



# MAKO SPRING FLING

March 21-23, 2025

Sanction # PVC-25-XX



<b>MEET DIRECTOR</b> Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>	<b>MEET REFEREE</b> John Kost <a href="mailto:makomeetref@gmail.com">makomeetref@gmail.com</a>	<b>CLUB OFFICIALS CHAIR</b> Ed Byers <a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a> 2025 MAKO Spring Fling (TBD)
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-25-XX</b></li> <li>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 &amp; 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.</li> </ul>																														
<b>FACILITY</b>	<p style="text-align: center;"><a href="#">GMU Aquatics &amp; Fitness Center</a> 4400 University Blvd Fairfax, VA 703-993-3939</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 the bleachers towards to the opposite wall.</li> <li>19 lanes will be used for warm-up. 4 lanes will be available for continuous warm-up/cool down all sessions.</li> <li>The Meet Director may add breaks for warm-ups during the meet, time permitted.</li> <li>Water depth of 7' at the starting end and 9' at the turning end of the competition course.</li> <li>The meet hosts will ensure the required course dimensions.</li> </ul>																														
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Tuesday, March 4, 2025, 8:00 PM</b></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>																														
<b>SCHEDULE</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="3"><b>Friday, March 21, 2025</b></td> </tr> <tr> <td style="width: 10%;">12&amp;U</td> <td style="width: 70%;">Warm-up 4:30-4:50 pm</td> <td style="width: 20%;">Start 5:00 pm</td> </tr> <tr> <td colspan="3"><b>Saturday, March 22, 2025</b></td> </tr> <tr> <td>9-10</td> <td>Warm-up: 8:15-8:55 am</td> <td>Start 9:00 am</td> </tr> <tr> <td>11-12</td> <td>Warm-up: 11:45 am-12:25 pm</td> <td>Start 12:30 pm</td> </tr> <tr> <td>13&amp;O</td> <td>Warm-up: 2:55-3:20 pm</td> <td>Start 3:30 pm</td> </tr> <tr> <td colspan="3"><b>Sunday, March 23, 2025</b></td> </tr> <tr> <td>9-10</td> <td>Warm-up: 8:15-8:55 am</td> <td>Start 9:00 am</td> </tr> <tr> <td>11-12</td> <td>Warm-up: 11:45 am-12:25 pm</td> <td>Start 12:30 pm</td> </tr> <tr> <td>13&amp;O</td> <td>Warm-up: 2:55-3:20 pm</td> <td>Start 3:30 pm</td> </tr> </table> <ul style="list-style-type: none"> <li><b>Meet Director reserves the right to adjust times/sessions after entries are received.</b></li> </ul>	<b>Friday, March 21, 2025</b>			12&U	Warm-up 4:30-4:50 pm	Start 5:00 pm	<b>Saturday, March 22, 2025</b>			9-10	Warm-up: 8:15-8:55 am	Start 9:00 am	11-12	Warm-up: 11:45 am-12:25 pm	Start 12:30 pm	13&O	Warm-up: 2:55-3:20 pm	Start 3:30 pm	<b>Sunday, March 23, 2025</b>			9-10	Warm-up: 8:15-8:55 am	Start 9:00 am	11-12	Warm-up: 11:45 am-12:25 pm	Start 12:30 pm	13&O	Warm-up: 2:55-3:20 pm	Start 3:30 pm
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<b>ELIGIBILITY</b>	<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>
<b>SWIMMERS WITH A DISABILITY</b>	<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 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic timing (touchpads primary) will be used.</li> </ul>
<b>RULES</b>	<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 <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.</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 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.</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 may 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>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• Athletes 8&amp;U may enter up to 4 events (Friday). All other athletes may enter a total of twelve (12) events and no more than four (4) per day.</li> <li>• Deck entries will be accepted with proof of USA membership. No new heats will be created.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• The first event in each session will be pre-seeded.</li> <li>• All 8&amp;Under events on Friday will be pre-seeded.</li> <li>• All other events <b>may</b> be positive check-in, utilizing a check-in sheet organized <b>by team</b>. The check-in will be due 20 minutes prior to the start of each session. Prior to the meet, coaches of participating teams will be informed what events will use positive check-in.</li> </ul>
<b>WARM-UP</b>	<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>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• Only the first event each session will be pre-seeded. Other events may be pre-seeded as described above.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Medal for 1st-8th, Ribbons for 9th-16th place for swimmers 12&amp;U.</li> </ul>

