

Revised 2/3/17

2017 President's Day Classic

February 10, 11 & 12, 2017



Hosted by Occoquan Swimming

Sanctioned by USA Swimming, Potomac Valley Swimming, and Virginia Swimming
Sanction # PVI-17-62

Meet Director Aaron Dean (703) 309-3857, gm@swimoccs.org

REFEREE: Dean Schroeder eshroeder7647@aol.com

Officials Contact Dean Schroeder eschroeder7647@aol.com

LOCATION: Freedom Aquatic and Fitness Center (NEW!)
9100 Freedom Center Blvd.
Manassas, VA 20110

FACILITY: 25 yard x 50 meter indoor pool. Ten (10 lanes will be used for competition. Automatic Colorado Timing System will be used. Depth of pool is 12 feet at the start end and 7 ½ feet at the turn end. The competition course has not been certified in accordance with USA Swimming rules and Regulations Article 104.2.2(C)

Meet Format & Focus This meet is provided to offer a racing opportunity to all levels of swimmers. As a tune up for swimmers already qualified for March Championships meets and as a final opportunity to qualify for those that don't have qualifying times yet for March Championship meets. We will recognize new PVS JO qualifiers as well as provide an exciting prelim/finals format for Saturday's events (except the 10 & under events).

The meet is split into six separate sessions, however based time limitations, sessions may be combined or split to accommodate the 4 hour limits.

Friday pm is a timed final session with longer races offered

Saturday am is prelims for 11 & over events (events swum normal championship circle-seeding) (may be split into two sessions as needed 13 & over and 11-12)

Saturday afternoon is timed finals for 10 & under events; swimmers are encouraged to swim all five events offered to be eligible for the pentathlon awards.

Saturday evening is finals for events swum Saturday morning (11 & over)

Sunday sessions are timed final sessions (all heats swum fast to slow).

AM Session 10 & under

Late AM Session 11/12

PM Session 13 & over

Prelims / Finals

All events 11 & over on Saturday will be swum as prelims/ finals format The following will qualify for the evening finals session in each gender:

Two fastest heats of 11-12 A/B (top 20 finishers)

Two fastest heats of 13&14 A/B (top 20 finishers)

Two fastest heats of 15&over A/B (top 20 finishers)

Additional heats may be added based on the timeline and swimmers enrolled in the meet.

Finals will be swum fast to slow A-B

10 & under Pentathlon

The 10 & under Saturday session will offer five events; swimmers entered in all five events will be eligible for the overall pentathlon recognition award that is based on the cumulative time of all five events being completed. The top 8 swimmers 7 & under, 8, 9 and 10 in each gender will be awarded a special trophy. **Swimmers that are disqualified in an event will be disqualified from contention in the pentathlon scoring.**

Schedule

Warm up sessions may be split and assigned lanes depending on the number of swimmers entered into each session. An earlier warm up start time may be required to provide split warm ups as needed.

Friday, February 10

500 free and 400 IM

Warm up 5:00pm

Events 5:45pm

Saturday, February 11

13 & over (prelims)

Warm up 7:00-7:50am Events 7:55am

11-12 (prelims)

Warm up 11:15-11:55am Events 12:00pm

10 & under (timed finals)

Warm up 2:15-2:45pm Events 2:50pm

11 & over (finals)

Warm up 6:00-6:50pm Events 7:00pm

Sunday, February 12

10 & under (timed finals)

Warm up 7:00-7:25am Events 7:30am

11 & 12 (timed finals)

Warm up 9:30am Events 10:15am

13 & over (timed finals)

Warm up 1:20pm Events 2:15pm

**Session start times will be announced following the entry deadline before February 6.
All times and sessions are subject to change*

Awards

Special Pentathlon awards will be presented for the 10 & under top swimmers. There will not be any awards for Sunday's events. The top 8 finishers will receive commemorative medals for Saturday's events

Eligibility

Open to all registered USA Swimming athletes and clubs.

Rules

Current USA Swimming rules will govern this meet.

A contestant may participate in only his or her own age group events or in open events which are open to all ages.

