

**PVS January Open Meet (hosted by OCCS)
January 19 & 20, 2019**

Prince William County Schools Aquatic Center

Colgan High School
13833 Dumfries Road (Door #25)
Manassas, VA 20112

We are looking forward to hosting your team at the PVS January Open at Colgan High School's PWCS Aquatic Center. The new facility offers plenty of deck space for this size meet we should have access to the adjacent gym if needed for space off deck; we will compete in eight lanes and will have four more lanes for warm up and cool down throughout the weekend. Parents will be directed to sit upstairs only (off the pool deck).

Please see below for

- **Updated start times**
- **Timer assignments**
- **Warm up assignments**
- **Check in Deadlines**

Start Times (note updated times below)

Saturday:

Session 1 - 11-12

warm up: 6:30-6:55/ 6:55-7:20am,
Events 7:25am

Session 2 - 9-10

warm up: 10:30-10:50/ 10:50-11:10 (reduce to 40 min),
Events 11:15am

Session 3 - 13 & O

warm up: 2:40-3:05/ 3:05-3:30pm,
Events 3:35pm

Sunday:

Session 4 - 11-12

warm up: 6:30-6:55/ 6:55-7:20am,
Events 7:25am

Session 5 - 9-10

warm up: 11:10-11:30/ 11:30-11:50 (reduce to 40 min),
events 11:55

Session 6 - 13 & O

warm up 3:15-3:40/ 3:40-4:05pm,
events 4:10

Positive Check-in & Seeding

Coaches: For all NON-Check in Events

In order to ensure the meet is run smoothly and we don't have too many open lanes, please send your scratches by **NOON on Friday for Saturday's Events and 5:00pm on Saturday for Sunday's events**. The better you help with these the better our timelines will work and no one needs to be on the pool deck any longer than needed.

11&12 and 9&10 sessions will be pre-seeded the night before the meet. Except the 500 free on Sunday which will require positive check in by the start of the sessions.

ALL EVENTS for the 13 & overs will require positive check in on a rolling basis. The check in tables will be in the dry hallway under the spectator seating area. Swimmers not positively checked in by the deadline

WILL BE SCRATCHED. Swimmers positively checking in but not showing up to these events may be scratched from their next individual event. Here is the timeline for check in deadlines:

Saturday		Sunday	
200 Free	3:00pm	100 back	3:30pm
100 Fly	3:30pm	200 IM	2:45pm
200 breast & 200 back	4:00pm	200 Fly & 100 breast	4:30pm
100 free	5:00pm	50 free	5:00pm
400 IM	6:00pm	500 free	5:30pm

Warm up assignments

C= Competition pool/ W= Warm up pool

SATURDAY	C1	C2	C3	C4	C5	C6	C7	C8	W1	W2	W3	W4
6:30-6:55am	OCCS	OCCS	OCCS	FXFX	NCAP	NCAP	NCAP	NCAP	OCCS	OCCS	OCCS	OCCS
6:55-7:20am	PM	PM	PM	AAC	HACC	HACC	YORK	CAC	PM	PM	YORK	HACC
10:30-10:50am	OCCS	OCCS	OCCS	OCCS	PM	PM	PM	PM	OCCS	OCCS	PM	PM
10:50-11:10am	NCAP	HACC	HACC	YORK	YORK	CSC	AAC	FXFX	CSC	YORK	YORK	OPEN
2:40-3:05pm	OCCS	OCCS	OCCS	NCAP	NCAP	NCAP	NCAP	AAC	OCCS	OCCS	OCCS	OCCS
3:05-3:30pm	PM	PM	HACC	HACC	YORK	YORK	CSC	CSC	PM	PM	YORK	YORK

