



# MAKO SPRING FLING

March 21-22, 2026

Sanction # PVC-26-90



<b>MEET DIRECTOR</b> Heather Coulson Haddock <a href="mailto:heatherhaddock@makoswimming.net">heatherhaddock@makoswimming.net</a>	<b>MEET REFEREE</b> John Kost <a href="mailto:makomeetref@gmail.com">makomeetref@gmail.com</a>	<b>CLUB OFFICIALS CHAIR</b> Ed Byers <a href="mailto:makosofficials@gmail.com">makosofficials@gmail.com</a>
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SANCTION	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-26-90.</li><li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Mason Makos Swim Team, and George Mason Aquatics &amp; 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.</li></ul>																								
FACILITY	<div>GMU Aquatics &amp; Fitness Center</div> <div>4520 Patriot Circle</div> <div>Fairfax, VA 22030</div> <div>703-993-3939</div> <ul style="list-style-type: none"><li>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 the bleachers towards the opposite wall.</li><li>19 lanes will be used for warm-up. 4 lanes will be available for continuous warm-up/cool down all sessions.</li><li>The Meet Director may add breaks for warm-ups during the meet, time permitted.</li><li>Water depth of 7’ at the starting end and 9’ at the turning end of the competition course.</li><li>The meet hosts will ensure the required course dimensions.</li></ul>																								
ENTRY DEADLINE	<div>Tuesday, March 3, 2026, 8:00 PM</div> <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. Entries will be accepted first come first serve.</p>																								
SCHEDULE	<table><tr><td colspan="3">Saturday, March 21, 2026</td></tr><tr><td>9-10</td><td>Warm-up: 8:15-8:55 am</td><td>Start 9:00 am</td></tr><tr><td>11-12</td><td>Warm-up: 11:45 am-12:25 pm</td><td>Start 12:30 pm</td></tr><tr><td>13&amp;O</td><td>Warm-up: 2:55-3:20 pm</td><td>Start 3:30 pm</td></tr><tr><td colspan="3">Sunday, March 22, 2026</td></tr><tr><td>9-10</td><td>Warm-up: 8:15-8:55 am</td><td>Start 9:00 am</td></tr><tr><td>11-12</td><td>Warm-up: 11:45 am-12:25 pm</td><td>Start 12:30 pm</td></tr><tr><td>13&amp;O</td><td>Warm-up: 2:55-3:20 pm</td><td>Start 3:30 pm</td></tr></table> <ul style="list-style-type: none"><li>Meet Director reserves the right to adjust times/sessions after entries are received.</li></ul>	Saturday, March 21, 2026			9-10	Warm-up: 8:15-8:55 am	Start 9:00 am	11-12	Warm-up: 11:45 am-12:25 pm	Start 12:30 pm	13&O	Warm-up: 2:55-3:20 pm	Start 3:30 pm	Sunday, March 22, 2026			9-10	Warm-up: 8:15-8:55 am	Start 9:00 am	11-12	Warm-up: 11:45 am-12:25 pm	Start 12:30 pm	13&O	Warm-up: 2:55-3:20 pm	Start 3:30 pm
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ELIGIBILITY	<ul style="list-style-type: none"><li>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 shall compete at age attained on the first day of the meet.</li></ul>																								



<b>SWIMMERS WITH A DISABILITY</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. <a href="#">NECESSARY ACCOMMODATIONS FORM</a></li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>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.</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 Swimming 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 may 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>EVENT RULES</b>	<ul style="list-style-type: none"> <li>All events are timed finals.</li> <li><b>Entries with NO TIME (NT) will not be accepted.</b> Coaches Times will be accepted.</li> <li>Athletes may enter a total of eight (8) events and no more than four (4) per day.</li> <li>Deck entries will be accepted with proof of USA membership. No new heats will be created.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>The first two events in each session will be pre-seeded.</li> <li>All 8&amp;Under events will be pre-seeded.</li> <li>All other events <b>may</b> be positive check-in, utilizing a check-in sheet organized <b>by team</b>. The check-in will be due 20 minutes prior to the start of each session. Prior to the meet, coaches of participating teams will be informed what events will use positive check-in.</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>The first two events of each session will be pre-seeded. Other events may be pre-seeded as described above.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Medal for 1st-8th, Ribbons for 9th-16th place for 12&amp;U and Medals 1st-8<sup>th</sup> for 13&amp;O events</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Meet programs will be available on the MAKO website the evening before the meet at <a href="http://www.makoswimming.net">www.makoswimming.net</a>.</li> </ul>



**Saturday, March 21 & Sunday, March 22, 2026**

10&amp;U Warm-up: 8:15-8:55 am, Start Time 9:00 am

11-12 Warm-up: 11:45-12:20 pm, Start Time 12:30 pm

13&amp;O Warm-up: 2:55-3:20 pm, Start Time 3:30 pm

**Saturday, March 21, 2026****Session 1**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	8&U 25 Freestyle	2
3	10&U 100 Backstroke	4
5	8&U 25 Backstroke	6
7	10&U 50 Breaststroke	8
9	8&U 25 Breaststroke	10
11	10&U 100 Butterfly	12
13	8&U 25 Butterfly	14
15	10&U 100 IM	16
17	9-10 200 Freestyle	18
19	9-10 200 Breaststroke	20

**Sunday, March 22, 2026****Session 4**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
55	10&U 50 Freestyle	56
57	10&U 100 Breaststroke	58
59	10&U 50 Backstroke	60
61	10&U 50 Butterfly	62
63	10&U 100 Freestyle	64
65	9-10 200 Backstroke	66
67	9-10 200 IM	68

**Session 2**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
21	11-12 50 Freestyle	22
23	11-12 100 Butterfly	24
25	11-12 100 IM	26
27	11-12 100 Backstroke	28
29	11-12 50 Breaststroke	30
31	11-12 200 Freestyle	32
33	11-12 200 Breaststroke	34

**Session 5**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
69	11-12 100 Freestyle	70
71	11-12 50 Backstroke	72
73	11-12 100 Breaststroke	74
75	11-12 50 Butterfly	76
77	11-12 200 IM	78
79	11-12 200 Butterfly	80
81	11-12 200 Backstroke	82

**Session 3**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
35	15&O 50 Freestyle	36
37	13-14 50 Freestyle	38
39	15&O 100 Backstroke	40
41	13-14 100 Backstroke	42
43	15&O 50 Breaststroke	44
45	13-14 50 Breaststroke	46
47	15&O 100 Butterfly	48
49	13-14 100 Butterfly	50
51	13&O 200 Freestyle	52
53	13&O 200 IM	54

**Session 6**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
83	15&O 50 Backstroke	84
85	13-14 50 Backstroke	86
87	15&O 100 Breaststroke	88
89	13-14 100 Breaststroke	90
91	15&O 50 Butterfly	92
93	13-14 50 Butterfly	94
95	15&O 100 Freestyle	96
97	13-14 100 Freestyle	98
99	13&O 200 Backstroke	100
101	13&O 200 Butterfly	102
103	13&O 200 Breaststroke	104