



# MAKO GOBBLE GOBBLE INVITATIONAL

November 8-9, 2025

Sanction # PVC-26-31



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Logan Haddock Esposito <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>	Jan van Nimwegen <a href="mailto:makomeetref@gmail.com">makomeetref@gmail.com</a>	Ed Byers <a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a>

<b>SANCTION</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-26-31</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>The St. James: Sports, Wellness &amp; Entertainment Complex 6805 Industrial Road Springfield, VA 22151 703-239-6870</p> <ul style="list-style-type: none"><li>• 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.</li><li>• 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.</li><li>• Water depth of 7'4" at the starting and at the turning end of the competition course.</li><li>• The meet hosts shall ensure the required course dimensions.</li></ul>
<b>ENTRY DEADLINE</b>	<p><b>Monday, October 27, 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.</p>
<b>SCHEDULE</b>	<p><b>Saturday, November 8, 2025</b> Session 1: Warm-up: 8:15-8:55 am, Start Time 9:00 am</p> <p><b>Sunday, November 9, 2025</b> Session 2: Warm-up: 8:15-8:55 am, Start Time 9:00 am</p> <ul style="list-style-type: none"><li>• Meet Director reserves the right to adjust times/sessions after entries are received.</li></ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"><li>• Open to all 2025-2026 registered USA Swimming athletes.</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 <i>USA Swimming Rules and Regulations</i>, Article 302.</li></ul>
<b>DISABILITY SWIMMERS</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 notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.</li><li>• Athletes requiring special accommodation are asked to complete the form below.</li></ul>
<b>TIMING SYSTEM</b>	<p><a href="#">NECESSARY ACCOMMODATIONS FORM</a></p> <ul style="list-style-type: none"><li>• Automatic timing (touchpads primary) will be used for all sessions.</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-S 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 will 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>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>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• Athletes may enter a total of 6 events and no more than 4 per day.</li> <li>• <b>Swimmers in the 500 Freestyle are required to provide their own timer</b> and counter (if desired).</li> <li>• 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.</li> <li>• Deck entries will be accepted. Entries will be accepted in empty lanes only. No new heats will be created. The athlete's member card must be shown to the meet referee for entry.</li> <li>• The Meet Director reserves the right to alter the format of the meet after entries are received to best accommodate timelines, space availability.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• 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.</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>• Positive Check In for all events 200 or longer. All other events will be pre-seeded. Deck entries will be accepted with proof of USA Swimming membership. No new heats will be added.</li> </ul>



# MAKO GOBBLE GOBBLE INVITATIONAL

**Saturday, November 8 and Sunday, November 9, 2025**

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 8, 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 400 IM	30
30A	9-12 MIXED 500 Free	

**Sunday, November 9, 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	46
55	9-10 100 Breaststroke	58
57	13&O 200 Butterfly	48
59	9-12 200 Freestyle	60
61	13&O 500 Freestyle	62