Swimmers shall compete at the age attained on the first day of the meet.

It may be necessary to limit entries in certain events due to time constraints. Sessions may be adjusted to adhere to the 4-hour time limit for 12 & unders.

Dive-over starts will be used at this meet at the preliminary sessions and distance session. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.

Swimmers must provide for their own timer and if needed a lap counter for the 500 free

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces as per USA Swimming rules.

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.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement.

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 the 12 &U sessions in Rule 205.3.1F.

Officials

All certified officials wishing to volunteer to work at this meet, please contact the Occoquan Swimming officials' chairperson & referee prior to February 6, 2017. Please include your club affiliation, certifications held and sessions you desire to work. Officials' check in will be at the starting end of the pool by the computer table.

Inclusion

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.

Positive Check-In

All events may be deck seeded with positive check in if needed (sign in due for all events will be designated by the meet director and may be done the day prior to the competition to allow for seeding to be done prior to session start)

Warm up

The prescribed PVS and Virginia Swimming warm up procedures and safety policies will be followed. The meet director may determine the structure of warm ups times and lane assignments. An announcement about warm up times will be sent out to the attending coaches prior to Monday, February 6.

Supervision

Coaches are responsible for the conduct of their Swimmers and Families and for cleaning up their team areas. Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials permitted on the pool deck. Coaches & deck officials are required to display their current 2017 USA Swimming card.

Programs

Programs will be available for sale online using Meet Mobile and a limited number will be for sale at the meet.

Entries

The preferred method of team entries is via email send to the meet director

Aaron Dean: gm@swimoccs.org

Entries must arrive by the due date

Include a meet entry export from Team Unify or HyTek

Include a report in Word or a PDF by name

In the body of your email, please indicate the number of swimmers (male and female) number of individual events entered (male and female) and the total amount of entry fees you plan to submit.

Please contact Aaron Dean if you need other avenues of entry. Entries not submitted via an export from Team Unify or HyTek will be charged a \$50 team surcharge.

Entry Deadline

All entries must be submitted for this meet no later than:

5:00pm Wednesday, January 25, 2016

Entries received after this date may only be accepted on a case by case basis if there is room in the meet.

Note that the entry deadline is earlier than most meets!!! Entry times may be updated prior to the start of the meet no later than Monday, February 6.

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.

Note, It may be necessary to limit entries therefore, entries will be accepted on a first-come, first-entered basis until the meet fills up.

Upon receipt of your entry via email, the meet director will acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt

Entry Limits

The Meet Director will determine when the event is fully subscribed based on maintaining 4 hour sessions for Saturday prelims and Sunday timed finals. Teams will be notified by January 30 of their status.

11 & over contestants may enter a maximum of seven (7) individual events and no more than one (1) event Friday, three (3) individual events on Saturday and no more than three (3) individual events Sunday

10 & under contestants may enter and swim a maximum of nine (8) events, no more than one (1) event Friday, five (5) events Saturday and three (3) events Sunday. Swimmers shall compete at the age attained on the first day of the meet.

Entry Fees

Swimmer Surcharge	\$10.00 per swimmer
Per event entered	\$7.00 per event

Late/ Deck Entry

Late or deck entries will be available in open lanes after the entry deadline. Deck entries must be submitted no later than 40 minutes prior to the start of the session. If the meet is oversubscribed, the meet director reserves the right to not accept late (deck) entries. Deck entries must be paid at the time of submitting; each deck entry is \$10.00. New swimmers to the meet will also be assessed a one-time surcharge of \$10.

Payment

You may send your check for entry fees to the below address prior to the meet; or bring a check with you to the meet. Once swimmers are entered, there will not be any refund for any reason and unpaid fees must still be submitted; weather related, health related, etc.

(Check Payable to Occoquan Swimming)

Occoquan Swimming

c/o Aaron Dean
10371 Central Park Drive
Manassas VA, 20110

Timers/ Volunteers

All teams entering in this meet are expected to help provide timers for the meet sessions and/or volunteers for officiating or computer management based on the number of entrants per team. Please be prepared to schedule your volunteers to help with running a smooth and fair competition. Refreshments will be provided to all volunteers of the meet.

