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**Officials & Meet Management**

If you have any administrative issues prior to the meet, please let me know, otherwise most of your concerns during the meet can be taken care of by the outstanding official's leads we have working the deck and the computer table. (deck entries, check in, missed heats, etc.)

Dean Schroeder is the meet referee throughout the weekend; you can connect with him as an initial point of contact or any of the Administrator Officials at the computer table. You're also welcome to come to me if you have anything that needs addressing.

**Check In, Scratches & Deck Entries**

We will allow deck entries for Saturday or Sunday only in open lanes after seeding. No new heats will be created. Each deck entry is \$10. Please have \$10 per deck entry available at the time of your request. Swimmers that are not already in the meet will need to provide the swimmer surcharge of \$10 at the time of entering as well. Please note the max entry limit is 8 events for the meet.

**Friday's** 500 free/ 400 IM will be seeded on Thursday night – please email any scratches or changes to these by 8pm on Thursday night (2/9/17). I'm leaving this to you as a coach to ensure the session is not full of too many open lanes; so please request the scratches from your team.

**Saturday's** events will be seeded and finalized on Wednesday at noon (2/8/17). If you have any changes to your entries, please send them to me by then. Programs will be created after this time and no further changes will be accepted to the sessions.

**Sunday's** events will be seeded on Saturday evening around 7pm. PLEASE send scratches via email ([gm@swimoccs.org](mailto:gm@swimoccs.org)) or turn in scratches at the computer table by 7pm Saturday so the programs can be created. Coaches please note the Sunday sessions are very long, your cooperation in ensuring your kids are swimming would be appreciated by all.

**Team Timing Requirements**

We respectfully ask that each team provide timers throughout the swim meet. You may split up the assignments however you prefer. OCCS will provide 12 timers each session and will try to provide the needed timers for the finals, however if there are gaps, assistance would be appreciated. We will be looking for 2 timers per lane plus a recorder. (10 lane pool)

**NCAP (all sites) 8 timers per session**

**BWST 3 timers per session**

**SDS 2 timer per session**

**RIPS 2 timer per session**

**FXFX 1 timer per session**

**TOLL 1 timer per session**

**MAC 1 timer per session**

On Sunday with the longer events, if we do not have enough timers to cover the lanes, we will be asking that each swimmer arrive at the blocks with their own timer.

## **Seating & Parking**

Space will be at a premium throughout the meet. Please warn your parents in advance that Saturday the transitions between sessions will be a bit rough. All we ask is a little cooperation and patience with each other to accommodate everyone.

There will be a 'no sit' zone in the first bleacher to allow for parents on a rotational basis to see their swimmer compete. There will be a few limited seats provided for handicap and elderly as needed. The hallways will have limited space for chairs but ½ of the gymnasium will be open for families to sit and spread out; we are working on a process for announcing the events that are starting to keep those in the gym aware of the timeline. NO PARENTS will be allowed on the competition deck unless they are a swim meet management volunteer or certified coach. There will be bleachers on the pool deck to use, however there is limited space available on deck. Chairs are permitted on deck as long as they stay out of the way of the officials and traffic to get around the pool.

Note that the leisure pool and shallow end will have programs going on during the meet. The pool management will be ensuring these are not affected by the swim meet; please respect their requests.

Parking is limited in the lot for the facility, however the spill over area provides plenty of parking on the GMU campus. There will be parking attendants helping to direct you to the assigned areas to park. There is a drop off area that may be used to drop swimmers and gear off at the front door.

## **Warm up Assignments & Start Times**

Coaches are responsible for monitoring your lanes during designated warm up times and any swimmers in the warm up lanes during the meet. Please help keep the warm up lanes safe – no diving (except when lane is completely clear and designated to one-way sprints).

## **UPDATED Notes:**

### **Warm up Assignments & Start Times**

Coaches are responsible for monitoring your lanes during designated warm up times and any swimmers in the warm up lanes during the meet. Please help keep the warm up lanes safe – no diving (except when lane is completely clear and designated to one-way sprints).

### **Friday – 500 free/ 400IM**

Warm ups 5:00pm-5:40pm

Open warm ups

Meet Start 5:45pm

400 IM – fast to slow (mixed genders)

13 & over 500 free – fast to slow (mixed genders)

12 & Under 500 free – fast to slow (mixed genders)

### **Saturday 13 & over prelims**

The entire pool will be available for warm ups for this session (22 lanes) however only the 10 competition lanes and 4 warm up/cool down lanes in the middle of the pool will be assigned.

**Doors will open to public at 6:00am**

**Early warm ups – 6:30-6:55am**

OCCS – lanes 1-9 four warm up/cool down lanes

MAC – lane 10

**Late warm ups 6:55-7:20am**

NCAP – lanes 1-4 and one warm up/cool down lanes

BWST – lanes 5, 6 and one warm up/ cool down lane  
SDS – lane 7 and one warm up/ cool down lane  
RIPS – lane 8 and one warm up/ cool down lane  
FXFX – lane 9  
TOL – lane 10

