

Speedo Eastern States Senior Circuit

Sponsored by Central Park Aquatics

October 22-23, 2016

Sanctioned by USA Swimming through Potomac Valley Swimming & Virginia Swimming

Sanction # PVI-17-40 and VSI # VS-17-04-DS

Note: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Occoquan Swimming & Central Park Aquatic Center shall be free from any liabilities or claims for damages arising by reason if injuries to anyone during the conduct of the event.

LOCATION: Central Park Aquatic Center
10371 Central Park Drive, Suite A
Manassas, VA 20120

DIRECTIONS: From I-66; take exit 47A and exit to 234 business (Sudley Road) toward Manassas; turn left on Godwin Drive and later left on Central Park Drive. The pool is at the end of the cul-de-sac.

FACILITY: 25 yard x 25 yard indoor pool. Eight (8) lanes will be used for competition. Colorado Timing System and Kiefer Wave Eater racing lane lines. Depth of pool is 7 1/2 feet for all competition lanes. The competition course has been certified in accordance with USA Swimming rules and Regulations Article 104.2.2(C)

REFEREE: Dean Schroeder schroeder7647@aol.com

ADMINISTRATIVE REFEREE:
Margaret Schroeder

ELIGIBILITY: Open to all swimmers registered with USA Swimming Inc. who are part of the circuit or other invited teams. Age on October 22, 2016 will determine age for the entire meet. To be eligible to enter this meet, a swimmer must be registered with USA Swimming, Inc. no later than the entry deadline shown below. No on-deck registration will be permitted.

Inclusion Policy for Swimmers with a Disability: PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy as adopted by the BOD](#). Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

CIRCUIT PARTICIPANTS ARE:

Virginia LSC

Prince William Swim Club (PWSC)

Regency Park Swim Team (RPST)

Tsunami Swim Club (TSC)

Maryland Swimming

Monocacy Aquatic Club (MAC)

Central Chesapeake Swimming (PEAK)

Henson Family YMCA (HFY)

Potomac Valley LSC

Arlington Aquatic Club (AAC)

Occoquan Swimming (OCCS)

MEET FORMAT: All events will be **Timed Finals**.

Dive-over starts will be used at this meet. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

WARM-UPS: **Saturday, October 22, 2016**

Session 1
Warm Up: 6:30 am - 7:50 am Start: 8:00 am

Session 2
Warm Up: 3:00 pm – 3:50pm Start: 4:00 pm

Open Warm-up will be used.

Sunday, October 23, 2016

Session 3
Warm Up: 6:30 am - 7:00am Start: 7:10 am

Session 4
Warm Up: 9:45 am - 10:30 am Start: 10:40 am

Open Warm-up will be used.

ENTRIES: **Deadline for receipt of entries is Thursday, October 13, 2016**

Entries must be submitted in short course yard times on HYTEK Meet Manager computer software. Send entries by e-mail. Included. 1) team manager file containing your teams entries, 2) TM report by name, 3) TM report by event, 4) mail a check payable to OCCS to for the full amount of the entry fees due.

Swimmers may enter (3) individual events per session but no more than (5) total for the day on Saturday. Swimmers may enter the 1650 Free plus 3 events on Sunday. Swimmers may participate in 2 relays per session. Relay teams must be designated A, B, C, etc. if a team enters more than one relay. All entry times must have been achieved in USS sanctioned or approved competition.

Send Check To: **Aaron Dean**
 Occoquan Swimming
 c/o Central Park Aquatics
 10371 Central Park Drive
 Manassas, VA 20120

E-Mail Entries To: GM@SwimOCCS.org

MEET DIRECTOR: Aaron Dean
 703-309-3857
 gm@swimoccs.org

The Meet Director reserves the right to limit entries in any event, to prevent too lengthy a session, and to combine events.

