 50 Breaststroke	58

GIRLS	EVENT	BOYS
77	13&Over 100 Breaststroke	78
79	13&Over 200 Backstroke	80
81	13&Over 100 Freestyle	82
83	13&Over 200 Butterfly	84
85	13&Over 200 Freestyle	86