Meet start 7:25am

### **Saturday 11 & 12 prelims**

Early warm ups 11:15am – 11:35pm

OCCS – lanes 1-6 and four warm up/cool down lanes

MAC – lanes 7-10

Late warm ups 11:35-11:55pm

NCAP – lanes 1-4 and two warm up/ cool down lanes

BWST – lanes 5-6

RIPS – lane 7 and one warm up/ cool down lane

SDS – lane 8 and one warm up/ cool down lane

TOLL – lane 9

FXFX – lane 10

Meet Start 12:00pm

### **Saturday 10 & under timed finals**

Session 1 warm up s – 2:15pm – 2:30pm

OCCS – lanes 1-9 and four warm up/cool down lanes

MAC – lane 10

Session 2 warm ups – 2:30-2:45pm

NCAP – lanes 1-5 and two warm up/cool down lanes

BWST – lanes 6-7

RIPS – lane 8 and one warm up/cool down lane

FXFX – lane 9

TOLL – lane 10

SDS – lane 10

Meet start 2:50pm

### **Saturday 11 & over finals**

6:40pm-7:00pm OPEN warm ups (the warm up/cool down pool will also be available for prior warm up time.

General warm up all lanes

Specific warm ups 7:00-7:10pm:

Lane 1 & 10 – dive sprints

Lanes 2 & 9 – pace

Lanes 3-8 and cool down lanes – general warm ups

Additional lanes may be opened by the meet director or officials.

7:15pm meet start

### **Sunday 10 & under -**

7:00am warm up (one session of warm ups)

7:00-7:25am warm up

OCCS – lanes 1-3 and three warmup/cool down lanes

NCAP – lanes 4-7 and one warmup/ cool down lane

BWST – lane 8

FXFX – lane 9

TOLL – lane 9

SDS – lane 9

MAC – lane 10

RIPS – lane 10

7:30am meet start

## **Sunday 11 & 12**

### **Session 1 warm ups 10:10am-10:30am**

OCCS – lanes 1-6 and four warmup/cool down lanes

MAC – lanes 7-9

TOLL – lane 10

### **Session 2 warm ups 10:30am-10:50am**

NCAP – lanes 1-3 and three warm up/cool down lane

BWST – lanes 4-5 and one warm up/cool down lane

RIPS – lane 6-7

FXFX – lane 8

SDS – lane 9-10

### **Meet Start 10:55am**

## **Sunday 13 & over**

### **Session 1 warm ups 2:30pm-2:50pm**

OCCS – lanes 1-9 and four warm up/ cool down lanes

RIPS – lane 10

### **Session 2 warm ups 2:50pm-3:10pm**

NCAP – lanes 1-3 and one warm up/cool down lane

SDS – lanes 4 & 5 and one warm up/ cool down lane

BWST – lanes 6-7 and one warm up/ cool down lane

TOLL – lane 8 and one warm up/ cool down lane

MAC – lane 9

FXFX – lane 10

### **Meet start 3:15pm**

## **Awards**

The following awards will be given for SATURDAY Events ONLY

11 & over – top 8 finishers from finals will receive medals (11-12, 13-14, 15 & over)

10 & under – top 16 finishers will receive ribbons plus the top 8 finishers in the pentathlon will receive a trophy (7 & under, 8, 9, 10)

Pentathlon scoring is the combined TIME of the five events offered for each age group. Only swimmers in all 5 events are eligible for the pentathlon scores. If a swimmer is disqualified in one event, they will be disqualified for the pentathlon awards. The Pentathlon awards will be announced at the conclusion of the 10 & under session on Sunday during the warm ups for the 11 & over finals.

Heat winners on Saturday prelims and 10 & under session will receive a special award.

### **Finals**

Here is who qualifies for finals on Saturday:

11 & 12 – top 16 finishers from prelims

13 & 14 – top 16 finishers from prelims

15 & over – top 16 finishers from prelims

We do not want open lanes, so if there are openings in the 15 & over age group for finals I may offer the open lanes to the next fastest 13 & 14 year olds to provide a final swim. Please try to set up a way to communicate to your swimmers in the case of scratches moving your swimmer into the finals. For alternates, we will fill the open spots with anyone that shows up (based on prelims finish); so if there is a swimmer that shows up and is the sixth alternate and they're the only one to show up, we'll put them in... we want to provide the opportunity to those that want it.

We have a DJ scheduled to be at the meet all day on Saturday. He has agreed to offer the top seed from prelims the opportunity to request a song for the intro. He will have a process for the requests provided at his table; requests must be in by the start of finals.

### **Time Trials**

On Sunday, if the referee approves some additional swims, we will offer a very short session of time trials for last chance opportunities for championship qualifying. These will be held five minutes after the conclusion of Sunday's 13 & over session and any event that is offered in the meet is offered for time trials. The cost of time trials is \$10 per attempt.

### **Hospitality & Concessions**

We will have a bountiful selection of foods throughout the meet for coaches and meet volunteers. This will be set up in the hallway at the top of the stairs behind the computer station. Bring your appetite and our crew of volunteers will take good care of you. Be sure to thank them... it can be a thankless job and much of their work starts this week to prepare the goodies for you for the weekend.

There will be a healthy selection (and some not so healthy) of concessions in community room throughout the meet. Please encourage your members to support the concessions by purchasing their lunch and dinner from our great selection that will include Subway sandwiches, Chick-Fil-A sandwiches, Pizza and more.

Commemorative President's Day Classic T-shirts will be available for purchase in the community room.

Riptide Swim Shop will also be on hand to sell training & performance gear.