FEES: Individual Events..... \$7.00
 Relay Events..... \$14.00
 Facility Surcharge per swimmer \$10.00
 Make checks out to Occoquan Swimming

RULES: The 2016 USA Swimming Code and Rules will apply. Potomac Valley & Virginia Safety and warm-up procedures will be in effect. In accordance with Potomac Valley & Virginia Swimming Policy, only those coaches who, at all times, clearly display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet.

PENALTIES: 1. Penalties for entries using fraudulent and/or non-verifiable entry times:
 a. Swimmer shall be disqualified from the event entered illegally.
 b. Club may be fined up to \$100.00 for each offense, and a record of such offenses shall be kept and

published as part of the official meet results.

2. Clubs entering swimmers not legally registered with USS Swimming by the deadline date may be fined \$100.00 per swimmer per event entered illegally.

a. 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. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc.) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

b. The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy.

c. 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 from within the water. 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.

d. 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.

AWARDS: None given at meet.

SEEDING: All 400 and 800 relays, 400 IM's, 500 Free's, and 1650 Free's will be deck seeded and requires a positive check in. Positive check in for relay events are at the following times: **9:00 AM** Saturday for the 800 Free Relay, **5:30 PM** Saturday for the 400 Medley Relay, **11:00 AM** Sunday for the 400 Free Relays. Check in for following individual events are: 400 IM will be by **8:30 AM** Saturday morning, 1650 Free will be by **6:00 PM** Saturday evening, 500 Free will be by **11:00 AM** Sunday morning.

OFFICIALS: We ask for your teams help in supplying officials for the meet. Any one in the process of achieving certification through on-deck training is welcome.
Thank you for your help in advance.

OFFICIALS CHAIRMAN: Dean Schroeder officialschair@swimoccs.org

TIMERS: Teams will be assigned to provide timers for this meet. If needed, each team will be contacted as to their assigned lanes by October 23. All teams are responsible for providing timers for their swimmers competing in events 25 & 26 (1650 Free) and 35 & 36 (500 Free).

RESULTS: All results will be posted on the wall in the hallway near the locker room entrance and using Meet Mobile app.

GENERAL: Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Central Park Aquatics rules, posted at the pool and in the meet program, will be disqualified from the meet and escorted from the facility. **Central Park Aquatics prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers.**

Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and volunteer staff only will be permitted on the deck during warm-ups and competition. Spectators must remain in the balcony seating area or in the lobby.

Meet Programs: Meet programs will be sold for \$5.00

ORDER OF EVENTS

Saturday, October 22, 2016

Session 1

Warm-ups: 6:30 - 7:50 am/Start 8:00 am

Female Event #	Event	Male Event #
1	200 yd Freestyle Relay	2
3	200 yd Butterfly	4
5	100 yd Freestyle	6
7 %	400 yd Individual Medley	8 %
9	100 yd Backstroke	10
11 #	800 yd Freestyle Relay	12 #
% - Check-in time is 8:30 AM		
# - Check in time is 9:00 AM		

Session 2

Warm up 3:00-3:50 pm/Start 4:00 pm

Female Event #	Event	Male Event #
13	200 yd Individual Medley	14
15	200 yd Breaststroke	16
17	100 yd Butterfly	18
19	200 yd Freestyle	20
21 %	400 yd Medley Relay	22 %
% - Check-in time is 5:30 PM		

Sunday, October 23, 2016

Session 3

Warm-up 6:30-7:00 am/Start 7:10 am

Female Event #	Event	Male Event #
23 %	1650 yd Freestyle	24 %
% - Check-in time is 6:00 PM on Saturday		

Session 4

Warm-up 9:45-10:30 am/Start 10:40 am

Female Event #	Event	Male Event #
25	200 yd Medley Relay	26
27	50 yd Freestyle	28
29	200 yd Backstroke	30
31	100 yd Breaststroke	32
33 %	400 yd Freestyle Relay	34 %
35 #	500 yd Freestyle	36 #
% - Check-in time is 11:00 AM		
# - Check-in time is 11:00 AM		

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