<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>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>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li><b>Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck.</b> 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>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>Teams may be placed in the bleacher area based on the number of participants. Spectators may have very limited space in the bleachers.</li> </ul>
<b>MEDICAL ASSISTANCE</b>	<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>
<b>OFFICIALS</b>	<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 <a href="#">Officials Signup</a> or contact Ed Byers, <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. A comprehensive officials' briefing will precede each session during warm-ups.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Two (2) timers will be used per lane.</li> <li>Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> <li>Timer signup will be available on the MAKO website, <a href="http://www.makoswimming.net">www.makoswimming.net</a>.</li> </ul>
<b>ENTRY PROCEDURES</b>	<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 SPRING FLING- ***" 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>
<b>ENTRY FEES</b>	<p>Per Swimmer Surcharge: \$15  Facility Surcharge per team: \$20</p> <p>Individual Event Fee: \$12  Deck Entries: \$20 (cash or check only)</p> <p>Make checks payable to <b>HLR, LLC</b>, and mail to:  <b>PO Box 168</b>  <b>Clifton, VA 20124</b></p> <ul style="list-style-type: none"> <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 SPRING FLING

Friday, March 21, 2025

12&U: 4:30-4:50, Start Time 5:00 pm

## Session 1

GIRLS	EVENT	BOYS
1	8&U 25 Freestyle	2
3	8&U 25 Butterfly	4
5	8&U 25 Backstroke	6
7	8&U 25 Breaststroke	8
9	9-12 200 Freestyle	10
11	8&U 50 Freestyle	12
13	8&U 50 Butterfly	14
15	8&U 100 IM	16
17	9-12 200 Breaststroke	18
19	8&U 50 Backstroke	20
21	8&U 100 Freestyle	22
23	8&U 50 Breaststroke	24
25	9-12 200 Backstroke	26
27	9-12 200 Butterfly	28

# MAKO SPRING FLING

**Saturday, March 22 & Sunday, March 23, 2025**

9-10 Warm-up: 8:15-8:55 am, Start Time 9:00 am

11-12 Warm-up: 11:45-12:20 pm, Start Time 12:30 pm

13&O Warm-up: 2:55-3:20 pm, Start Time 3:30 pm

**Saturday, March 22, 2025**

## Session 2

GIRLS	EVENT	BOYS
29	9-10 50 Freestyle	30
31	9-10 100 Butterfly	32
33	9-10 100 IM	34
35	9-10 100 Backstroke	36
37	9-10 50 Breaststroke	38

**Sunday, March 23, 2025**

## Session 5

GIRLS	EVENT	BOYS
69	9-10 100 Freestyle	70
71	9-10 50 Backstroke	72
73	9-10 50 Butterfly	74
75	9-10 100 Breaststroke	76

## Session 3

GIRLS	EVENT	BOYS
39	11-12 50 Freestyle	40
41	11-12 100 Butterfly	42
43	11-12 100 IM	44
45	11-12 100 Backstroke	46
47	11-12 50 Breaststroke	48

## Session 6

GIRLS	EVENT	BOYS
77	11-12 100 Freestyle	78
79	11-12 50 Backstroke	80
81	11-12 100 Breaststroke	82
83	11-12 50 Butterfly	84
85	11-12 200 IM	86

## Session 4

GIRLS	EVENT	BOYS
49	15&O 50 Freestyle	50
51	13-14 50 Freestyle	52
53	15&O 100 Backstroke	54
55	13-14 100 Backstroke	56
57	15&O 50 Breaststroke	58
59	13-14 50 Breaststroke	60
61	15&O 100 Butterfly	62
63	13-14 100 Butterfly	64
65	13&O 200 Freestyle	66
67	13&O 200 IM	68

## Session 7

GIRLS	EVENT	BOYS
87	15&O 50 Backstroke	88
89	13-14 50 Backstroke	90
91	15&O 100 Breaststroke	92
93	13-14 100 Breaststroke	94
95	15&O 50 Butterfly	96
97	13-14 50 Butterfly	98
99	15&O 100 Freestyle	100
101	13-14 100 Freestyle	102
103	13&O 200 Backstroke	104
105	13&O 200 Breaststroke	106
107	13&O 200 Butterfly	108