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Occoquan Swimming Presents

Speedo Spring Splash

Long Course Invitational

May 4-6, 2018

Sanction # PVC-18-79 & VS-18-104DS

Hosted by:



MEET DIRECTOR Aaron Dean GM@Swimoccs.org	MEET REFEREE Dean Schroeder Eschroeder7647@aol.com	CLUB OFFICIALS CHAIR Travis Blake Officialscontact@swimoccs.org Officials Signup
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-18-79 and Virginia Swimming: VS-18-104DS In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Occoquan Swimming, Inc., Freedom Aquatic & 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.
FACILITY	<p style="text-align: center;">George Mason University-Manassas, Freedom Aquatic & Fitness Center 9100 Freedom Center Blvd Manassas, VA 20110</p> <ul style="list-style-type: none"> Eight or Nine lane 50 meter course will be used for competition and 1 lane dedicated for warm up/cool down throughout the sessions. <i>The Competition Course has not been certified in accordance with USA Swimming rules & regulations article 104.2.2(C).</i> Start End 12 feet deep / Turn End 3.5 feet deep. Automatic Colorado Timing system will be used with touchpads at both ends & full color scoreboard
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, April 24, 2018 by 5:00pm</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>
SCHEDULE	<p>All events will be swum timed finals</p> <p>Session 1 - Friday (all ages) Warm up 5:00pm-5:40pm Meet start 5:45pm</p> <p>Session 2 Saturday (11 & 12) Warm up 6:30am-7:20am Meet Start 7:30am</p> <p>Session 3 Saturday (10 & under) Warm up 10:25am-10:55am Meet Start 11:00am</p> <p>Session 4 Saturday (13 & over) Warm up 1:30pm-2:30pm Meet Start 2:35pm</p> <p>Session 5 Sunday (11-12) Warm up 6:30am-7:20am Meet Start 7:30am</p>

	<p>Session 6 Sunday (10 & Under) Warm up 10:30-10:55am Meet Start 11:00am</p> <p>Session 7 Sunday (13 & over) Warm up 1:30-2:30pm Meet Start 2:35pm</p> <ul style="list-style-type: none"> • Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> • Open to all USA Swimming registered swimmers before the first day of the meet. • There are no qualifying times; all teams attending must agree to enter swimmers who are capable of swimming in a 50 meter course • Age as of Friday, May 4, 2018 will determine the age for this meet.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> • PVS and host clubs along with their meet directors are committed to the Inclusion Policy 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.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic Colorado Timing System with touchpads at both ends and backup buttons.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • No on-deck USA-S registration is permitted • 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. Per PVS policy, the use of equipment capable of taking pictures (i.e., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are 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 or the swimmer's legal guardian to ensure compliance with this requirement. • 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. • Dive-over starts will be used at this meet. • 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. • In accordance with VSI best practices, all swimmers should shower before entering the pool.
ENTRY LIMITS	<ul style="list-style-type: none"> • Friday – 1 event • Saturday 11 & 12 and 10 & under – 4 events max per session • Saturday & Sunday 13 & over – 3 events max per session • Sunday 12 & under – 5 events max per session • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include decreasing the max entry limit to 3 events each session.

SEEDING	<ul style="list-style-type: none"> • Unless a need to require positive check in (lengthy sessions), all events 200 meters and shorter will be pre-seeded. • All events 400 meters and longer will require positive check in 30 minutes prior to the start of the session. Swimmers failing to check in will be seeded in open lanes only; no extra heats will be provided. Events 400 meters and longer may be limited to the fastest 8 heats based on entry times (yards) • All events will be swum fast to slow
WARM-UP	<ul style="list-style-type: none"> • Warm up assignments will be provided by the meet director on or before Monday, April 30
TIMERS	<ul style="list-style-type: none"> • Teams in attendance will be assigned to provide timers based on the participation of each team. • Swimmers will need to provide their own timers for the 400IM, 400Free & 800 free.
SCORING	<ul style="list-style-type: none"> • No Team Scores will be kept
AWARDS	<ul style="list-style-type: none"> • No Awards will be given for this meet
PROGRAMS	<ul style="list-style-type: none"> • Session programs will be available for purchase on Meet Mobile or a limited number of print programs will be offered \$2 per session. • Concessions will be available at the meet
CREDENTIALS	<ul style="list-style-type: none"> • Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
FACILITY RULES	<ul style="list-style-type: none"> • Each club is responsible for supervising the conduct of their swimmers. • Swimmers are not permitted in any room at the venue not directly associated with this meet. • No towels or suits etc. are to be hung on or around the lifeguard stands. • Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the spectator bleachers. • All facility parking regulations must be followed. No cars are to be left in the fire lanes.
OFFICIALS	<ul style="list-style-type: none"> • Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stoke & Turn Judge) per session if entering 25 or more splashes. • Officials that are willing to work are asked to contact the officials chair for Occoquan Swimming (Travis Blake Officialscontact@swimoccs.org) by Monday, April 30 • Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> • Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. • Timer sign up will be available online prior to the meet.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director. • Entries must be submitted in short course yards times • Include in the subject of the email, “Speedo Spring Splash - ****” with the club’s initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. • Include in entry email: entry file, report of entries by name, report of entries by event. • In the body of your email provide entry numbers (girls, boys, totals), contact information (email,

