



**Speedo Eastern States Senior Circuit
Hosted by Occoquan Swimming (OCCS)
November 17 & 18, 2018**



**Sanction PVS # PVI-19-23
and VSI # VS-19-44DS**

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 and 4 lanes dedicated for warm up/cool down throughout the sessions. 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).*
Automatic Timing (touch pads primary) be used with full color scoreboard

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

Officials: Meet Referee: Dan Young: writedanyoung@verizon.net
Officials Contact: Jorge Zamora officials@swimoccs.org
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 at all positions will be required for this meet.
Officials meetings will be held prior to each session & announced during the start of the warm up sessions

Eligibility: Open to all USA Swimming registered swimmers of the Speedo Eastern States Senior Circuit registered before the first day of the meet. Teams not in the circuit may request entry by contacting the meet director. The following are the circuit participating teams & LSC:
Virginia: SEVA, PWSC, RPST, TSU, SHKS
Potomac Valley: AAC, OCCS, NCAP
Maryland: PEAK, MAC

No on deck USA Swimming registration will be accepted.

There are no qualifying times; all teams agree to enter swimmers who are training at a senior level and are preparing for successful participation at sectionals, junior nationals or nationals.

Age as of Saturday, November 17, 2018 will determine the age for this meet.

Age Group Distance Session Saturday: for swimmers not normally eligible for the Senior Circuit meets, are invited from the club teams that are part of the Senior Circuit. The following is the criteria for eligibility; the host team may fill additional spots left open with swimmers not qualified using the following criteria:

	1650 free	1000 free	500 free
Girls minimum time	23:23.49	14:01.99	6:49.39
Boys minimum time	22:18.89	13:21.19	6:26.59

Inclusion Policy PVS and host clubs along with their Meet Directors are committed to **for Swimmers with Disability:** 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 competition.

Format: All events will be swum timed finals
Dive over starts will be used for this meet.

- (1) Saturday Morning
Warm Ups: 7:00-8:20am
Competition Start: 8:30am
- (2) Saturday Afternoon (Age Group Distance) Time may change based on previous session
Warm ups 12:30pm-12:55pm
Competition 1:00pm
- (3) Saturday Evening
Warm ups: 3:30-4:30pm
Competition Start: 4:40pm
- (4) Sunday Distance Session
Warm ups: 6:20-6:55am
Competition Start: 7:00am
- (5) Sunday Late Morning Session
Warm ups: 10:00-10:35am
Competition Start: 10:40am

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 (3) individual events per session but no more than (5) total for the day on Saturday. Swimmers may enter the 1000 or 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 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; actions may require reseeding.

Relays may be eliminated if necessary and relay fees will be refunded.
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.

Fees: Swimmer surcharge: \$12.00
Individual events: \$8.00
Relay entry: \$16.00
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, no refunds.

Awards: No awards will be presented at this meet

Seeding: Unless a need to require positive check in (lengthy sessions), all events 200 yards and shorter will be pre-seeded.
All events 400 yards (relays and individual) 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.
All events will be swum slow to fast except the following situations:
The age group 1000 free on Saturday will be swum fast to slow
The Sunday 1650 free will be swum first thing in the morning slowest to fastest followed by the 1000 free swum slowest to fastest. Note the 1000 and 1650 free are mixed genders.
If there are more than 12 heats of the 500 free, the fastest four heats of girls will swim slow to fast, followed by the fastest four heats of boys slow to fast; then alternating girls/boys swimming fast to slow the remaining heats.

• **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 & Regulations, the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, 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.

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.

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. Swimmers will need to provide their own timers for the 1000, 1650 and 500 free events.

General: Session programs will be available for purchase on Meet Mobile or a limited number of print programs will be offered \$2 per session.

Limited concessions will be available at the meet

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**

Saturday AM Session (1)

Warm up 7am, Start 8:30am

Female	Event	Male
1	200 Free Relay	2
3	100 Breast	4
5	200 Free	6
7	100 Fly	8
9	400 IM	10
11	800 Free Relay	12

Saturday PM Session (3)

Warm up 3:30pm, Start 4:40pm

Female	Event	Male
13	200 Fly	14
15	50 Free	16
17	200 Breast	18
19	100 Back	20
21	400 Medley Relay	22
23	500 Free	24

Saturday Afternoon Session (2)

Warm up 12:30pm, Start 1:00pm (start times may change based on finish times of Session 1)

Age Group Distance Session

#38 – mixed 1000 free

Event is mixed gender and
will be swum fast to slow

Sunday, November 18, 2018

Sunday Distance Session (4)

Warm up 6:20am, Start 7:00am

Mixed	Event
25	1650 Free
26	1000 Free
Events are mixed gender and will be swum slow to fast	

Sunday AM Session (5)

Warm up 10:00am, Start 10:40am

Female	Event	Male
27	200 Medley Relay	28
29	200 Back	30
31	100 Free	32
33	200 IM	34
35	400 Free Relay	36

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