



MAKO SPRING INVITATIONAL
March 19-20, 2016

Sponsored by the Mason Makos Swim Team
Sanctioned by USA Swimming through Potomac Valley Swimming
Sanction #PVI-

Meet Director: Heather Coulson Haddock (703) 263-2274 (makoswimming@aol.com)

Meet Referee: Jan van Nimwegen jnimwegen@earthlink.net

Location: [GMU Aquatics & Fitness Center](#)

4400 University Blvd
Fairfax, VA
703-993-3939

The Jim McKay Natatorium Competition pool is 25 Y by 50 M with two moveable bulkheads. The meet will be held in the course running lengthwise at the bulkhead. The water depth is 7" at the starting end and 9" at the turning end. The course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C).

Timing

Equipment: Automatic Timing (touch pads primary) will be used at this meet.

Schedule: Saturday, March 19 & Sunday, March 20

11-12 yr olds Timed Finals Warm-up: 7:00 to 7:35 AM Events: 7:40 AM
10 & Under Timed Finals Warm-up: 11:00 to 11:30 AM Events: 11:35 AM
13 & Over Timed Finals Warm-up: 3:00 to 3:40 PM Events: 3:45 PM

One 25-yard course will be used during each. Warm-up / warm-down lanes will be available throughout the meet.

Eligibility:

Open to invited Potomac Valley Swimming teams. Teams desiring invitations should contact the Meet Director at makoswimming@aol.com. However, please note that while we want as many PVS teams to participate in this meet as possible, space is very limited. Swimmers shall compete at the age attained on Saturday, March 19, 2016.

PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy as adopted by the Board of Directors](#). Athletes with disabilities are welcome to participate, and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

Rules:

Current USA Swimming rules shall govern the meet. IMPORTANT:

All individual events will be governed by "No Faster Than" (NFT) time standards. These NFT time standards are equivalent to the individual event qualification time standards maintained at the 14&Under PVS Junior Olympic Championships (March 10-13, 2016) for all 14&Under swimmers, and the PVS Junior Championships (March 3-6, 2016) for all 15&Over swimmers.

- **A swimmer can only enter individual events in which his/her official USA Swimming time is not faster than the posted NFT time standard.**
- **A 12&Under swimmer may not compete in an OPEN event if they competed in that event at the Junior Olympic meet.**
- **No time standards apply to 8 &under swimmers, and they may enter any 8 &under event. Please enter with short course times. NO "NT" will be accepted for 200 events; Free, Back, Breast, Fly or IM. 8 & Under if NT see your coach about entry process.**
- **Ages 9 & up MUST have a verified time.**

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. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDS's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. 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.

The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Code of Conduct. Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

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&Under events per Rule 205.3.1F.

Swimmers may only participate in their own age group events. Swimmers may enter a maximum of 6 individual events during the entire meet and no more than 3 individual events per day.

Dive-over starts will be used at all sessions. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

No on-deck USA-S registrations will be permitted.

It may be necessary to limit entries in certain events and session start times due to time constraints.

Entries will be accepted on a first-come, first-serve basis. Once each session's intended duration is met, entries will no longer be accepted.

Liability Statement: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, George Mason University and MAKO shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Awards: Medals will be awarded for 1st through 8th place and ribbons will be awarded for 9th through 16th place for the 12&Under age groups. A plaque will be awarded to the top swimmer for each gender in each age group based on the following criteria:

- **THE SHARK AWARD- 13-14 yr olds & 15&Over**
This award will be based on the accumulated times from the following 5 events: 200 INDIVIDUAL MEDLEY, 50 FREE, 100 BACK, 100 BREAST, and the 100 BUTTERFLY
 - **THE SHARK AWARD- 9-10 yr olds, 11-12yr olds**
This award will be based on the accumulated times from the following 5 events: 100 INDIVIDUAL MEDLEY, 50 FREE, 50 BACK, 50 BREAST, and the 50 BUTTERFLY.
- THE SHARK AWARD- 8&Unders**
This award will be based on the accumulated times from the following 5 events: 100 INDIVIDUAL MEDLEY, 25 FREE, 25 BACK, 25 BREAST, and the 25 BUTTERFLY.

The swimmer must legally swim all 5 of the above events to be eligible.

Plaques will be personalized/engraved after the results of the meet. Once completed, plaques will be distributed to the coaches of each winner.

Time Trials: No time trials will be held at this meet.

Check-in Policy: For those events requiring positive check-in, athletes, or coaches shall designate their intention to swim the event on the forms provided to each team. Athletes who have checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Referee.

Warm-Up: The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

Supervision: NO COOLERS, OR FOOD OF ANY KIND IS ALLOWED ON THE POOL DECK.

Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas. Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Coaches & deck officials are required to display their valid 2016 USA Swimming

credentials. **Parents not working the meet as a deck official, timer, or other meet position are not permitted on deck.**

COACHES ARE RESPONSIBLE FOR ENSURING THAT THEIR TEAM AREAS ARE CLEAN OF ANY DEBRIS AT THE CONCLUSION OF EACH MEET SESSION.

Admission: There is no admission charge. Meet programs will be made available for purchase at each session.

Officials: All certified officials wishing to volunteer to work this meet should contact Ken Anderson (703) 818-2929 Email: KenBear1066@verizon.net. Please include your club affiliation, certifications held, and sessions you wish to work.

Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will proceed each session during warm-up. **Each participating club is required to provide at least 1 official and 3 timers per session for 25 swimmers, 2 officials for 50 swimmers, etc.**

Seating: 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.

Parking: **Parking Lot "C" is the designated lot for all swim teams. GMU parking services will ticket all vehicles parked in other non-designated lots.**

Penalties: Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

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Saturday, March 19, 2016 11-12 Timed Finals Warm-up: 7:00 to 7:35 AM Events: 7:40 AM				
Girls Event #	No faster than SCY		No faster than SCY	Boys Event #
1	10&U 2:58.00 11-12yrs. 2:33.20	12 & Under 200 Individual Medley	10&U 2:58.00 11-12yrs. 2:33.40	2
3	31.20	11-12 50 Butterfly	32.00	4
5	1:11.00	11-12 100 Backstroke	1:11.00	6
7	37.50	11-12 50 Breaststroke	37.60	8
9	1:02.50	11-12 100 Freestyle	1:02.40	10

Saturday, March 19, 2016 10 & Under Timed Finals Warm-up: 11:00 to 11:30 AM Events: 11:35 AM				
Girls Event #	No faster than SCY		No faster than SCY	Boys Event #
11	37.30	10&Under 50 Fly	37.40	12
13		8&Under 25 Backstroke		14
15	1:22.50	9-10 100 Backstroke	1:22.50	16
17		8&Under 25 Freestyle		18
19	1:12.30	10&Under 100 Freestyle	1:12.00	20
21	43.10	10&Under 50 Breaststroke	43.60	22
23	1:22.10	10&Under 100 Individual Medley		

Saturday, March 19, 2016 13 & Over Timed Finals Warm-up: 3:00 to 3:40 PM Events: 3:45 PM				
Girls Event #	No faster than SCY		No faster than SCY	Boys Event #
25	13-14yrs 2:04.00 15&Over 2:04.70	13&Over 200 Freestyle	13-14yrs 1:57.00 15&Over 1:54.00	26
27	13-14yrs 1:05.00 15&Over 1:06.60	13&Over 100 Backstroke	13-14yrs 1:02.40 15&Over 1:00.40	28
29	14&Under 2:40.00 15&Over 2:43.60	Open 200 Breaststroke	14&Under 2:31.40 15&Over 2:30.70	30
31	13-14yrs 26.90 15&Over 26.90	13&Over 50 Freestyle	13-14yrs 25.30 15&Over 24.20	32
33	14&Under 2:28.00 15&Over 2:33.00	Open 200 Butterfly	14&Under 2:19.10 15&Over 2:20.00	34

Positive Check in for the 200 Free, 200 Breast & 200 Fly will close at 3:10 PM

2016 MAKO SPRING INVITATIONAL
March 20, 2016 @ GMU Aquatics & Fitness Center

Sunday, March 20, 2016 11-12 Timed Finals Warm-up: 7:00 to 7:35 AM Events: 7:40 AM				
Girls Event #	No faster than SCY		No faster than SCY	Boys Event #
35	1:12.20	11-12 100 Individual Medley	1:11.30	36
37	28.60	11-12 50 Freestyle	28.40	38
39	1:12.60	11-12 100 Butterfly	1:12.30	40
41	1:21.20	11-12 100 Breaststroke	1:21.60	42
43	33.60	11-12 50 Backstroke	33.70	44
45	10&U 2:37.00 11-12yrs 2:16.00	12 & Under 200 Freestyle	10&U 2:35.60 11-12yrs 2:15.00	46

Sunday, March 20, 2016 10& Under Timed Finals Warm-up: 11:00 to 11:30 AM Events: 11:35 AM				
Girls Event #	No faster than SCY		No faster than SCY	Boys Event #
47	32.70	10 & Under 50 Freestyle	32.60	48
49		8&Under 25 Butterfly		50
51	1:30.40	9-10 100 Butterfly	1:32.10	52
53		8&Under 25 Breaststroke		54
55	1:33.40	9-10 100 Breaststroke	1:33.40	56
57	38.30	10 & Under 50 Backstroke	38.50	58
		10&Under 100 Individual Medley	1:21.80	60

Sunday, March 20, 2016 13 & Over Timed Finals Warm-up: 3:00 to 3:40 PM Events: 3:45 PM				
Girls Event #	No faster than SCY		No faster than SCY	Boys Event #
61	13-14yrs 1:04.60 15&Over 1:06.20	13&Over 100 Butterfly	13-14yrs 1:01.00 15&Over 59.00	62
63	13-14yrs 2:22.50 15&Over 2:22.30	13&Over 200 Individual Medley	13-14yrs 2:13.60 15&Over 2:09.20	64
65	14&Under 2:18.00 15&Over 2:23.00	Open 200 Backstroke	14&Under 2:12.50 15&Over 2:12.60	66
67	13-14yrs 58.00 15&Over 57.60	13&Over 100 Freestyle	13-14yrs 54.00 15&Over 52.00	68
69	13-14yrs 1:14.50 15&Over 1:17.60	13&Over 100 Breaststroke	13-14yrs 1:09.80 15&Over 1:09.60	70

Positive Check in for the 200 IM and 200 Back will close at 3:20 PM