

**Speedo Holiday Kick Off Mini Meet
Hosted by Occoquan Swimming (OCCS)
November 17, 2018**

**Sanction PVS #PVC-19-22
and VSI # VS-19-45DS**

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

Location: George Mason University-Manassas, Freedom Aquatic & Fitness Center
9100 Freedom Center Blvd
Manassas, VA 20110

Facility: Ten lane 25 yard course will be used for competition. The depth of the pool is 12' at the starting end and 8' at the turning end.
The Competition Course has not been certified in accordance with USA Swimming rules & regulations article 104.2.2(C).

Timing System: Colorado Timing system will be used with touchpads & full color scoreboard

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

Meet Referee: Dan Young, Writedanyoung@verizon.net

Officials Contact: Jorge Zamora, officials@swimoccs.org

Eligibility: Open to all USA Swimming registered swimmers that meet the age on the day of the meet of 8 years old or younger.
No on deck USA Swimming registration will be accepted.

Inclusion Policy for Swimmers with 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

Format: Warm ups will begin no earlier than 11am – exact start time will be sent out to participating teams by November 13. Warm up session will be 20 minutes and the meet will begin 30 minutes following the start of warm ups.
All start times are subject to change based on the entries & projected timelines.

Entries: **Deadline for receipt of entries is Tuesday November 6, 2018**
Entries must be submitted in short course yards times using standard format of export (Hy-Sport, Team Unify).
Teams submit entries via e-mail (email to gm@swimoccs.org).
A report of entries must be included along with the name of the person, phone number, and email address to contact in case of questions must accompany the entries, regardless of how they are submitted.
All entry times must have been achieved in USA Swimming sanctioned, approved, or observed

competition.

Swimmers may enter no more than four total for the day on Saturday.

Swimmers may participate in 1 relays per session.

Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.

The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. Relays may be eliminated if necessary and relay fees will be refunded

Fees: Swimmer Surcharge - \$6.00
Per Individual Entry fee - \$6.00
Relay Entry fee - \$12.00
Payment must be received before the first event starts. By submitting an entry to the hosts, teams will be obligated to pay the entire entry fee for the meet.

Awards: Awards will be provided for the top 8 finishers in each event 8 year old, 7 year old and 6 & under.

Seeding: All events will be swum fast to slow.

• **Rules:** Current USA Swimming rules shall govern this meet.

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.

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, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

Deck changes are prohibited.

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 Rules 205.3.1F.

Operation of a drone or other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) anytime athletes, coaches, official's and/or spectators are present.

In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet

Coaches with expired or non-current credentials will be required to leave the deck area

In accordance with VSI best practices, all swimmers should shower before entering the pool.

Officials: Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. Officials meetings will be held prior to each session & announced during the start of the warm up sessions. Please contact Jorge Zamora, officials@swimoccs.org, to volunteer.

- Safety:** USA Swimming and PVS safety procedures will be in effect.
- Timers:** Teams in attendance will be assigned to provide timers based on the participation of each team.
- General:** Session programs will be available for purchase on Meet Mobile or a limited number of print programs will be offered \$2 per session.
- Facility Rules:** 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.

ORDER OF EVENTS
Saturday, November 17, 2018

Mixed Gender Event

- | | |
|---|----------------|
| 1 | 100 free relay |
| 2 | 25 free |
| 3 | 25 breast |
| 4 | 25 back |
| 5 | 25 fly |