NOTICE:

In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, the Freedom Center, George Mason University and OCCS shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Friday February 10, 2016
Warm ups 5:00pm // Meet Starts 5:45pm

Timed Finals

Event 1 – mixed 400 IM

Event 2 – 13 & over mixed 500 free

Event 3 – 12 & under 500 free

Friday's distance events will be limited to a 3 hour session. One hour will be allowed for each event (approximately 9 heats each – 90 swimmers) If the session is longer, cuts will be made to events to stay within 1 hour event timelines.

Saturday February 11, 2016

13 & over Prelims

Warm ups 7:00am – 7:50am // Meet Starts 7:55am

Two twenty minute warm up periods

All events prelims/ finals

If the timeline is longer than 4.5 hours the 11-12 group will be separated from the 13 & overs. Please take this into consideration when choosing events. The 13 &overs will be the earliest session in this scenario.

Girls Event #	Description	Ages	Boys Event #
5	200 IM	13 & over	6
9	100 free	13 & over	10
13	100 fly	13 & over	14
17	100 breast	13 & over	18
21	100 back	13 & over	22
25	50 free	13 & over	26

11-12 Prelims

Warm ups 11:15am – 11:55am // Meet Starts 12:00pm

Two twenty minute warm up periods

All events prelims/ finals

If the timeline is longer than 4.5 hours the 11-12 group will be separated from the 13 & overs. Please take this into consideration when choosing events. The 13 &overs will be the earliest session in this scenario.

Girls Event #	Description	Ages	Boys Event #
7	100 free	11 & 12	8
11	50 fly	11 & 12	12
15	50 breast	11 & 12	16
19	50 back	11 & 12	20
23	100 IM	11 & 12	24
27	50 free	11 & 12	28

Saturday, February 11, 2016

Warm ups 2:15pm – 2:45pm // Meet Starts 2:50pm

Two fifteen minute warm up periods

All Events in this session will be swum fast to slow.

Girls Event #	Description	Ages	Boys Event #
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29	50 fly	9 & 10	30
31	25 fly	8 & under	32
33	50 breast	9 & 10	34
35	25 breast	8 & under	36
37	50 back	9 & 10	38
39	25 back	8 & under	40
41	50 free	9 & 10	42
43	25 free	8 & under	44
45	100 IM	9 & 10	46
47	100 IM	8 & under	48

Sunday, February 12, 2016

Warm ups 7:00am -7:25am // Meet start 7:30am

One warm up period

Mixed Gender	Description	Ages
49	200 free	10 & under
50	50 free	8 & under
51	100 back	10 & under
52	50 back	8 & under
53	100 breast	10 & under
54	50 breast	8 & under
55	100 fly	10 & under
56	50 fly	8 & under
57	200 IM	10 & under
58	100 free	10 & under

Warm ups 9:30am -10:10am // Meet start 10:15am

Two 20 minute warm up periods

All events are deck seeded/ timed finals check in will close 30 minutes after the start of finals on Saturday

All events in this session will be swum FAST to SLOW

Mixed Gender	Description	Ages
59	200 free	11 & 12
60	100 back	11 & 12
61	200 back	11 & 12
62	100 breast	11 & 12
63	200 breast	11 & 12
64	100 fly	11 & 12
65	200 fly	11 & 12
66	200 IM	11 & 12

Warm ups 1:20pm-2:10pm // Meet start 2:15pm

Two twenty five minute warm up periods

All events are deck seeded/ timed finals check in will close 30 minutes after the start of finals on Saturday

All events in this session will be swum FAST to SLOW

Mixed Gender	Description	Ages
68	200 free	13 & over
69	200 back	13 & over
70	200 breast	13 & over
71	200 fly	13 & over

TIME TRIALS – if there is time available on Sunday evening and at the discretion of the meet referee time trials of any event may be offered. No more than one heat of each distance will be offered and priority will be given for time available for short events over the longer distances. Each attempt is \$10 payable at the time of entering on deck. A decision on the option for time trials will be made one week prior to the meet.