



January 28-30, 2022

Sanction # PVI-22-107

VSI Sanction # VS-22-24DS

<p>MEET DIRECTOR Aaron Dean meets@swimoccs.org</p>	<p>MEET REFEREE Jorge Zamora zamjr4@gmail.com</p>	<p>CLUB OFFICIALS CHAIR Jorge Zamora zamjr4@gmail.com Officials Signup</p>
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-22-107 and Virginia Swimming, Inc: VS-22-24DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Occoquan Swimming, Occoquan Swim Academy, and 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;">Saturday & Sunday will be held at Freedom Aquatic & Fitness Center 9100 Freedom Center Blvd Manassas, VA 20110 (703) 993-8444</p> <ul style="list-style-type: none"> The pool at Freedom Aquatic & Fitness Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 10 lanes, 25 yards running from wall to bulkhead at the western end of the pool. Warm up: up to 14-22 lanes, 25 yards. At least 4 lanes be available for continuous warm up and cool down. Water depth range of 13' at the starting end and 6.5' at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). <p style="text-align: center;">Friday will be held at Occoquan Swim Academy 10371 Central Park Drive Manassas, VA 20110 (703) 393-2632</p> <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth range of 7.0' at the starting end and 6' 7" at the turning end. Warm up and cool down lanes (5) will be available during all the sessions. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, January 18, 2022 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>

<p>UPDATED SCHEDULE</p>	<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="text-align: left;">Session</th> <th style="text-align: left;">Friday, January 28 @ OSA</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>13-14 Friday Session</td> <td>12:00pm</td> <td>1:00pm</td> </tr> <tr> <td>2</td> <td>11-12 Friday Session</td> <td>3:00pm</td> <td>4:00pm</td> </tr> <tr> <th colspan="2" style="text-align: left;">Saturday, January 29 @ Freedom</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> <tr> <td>3</td> <td>9-14 Saturday Session</td> <td>8:30am</td> <td>10:00am</td> </tr> <tr> <th colspan="2" style="text-align: left;">Sunday, January 30 @ Freedom</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> <tr> <td>4</td> <td>9-14 Sunday Session</td> <td>7:30am</td> <td>9:00am</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Session	Friday, January 28 @ OSA	Warm Ups	Events	1	13-14 Friday Session	12:00pm	1:00pm	2	11-12 Friday Session	3:00pm	4:00pm	Saturday, January 29 @ Freedom		Warm Ups	Events	3	9-14 Saturday Session	8:30am	10:00am	Sunday, January 30 @ Freedom		Warm Ups	Events	4	9-14 Sunday Session	7:30am	9:00am
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<p>ELIGIBILITY</p>	<ul style="list-style-type: none"> Open to all registered and invited Occoquan Swimming members and other USA Swimming teams. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302. Teams should request entry to the meet by email to the meet director meets@swimoccs.org. 																												
<p>DISABILITY SWIMMERS</p>	<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. 																												
<p>TIMING SYSTEM</p>	<ul style="list-style-type: none"> Automatic Timing (touchpads primary) will be used. 																												
<p>COVID-19 CONSIDERATIONS</p>	<ul style="list-style-type: none"> An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, VIRGINIA SWIMMING INC., OCCOQUAN SWIMMING, GEORGE MASON UNIVERSITY FREEDOM AQUATIC & FITNESS CENTER, OCCOQUAN SWIM ACADEMY AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. We have taken enhanced health and safety for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Prince William County. 																												
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down and any time 6 feet of distancing cannot be maintained anywhere in the facility. Swimmers should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming. Masks must be worn by athletes while sitting in the bleacher area. Athletes should arrive and depart in their suits. Locker room use should be minimized. 																												

