



MAKO HOLIDAY INVITATIONAL

December 11-13, 2026

Sanction # PVC-27-43



MEET DIRECTOR Heather Coulson Haddock heatherhaddock@makoswimming.net	MEET REFEREE Jan van Nimwegen 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-27-43. - 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 and 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 bulkhead to wall at the southern end of the pool. - A minimum of 12 lanes will be used for warm-up. There will be 2 lanes available for continuous warm-up/cool down for all sessions during the meet. - Water depth of 7'4" at the starting end and 4' at the turning end of the competition course. - The meet hosts shall ensure the required course dimensions.																																		
ENTRY DEADLINE	Tuesday, November 24, 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. Entries will be accepted first come first serve.																																		
SCHEDULE	<table border="1"> <thead> <tr> <th>Session</th><th>Warmup 1</th><th>Warmup 2</th><th>Start Session</th></tr> </thead> <tbody> <tr> <td>Friday 12&U</td><td>4:15-4:35 pm</td><td>4:35-4:55 pm</td><td>5:00 pm</td></tr> <tr> <td>Saturday 13&O</td><td>7:20-7:45 am</td><td>7:45-8:10 am</td><td>8:15 am</td></tr> <tr> <td>Saturday 11-12</td><td>11:15 am-11:35 am</td><td>11:35-11:55 am</td><td>12:00 pm</td></tr> <tr> <td>Saturday 9-10</td><td>3:45-4:05 pm</td><td>4:05-4:25 pm</td><td>4:30 pm</td></tr> <tr> <td>Sunday 9-10</td><td>7:20-7:45 am</td><td>7:45-8:10 am</td><td>8:15 am</td></tr> <tr> <td>Sunday 11-12</td><td>11:15 am-11:35 am</td><td>11:35-11:55 am</td><td>12:00 pm</td></tr> <tr> <td>Sunday 13&O</td><td>3:45-4:05 pm</td><td>4:05-4:25 pm</td><td>4:30 pm</td></tr> </tbody> </table> Meet Director reserves the right to adjust times/sessions after entries are received.			Session	Warmup 1	Warmup 2	Start Session	Friday 12&U	4:15-4:35 pm	4:35-4:55 pm	5:00 pm	Saturday 13&O	7:20-7:45 am	7:45-8:10 am	8:15 am	Saturday 11-12	11:15 am-11:35 am	11:35-11:55 am	12:00 pm	Saturday 9-10	3:45-4:05 pm	4:05-4:25 pm	4:30 pm	Sunday 9-10	7:20-7:45 am	7:45-8:10 am	8:15 am	Sunday 11-12	11:15 am-11:35 am	11:35-11:55 am	12:00 pm	Sunday 13&O	3:45-4:05 pm	4:05-4:25 pm	4:30 pm
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ELIGIBILITY	- Open to all registered USA Swimmers. - 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) 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, 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/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 for all events, except the 25's. - 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. - All entries must have verifiable times achieved since 10/01/2023. NT (no time) will not be accepted for this meet. - For the Saturday and Sunday Sessions, athletes may enter a total of six (6) events and no more than three (3) per day. - For the Friday session (session 1), athletes 8&U may enter up to 4 events; athletes 9-12 may enter for up to 3 events, and these events will not count towards the maximum (of 6) listed above. - 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.
POSITIVE CHECK IN	- There will be positive check-in for all events 200 yds for Session 1 utilizing a check-in sheet organized by team. The check-in will be due at the start of the session. - For Sessions 2 through 7 (Saturday and Sunday) all events will be positive check-in except the first event (both genders) of the session. We will utilize a check-in sheet organized by Team. The check-in will be due at the end of the (last) warmup for each session.

