



MAKO FALL INVITATIONAL

September 26-27, 2026

Sanction # PVC-27-03



MEET DIRECTORS

Heather Coulson Haddock
heatherhaddock@makoswimming.net

MEET REFEREE

Jan van Nimwegen (updated
 8/19)
makomeetref@gmail.com

CLUB OFFICIALS CHAIR

Ed Byers
makosofficials@gmail.com
[Officials Sign Up](#)

SANCTION

- Held under the sanction of USA Swimming through Potomac Valley Swimming: **PVC-27-03**.
- In granting this sanction it is understood and agreed that USA 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 anyone during the conduct of this event.

FACILITY

George Mason University Aquatic and Fitness Center

4520 Patriot Circle
 Fairfax, VA 22030
 (703) 993-3939

- The pool at George Mason University is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 9 lanes, 25 yards, running from wall to wall (spectator bleachers to scoreboard).
- 19 lanes will be used for warm-up. 8 lanes will be available for continuous warm-up/cool down during all sessions.
- The Meet Director may add breaks for warm-ups during the meet, time permitted.
- Water depth of 9' at the starting end and 9' at the turning end of the competition course.
- The Meet Hosts will ensure the required course dimensions.

ENTRY DEADLINE

Thursday, Sept 10, 2026, 8:00 PM

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

Saturday, Sept 26, 2026

11-12: Warm-up 8:30-8:55 am, Start Time 9:00 am
 9-10: Warm-up 11:35 am-11:55 am, Start Time 12:00 pm
 13& Over: Warm-up 2:00-2:25 pm, Start Time 2:30 pm

Sunday, Sept 27, 2026

11-12: Warm-up 8:10-8:35 am, Start Time 8:40 am
 10&U: Warm-up 11:00-11:20 am, Start Time 11:25 pm
 13& Over: 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

- Open to all registered USA swimming members.
- 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.

SWIMMERS

- PVS and host clubs, along with Meet Directors and Meet Referees, are committed to the [Inclusion](#)

WITH A DISABILITY	Policy as adopted by the BOD. The swimmer or the swimmer's coach is responsible for notifying the Referee, prior to competition, of any swimmer with a disability and of the requested accommodations and/or modifications. It is preferable that this notice be provided on the Accommodations/Modifications form NECESSARY ACCOMMODATIONS FORM
TIMING SYSTEM	Automatic timing (touchpads primary) will be used for all sessions, except for the 25yd events, where manual timing (watches only) may be used if no buttons or touch pads are available for the finish end of the event.
RULES	- Current USA Swimming rules shall govern this meet. - All 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 MAAPP 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. Credentialed and Meet Host, pre-approved media personnel are permitted to take pictures and/or videos of athletes after they have entered the pool and before exiting the pool. - 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 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. - 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 in all events not 25 yards. - 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	- All events are timed finals. - Athletes may enter a total of seven (7) events, no more than four (4) per day. - 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. - The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, and space availability.
POSITIVE CHECK IN	- Positive Check-In for all events 200 or longer. All 25, 50 and 100 events will be pre-seeded. - Positive Check-in for all 200's will close 10 min prior to the start of each session on Saturday and Sunday. - 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.
WARM-UP	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.

SUPERVISION	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
SEEDING	Positive Check In for all events 200 or longer. All 25, 50 and 100 events will be pre-seeded.
SCORING	Events will not be scored.
AWARDS	Top 16 places will receive ribbons in each event for 12&Under Sessions.
PROGRAMS	The meet will be posted on Meet Mobile. Meet programs will be available on the MAKO website the evening before the meet at www.makoswimming.net.
CREDENTIALS	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.
PUBLICATION OF RESULTS	By entering this meet, participants (and their parents or guardians, if applicable) acknowledge and 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 such as rankings, recruitment, or goal tracking.
SPECTATOR ENTRY FEE	None
MEDICAL ASSISTANCE	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.
FACILITY RULES	- 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. - NO FOOD ALLOWED ON DECK. 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.
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 on the MAKOs webpage for the meet or contact 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 referee upon arrival to make their services available. A comprehensive officials' briefing will precede each session during warm-ups.
TIMERS	- Two (2) timers will be used per lane, except for 25 yard events that will require 3 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, www.makoswimming.net.
ENTRY PROCEDURES	- Entries should be submitted by email to the Meet Director. Heather Coulson Haddock heatherhaddock@makoswimming.net. - 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. - Include in entry email: entry file, report of entries by name, report of entries by event. - In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). - 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: \$12.00 Deck Entries: \$20.00 Individual event fee: \$12.00 - Make checks payable HLR, LLC. Checks may be mailed 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. - Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

MAKO FALL INVITATIONAL

September 26-27, 2026

Saturday, September 26

11-12

SESSION 1

Warm-up 8:30-8:55 am, Start Time 9:00 am

MIXED	EVENT
1	11-12 100 Butterfly
2	11-12 50 Freestyle
3	11-12 100 IM
4	11-12 100 Backstroke
5	11-12 50 Breaststroke
6	11-12 200 Freestyle

Sunday, September 27

11-12

SESSION 4

Warm-up: 8:10-8:35 am, Start Time 8:40 am

MIXED	EVENT
17	11-12 50 Backstroke
18	11-12 100 Freestyle
19	11-12 100 Breaststroke
20	11-12 50 Butterfly
21	11-12 200 IM

9-10

SESSION 2

Warm-up: 11:35-11:55 am, Start Time 12:00 pm

MIXED	EVENT
7	9-10 100 Butterfly
8	9-10 50 Freestyle
9	9-10 100 IM
10	9-10 100 Backstroke
11	9-10 50 Breaststroke

10 & Under

SESSION 5

Warm-up: 11:00-11:20 am, Start Time 11:25 am

MIXED	EVENT
22	8&Under 25 Freestyle
23	9-10 100 Freestyle
24	8&Under 25 Backstroke
25	9-10 50 Backstroke
26	8&Under 25 Butterfly
27	9-10 50 Butterfly
28	8&Under 25 Breaststroke
29	9-10 100 Breaststroke

13 & Over

SESSION 3

Warm-up: 2:00-2:25 pm, Start Time 2:30 pm

MIXED	EVENT
12	13&Over 100 Butterfly
13	13&Over 50 Freestyle
14	13&Over 200 IM
15	13&Over 100 Backstroke
16	13&Over 200 Breaststroke

13 & Over

SESSION 6

Warm-up: 3:00-3:25 pm, Start Time 3:30 pm

MIXED	EVENT
30	13&Over 100 Freestyle
31	13&Over 200 Backstroke
32	13&Over 100 Breaststroke
33	13&Over 200 Freestyle
34	13&Over 200 Butterfly