



MAKO PINK RIBBON INVITATIONAL

October 24-25, 2026

Sanction # PVC-27-16



MEET DIRECTOR 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
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SANCTION	- Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-27-16. - In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mason Makos Swim Team, and The George Mason University Aquatic and 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	<u>George Mason University Aquatic and Fitness Center</u> 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 10 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	Tuesday, October 13, 2026 by 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. Entries will be accepted first come first serve.
SCHEDULE	Saturday, October 24, 2026 11-13: Warm-up 8:00-8:20 am, Start Time 8:30 am 10&Under and 14&Over: Warm-up 12:30 -12:55 pm, Start Time 1:00 pm Sunday, October 25, 2026 11-13: Warm-up 8:00-8:20 am, Start Time 8:30 am 10&Under and 14&Over: Warm-up 12:00 -12:35 pm, Start Time 12:40 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 <i>USA Swimming Rules and Regulations</i>, Article 302.

SWIMMERS WITH A DISABILITY	PVS and host clubs, along with Meet Directors and Meet Referees, are committed to the Inclusion 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
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TIMING SYSTEM	Automatic timing (touchpads primary) will be used for all sessions.
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, restrooms, 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 may be used. - 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 MIXED gender and are timed finals. - Seed times are short course yards. Athletes may enter a total of six (6) events and no more than three (3) per day. - Swimmers in the 500 Freestyle are required to provide their own timers and counters (if desired). - Entries in the 500 Freestyle and 400 IM may be limited to the top 30 swimmers in each event (15 female athletes and 15 male athletes). If necessary, this will be done based on verifiable proof of time. Any swimmer removed from an event due to time constraints will be provided the opportunity to enter another event, providing it does not create a new heat and does not violate any applicable entry limits. - Deck entries will be accepted in available lanes only. No new heats will be created. Swimmers must provide proof of current USA Swimming registration, and the \$20 deck-entry fee must be paid before the swimmer competes. For events requiring positive check-in, deck-entered athletes will be entered with a NT following the seeding of athletes who completed positive

	check-in. If the swimmer cannot be placed in the event, the deck-entry fee will be refunded. The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability.
POSITIVE CHECK IN	- There will be positive check-in for all events 200 yds or longer utilizing a check in sheet organized by team. The check-in will be due at the start of the session. - 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	All individual events except for 200 yard and longer events will be pre-seeded.
AWARDS	Heat winners will receive a prize.
PROGRAMS	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.
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 MAKO webpage or contact Ed Byers, makosofficials@gmail.com. - 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.
TIMERS	- Two (2) timers will be used 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. heatherhaddock@makoswimming.net. - Include in the subject of the email, "MAKO PINK RIBBON 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

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10&Under and 14&Over: Warm-up 12:30 -12:55 pm, Start Time 1:00 pm

Sunday, October 25, 2026

11-13: Warm-up 8:00-8:20 am, Start Time 8:30 am

10&Under and 14&Over: Warm-up 12:00 -12:35 pm, Start Time 12:40 pm

Saturday, October 24, 2026

MIXED	EVENT
1	MIXED 11-13 50 Butterfly
2	MIXED 11-13 100 Freestyle
3	MIXED 11-13 200 IM
4	MIXED 11-13 50 Breaststroke
5	MIXED 11-13 200 Butterfly
6	MIXED 11-13 100 Backstroke
7	MIXED 11-13 200 Freestyle
8	MIXED 11-13 400 IM

Sunday, October 25, 2026

MIXED	EVENT
20	MIXED 11-13 100 IM
21	MIXED 11-13 100 Breaststroke
22	MIXED 11-13 50 Freestyle
23	MIXED 11-13 200 Backstroke
24	MIXED 11-13 100 Butterfly
25	MIXED 11-13 50 Backstroke
26	MIXED 11-13 200 Breaststroke
27	MIXED 11-13 500 Freestyle

MIXED	EVENT
14	MIXED 14&Over 100 Butterfly
9	MIXED 10&U 50 Butterfly
15	MIXED 14&Over 50 Freestyle
10	MIXED 10&U 100 Freestyle
16	MIXED 14&Over 200 Backstroke
11	MIXED 9-10 200 IM
17	MIXED 14&Over 200 Freestyle

MIXED	EVENT
34	MIXED 14&Over 100 Backstroke
28	MIXED 10&U 100 IM
35	MIXED 14&Over 200 IM
29	MIXED 9-10 100 Breaststroke
36	MIXED 14&Over 200 Breaststroke
30	MIXED 10&U 50 Freestyle
37	MIXED 14&Over 100 Freestyle

12	MIXED 10&U 50 Breaststroke
18	MIXED 14&Over 100 Breaststroke
13	MIXED 9-10 100 Backstroke
19	MIXED 14&Over 400 IM

31	MIXED 9-10 100 Butterfly
38	MIXED 14&Over 200 Butterfly
32	MIXED 10&U 50 Backstroke
39	MIXED 14&Over 500 Freestyle
33	MIXED 9-10 200 Freestyle