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	- For Session 1 (Fri, 12&Under), all events will be pre-seeded except events 9, 15 and 21 (200yd events). - For Sessions 2 through 7 only the first event will be pre-seeded. All other events for these sessions will be using positive check-ins.
AWARDS	Medals for 1st-8th, Ribbons for 9th-16th place for all 12&Under events. Medals for 1st-3rd, Ribbons for 4th-8th place for all 13&O events. Heat winners will receive a holiday rubber duck.
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	Teams will be placed in the bleacher area based on number of participants. Spectators may have very limited space in the bleachers.
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 Link 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. For the 25 yd events on Friday, if manual timing is used, we will use three (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 HOLIDAY 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: \$15 Individual Event Fee: \$12 Deck Entries: \$20 plus swimmer surcharge if not already entered in the meet. ● 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 entries. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.
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December 11-13, 2026

Friday, December 11, 2026

12&U: 1st Warm-up 4:15-4:35 pm, 2nd Warm-up 4:35-4:55 pm, Start Time 5:00 pm

Friday, December 11, 2026

GIRLS	EVENT	BOYS
1	8&U 25 Freestyle	2
3	8&U 25 Backstroke	4
5	8&U 25 Breaststroke	6
7	8&U 25 Butterfly	8
9	MIXED 9-12 200 Backstroke (*)	
11	8&U 50 Freestyle	12
13	8&U 50 Backstroke	14
15	MIXED 9-12 200 Breaststroke (*)	
17	8&U 50 Breaststroke	18
19	8&U 50 Butterfly	20
21	MIXED 9-12 200 Butterfly (*)	
23	MIXED 8&U 100 Freestyle	
25	MIXED 8&U 100 IM	

(*) = positive check-in event; check-in will be due at the start of the session.

MAKO HOLIDAY INVITATIONAL

Saturday, December 12, 2026

Session	Warmup 1	Warmup 2	Start Session
Saturday 13&O	7:20-7:45 am	7:45-8:10 am	8:15 am
Saturday 11-12	11:15 am-11:35 am	11:35-11:55 am	12:00 pm
Saturday 9-10	3:45-4:05 pm	4:05-4:25 pm	4:30 pm

Sunday, December 13, 2026

Session	Warmup 1	Warmup 2	Start Session
Sunday 9-10	7:20-7:45 am	7:45-8:10 am	8:15 am
Sunday 11-12	11:15 am-11:35 am	11:35-11:55 am	12:00 pm
Sunday 13&O	3:45-4:05 pm	4:05-4:25 pm	4:30 pm

Saturday, December 12, 2026

GIRLS	EVENT	BOYS
27	13&Over 100 Butterfly	28
29	13&Over 50 Freestyle	30
31	13&Over 200 IM (*)	32
33	13&Over 100 Backstroke (*)	34
35	13&Over 200 Breaststroke (*)	36

Sunday, December 13, 2026

GIRLS	EVENT	BOYS
59	9-10 100 Breaststroke	60
61	9-10 50 Backstroke (*)	62
63	9-10 100 Freestyle (*)	64
65	9-10 50 Butterfly (*)	66

GIRLS	EVENT	BOYS
37	11-12 100 Butterfly	38
39	11-12 50 Freestyle	40
41	11-12 100 IM (*)	42
43	11-12 100 Backstroke (*)	44
45	11-12 50 Breaststroke (*)	46
47	11-12 MIXED 200 Freestyle (*)	

GIRLS	EVENT	BOYS
67	11-12 100 Breaststroke	68
69	11-12 50 Backstroke (*)	70
71	11-12 100 Freestyle (*)	72
73	11-12 50 Butterfly (*)	74
75	11-12 MIXED 200 IM (*)	

GIRLS	EVENT	BOYS
49	9-10 100 Butterfly	50
51	9-10 50 Freestyle	52
53	9-10 100 IM (*)	54
55	9-10 100 Backstroke (*)	56
57	9-10 50 Breaststroke (*)	58

GIRLS	EVENT	BOYS
77	13&Over 100 Breaststroke	78
79	13&Over 100 Freestyle (*)	80
81	13&Over 200 Backstroke (*)	82
83	13&Over 200 Butterfly (*)	84
85	13&Over 200 Freestyle (*)	86

(*) = positive check-in event; check-in will be due at the end of the (last) warmup for each session.