



MAKO GOBBLE GOBBLE INVITATIONAL

November 7-8, 2026

Sanction # PVC-27-28



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Heather Coulson Haddock heatherhaddock@makoswimming.net	Jan van Nimwegen makomeetref@gmail.com	Ed Byers makosofficials@gmail.com Officials Sign Up

SANCTION	- Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-27-28. - 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	The St. James: Sports, Wellness & Entertainment Complex 6805 Industrial Road Springfield, VA 22151 703-239-6870 - 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 scoreboard to spectator bleachers. - A minimum of 16 lanes will be used for general warm-up. There will be 3 lanes available for continuous warm-up/cool down for all sessions during the meet. - Water depth of 7'4" at the starting and at the turning end of the competition course. - The meet hosts shall ensure the required course dimensions.
ENTRY DEADLINE	Tuesday, October 20, 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, November 7, 2026 Session 1: Warm-up: 8:15-8:55 am, Start Time 9:00 am Sunday, November 8, 2026 Session 2: Warm-up: 8:15-8:55 am, Start Time 9:00 am Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	- Open to all 2026-2027 registered USA Swimming athletes. - 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
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-S registration is permitted. • 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. In compliance with PVS policy, the use of equipment capable of taking pictures and/or videos of athletes while they are on the blocks or exiting the pool (e.g. cell phones, cameras, etc.) is strictly prohibited. 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 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. • 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 8 events and no more than 4 per day. • Swimmers in the 500 Freestyle are required to provide their own timer and counter (if desired). • Entries in the 500 Freestyle and 400 IM may be limited due to time constraints. 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, as long as 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 No Time 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	• Positive Check In for all events 200 or longer will be used and will close 10 minutes before the start of each session. All other events will be pre-seeded.
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 other events will be pre-seeded.
SCORING	Events will not be scored
AWARDS	Ribbons will be given to Top 16 places in all 9-10, 10 & Under, 11-12 and 12&U events.
PROGRAMS	Meet programs will be available on the MAKO website the evening before the meet at www.makoswimming.net. Coaches should print their own copy and bring it to the meet, as we will have limited copies available.
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 contact Ed Byers makosofficials@gmail.com or Sign Up Here - 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	Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
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 GOBBLE GOBBLE 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 Individual Event Fee: \$12 Deck Entries: \$20 per individual event Make checks payable to HLR, LLC, and mail 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.

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Saturday, November 7 and Sunday, November 8, 2026

Session 1 (Sat): Warm-up: 8:15-8:55 am, Start Time 9:00 am

Session 2 (Sun): Warm-up: 8:15-8:55 am, Start Time 9:00 am

Saturday, November 7, 2025

GIRLS	EVENT	BOYS
1	10&U 50 Butterfly	2
3	11-12 50 Butterfly	4
5	13&O 100 Butterfly	6
7	10&U 100 Freestyle	8
9	11-12 100 Freestyle	10
11	13&O 50 Freestyle	12
13	10&U 50 Breaststroke	14
15	11-12 50 Breaststroke	16
17	13&O 200 Backstroke	18
19	9-10 100 Backstroke	20
21	11-12 100 Backstroke	22
23	13&O 200 Freestyle	24
25	9-12 200 IM	26
27	13&O 100 Breaststroke	28
29	13&O MIXED 400 IM	
30	9-12 MIXED 500 Free	

Sunday, November 8, 2025

GIRLS	EVENT	BOYS
31	10&U 100 IM	32
33	11-12 100 IM	34
35	13&O 100 Backstroke	36
37	10&U 50 Freestyle	38
39	11-12 50 Freestyle	40
41	13&O 200 IM	42
43	10&U 50 Backstroke	44
45	13&O 100 Freestyle	46
47	11-12 50 Backstroke	48
49	9-10 100 Butterfly	50
51	11-12 100 Butterfly	52
53	13&O 200 Breaststroke	54
55	9-10 100 Breaststroke	56
57	13&O 200 Butterfly	58
59	9-12 200 Freestyle	60
61	13&O MIXED 500 Free	