SUNDAY	C1	C2	C3	C4	C5	C6	C7	C8	W1	W2	W3	W4
6:30-6:55am	PM	PM	PM	AAC	HACC	HACC	YORK	CAC	PM	PM	YORK	HACC
6:55-7:20am	OCCS	OCCS	OCCS	FXFX	NCAP	NCAP	NCAP	NCAP	OCCS	OCCS	OCCS	OCCS
11:10-11:30am	NCAP	HACC	HACC	YORK	YORK	CSC	AAC	FXFX	CSC	YORK	YORK	OPEN
11:30am-11:50am	OCCS	OCCS	OCCS	OCCS	PM	PM	PM	PM	OCCS	OCCS	PM	PM
3:15-3:40pm	PM	PM	HACC	HACC	YORK	YORK	CSC	CSC	PM	PM	YORK	YORK
3:40-4:05pm	OCCS	OCCS	OCCS	NCAP	NCAP	NCAP	NCAP	AAC	OCCS	OCCS	OCCS	OCCS

Team Timing Assignments

Swimmers will need to provide their own timers for the following events:

All Ages 500 free

11-12 200 fly

11-12 200 back

400 IM

Session 1 (11-12) timer meeting 7:00am/ meet start 7:25am/ assignments finish 10:15am

Swimmers in the 200 fly will need to provide their own timers

Session 2 (9-10) timer meeting 10:45pm/ meet start 11:15pm/ assignments finish 2:33pm

Session 3 (13 & over) timer meeting 3:00pm/ meet start 3:35pm/

Shift 1 assignment start 3:35pm finish 5:35pm (following event #31)

Shift 2 assignment start 5:35pm finish 7:25pm (following event #36)

Swimmers in the 400 IM will need to provide their own timers

Session 4 (11-12) timer meeting 7:00am/ meet start 7:25am/ assignments finish 9:43pm

Swimmers in the 200 back and 500 free will need to provide their own timers

Session 5 (9-10) timer meeting 11:30am/ meet start 11:55am/ assignments finish 2:26pm

Swimmers in the 500 free will need to provide their own timers

Session 6 (13 & over) timer meeting 3:30pm/ meet start 4:10pm/

Shift 1 assignment start 4:10pm finish 6:02pm (following event #70)

Shift 2 assignment start 6:02 finish 7:19pm (following event #76)

Swimmers in the 500 free will need to provide their own timers

Team assignments (online sign up will be available shortly)

11 & 12

Session 1 & 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Timer 1	OCCS	OCCS	PM	PM	NCAP	HACC	YORK	AAC
Timer 2	OCCS	OCCS	PM	NCAP	NCAP	HACC	YORK	CSC

9 & 10

Session 2 & 5	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Timer 1	OCCS	OCCS	PM	PM	NCAP	HACC	YORK	YORK
Timer 2	OCCS	OCCS	PM	PM	AAC	HACC	YORK	FXFX

13 & over

Session 3 & 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Timer 1	OCCS	OCCS	OCCS	PM	NCAP	NCAP	YORK	YORK
Timer 2	OCCS	OCCS	HACC	PM	NCAP	AAC	YORK	CSC

When your coaches arrive to the meet, please have them check in at the administration desk to pick up the following items that will be provided in a team packet:

1. At the start of each session's warm ups, individual session heat sheets will be available at the admin table. Positive check in events after seeded will be posted behind the starting blocks, given to the meet officials then be provided to coaches. We plan to also post everything on Meet Mobile throughout the meet.
2. If you have deck entries, we will accept these using the form included in your packet as well as payment at the time of signing up (\$10.00). **The deadline for deck entries (provided there is space in an open lane without adding a new heat), is 30 minutes prior to the start of the session.**
3. You may switch events without paying, however these changes must occur by 5pm the previous day!

Deck Access

Please inform your parents that only coaches, swimmers, officials and volunteers will be allowed on the pool deck. Meet marshals will be patrolling the area for parents and issuing citations for parking on the pool deck (\$25-\$50 fines may be assessed)

If there is anything that I can provide for you at the meet, don't hesitate to ask. We're looking forward to a great meet.