	<p>phone, officials contact).</p> <ul style="list-style-type: none"> • Entries directly from individual team members will not be accepted • Entries by phone or fax will not be accepted • The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. • Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid. 								
ENTRY FEES	<table data-bbox="503 504 1380 619"> <tr> <td>Per Swimmer Surcharge:</td> <td>\$10.00</td> <td>Deck Entry Fees:</td> <td>\$10.00</td> </tr> <tr> <td>Individual event fee:</td> <td>\$6.00</td> <td>Plus surcharge (if not already in meet)</td> <td></td> </tr> </table> <ul style="list-style-type: none"> • Make checks payable to Occoquan Swimming • Checks may be mailed to: 10371 Central Park Drive Suite A Manassas, VA 20110 • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. 	Per Swimmer Surcharge:	\$10.00	Deck Entry Fees:	\$10.00	Individual event fee:	\$6.00	Plus surcharge (if not already in meet)	
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Session 1

All Ages

Friday, May 4

Warm Up 5:00pm

Events Start 5:45pm

- 1 400 free 12 & under mixed
- 2 800 free 13 & over mixed

Session 2

11 & 12

Saturday, May 5

Warm Up 6:30am

Events Start 7:30am

- 3 11 & 12 200 free
- 5 11 & 12 100 breast
- 7 11 & 12 100 fly
- 9 11 & 12 100 back
- 11 11 & 12 100 free

Session 3

10 & Under

Saturday, May 5

Warm up 10:30*

Events Start 11:00am*

- 4 13 10 & under 200 free
- 6 15 10 & under 100 breast
- 8 17 10 & under 100 fly
- 10 19 10 & under 100 back
- 12 21 10 & under 100 free

Session 4

13 & Over

Saturday, May 5

Warm Up 1:30pm*

Events Start 2:35pm*

- 14 23 13 & over 200 free 24
- 16 25 13 & over 100 breast 26
- 18 27 13 & over 200 fly 28
- 20 29 13 & over 100 back 30
- 22 31 13 & over 50 free 32
- 33 11 & Over 400 IM 34

Session 5

11-12

Sunday, May 6

Warm Up 6:30am

Events Start 7:30am

- 35 11-12 50 back
- 37 11-12 50 breast
- 39 11-12 50 fly
- 41 11-12 50 free
- 43 11-12 200 IM

Session 6

10 & under

Sunday, May 6

Warm up 10:30*

Events Start 11:00am*

- 36 45 10 & under 50 back
- 38 47 10 & under 50 breast
- 40 49 10 & under 50 fly
- 42 51 10 & under 50 free
- 44 53 10 & under 200 IM

Session 7

13 & over

Sunday, May 6

Warm Up 1:30pm*

Events Start 2:35pm*

- 46 55 13 & over 100 free 56
- 48 57 13 & over 200 IM 58
- 50 59 13 & over 100 fly 60
- 52 61 13 & over 200 breast 62
- 54 63 13 & over 200 back 64
- 65 13 & over 400 free 66

*swimmers entering the 400 free on Friday must have a provable 500 free time – entries may be limited to a max of eight heats based on the fastest entry times (NT are not permitted)

*swimmers entering the 800 free on Friday must have a provable 1000 free or 500 free (under 6:30) – entries may be limited to a max of 6 heats based on the fastest entry times.

*Exact warm up start times for sessions 3, 4, 6 & 7 will be determined after all entries are processed.