	<ul style="list-style-type: none"> • Spectators will not be permitted into the facility. The meet will be live streamed on YouTube. • Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently. • Before entering the facility participants, coaches, and volunteers are asked to assess their own health by answering the following questions and only enter the facility if they are confident they have not been in contact with anyone or are themselves feeling any of the symptoms of COVID-19 as described by the US CDC. <ul style="list-style-type: none"> ○ Do you feel any of the symptoms that fall under the COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? ○ Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days? ○ Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days? • No one with symptoms of COVID-19 is permitted in the facility • Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility. • Chlorine is used to disinfect the water and adjacent surfaces constantly. • We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.
FREEDOM CENTER SPECIFIC PROTOCOLS	<ul style="list-style-type: none"> • Each session will be limited to 528 swimmers. Teams will be assigned to a seating area. • Entry and exit for all participants, volunteers, and coaches will be through the patio side entrance. • All attendees are required to complete the Mason COVID Health√™ prior to each visit. • Two timers will be assigned to each lane as backup timers. • Prior to each race, athletes will leave their assigned spot, walk along the turn end of the pool, down the lane 1 side of the pool, and continue behind the blocks. • For warm-ups, swimmers for each session may be assigned to one of two warmup groups, no more than 264 swimmers in each group (12 swimmers/lane). Each group will be assigned an arrival time. Swimmers may not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines. • During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool. • Staging for swimmers during competition will be: <ul style="list-style-type: none"> ○ Heat 1 is at the blocks and will swim ○ Heat 2 is behind the timers and will approach the blocks once heat 1 begins ○ Heat 3 is along the race course on deck spaced by 6 feet and will remain there until Heat 1 is done swimming, exits the pool, and exits the area behind the blocks. ○ Heat 4 is staging under the scoreboard/warm up pool until directed to move to where Heat 3 is standing (after Heat 1 is done swimming and out of the way and Heat 3 proceeds to the starting blocks). • During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area.
OCCOQUAN SWIM ACADEMY SPECIFIC PROTOCOLS	<ul style="list-style-type: none"> • Outside seating is permitted. • All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down and any time 6 feet of distancing cannot be maintained anywhere in the facility. • Each session will be limited to 192 athletes. Swimmers/teams will be assigned to a seating area.

	<ul style="list-style-type: none"> • Entry & Exit for all participants, volunteers, and coaches will be through the main entrance. Access to the outside seating area will be through the main entrance. • One or two timers will be assigned to each lane as a backup timers. • Prior to each race, athletes will leave their assigned spot, walk along the turn end of the pool, down the lane 1 side of the pool, and continue behind the blocks with staging along the pool deck. • One-way traffic will be maintained on the pool deck for competing athletes. Swimmers will leave their assigned spot, walk along the turn end of the pool, down the lane 1 side of the pool, and continue behind the blocks. • For warm-ups, swimmers for each session will be assigned to one of two warm-up groups, no more than 96 swimmers in each group. Each group will be assigned an arrival time. Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines. • During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool. • Dive over starts will be used for subsequent heats. • Staging for swimmers during competition will be: <ul style="list-style-type: none"> ○ Heat 1 is at the blocks and will swim ○ Heat 2 is along the race course on deck spaced and will remain there until Heat 1 starts swimming. ○ Heat 3 is staging under the scoreboard/warm up pool until directed to move to where Heat 2 is standing (after Heat 2 proceeds to the starting blocks) • During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area. • Swimmers participating in the 500 free will be required to provide their own timer and counter. The timers and counters may be provided by anyone that is willing to help and can enter the facility following the above protocol. • HEPA Filtration system is used in high traffic rooms for additional air purification. • UV Light is used along with chlorine to disinfect the water constantly.
QUALIFYING FOR MEET	<ul style="list-style-type: none"> • To enter the competition an athlete must have a minimum IMX Challenge qualifying score of <ul style="list-style-type: none"> ○ 9-12 year olds: 1500 points ○ 13-14 year olds: 1800 points • Scores are verified by USA Swimming and may have been earned in any season that includes or is after September 1, 2020.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • No on-deck USA Swimming registration is permitted. • In compliance with <i>USA Swimming Rules and Regulations</i>, 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 (e.g., 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

	<p>unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> • 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 may be used. • 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.
EVENT RULES	<ul style="list-style-type: none"> • All events will be swum as timed finals and seeded fastest to slowest based on seed times. • A Swimmer must enter and swim all IMX Challenge events within their age group and gender to be eligible for team scoring and awards. <ul style="list-style-type: none"> ○ 9-10 year olds: 200 free, 100 back, 100 breast, 100 fly, 200 IM ○ 11-12 year olds: 500 free, 100 back, 100 breast, 100 fly, 200 IM ○ 13-14 year olds: 500 free, 200 back, 200 breast, 200 fly, 200 IM, 400 IM • No shows, disqualifications or scratches will remove the swimmer from the IMX scoring. • All swimmers must provide their own timer and counter (if desired) for the 500y free • Swimmers may enter and compete in up to three (3) events each day. • Swimmers aged 12 & under may only enter one (1) session per day. • Swimmers must swim in their designated age group based on their age on January 28, 2022. • Events will be seeded using SCY times. • Entering with NT is allowed but coaches are encouraged to provide a coach's time if possible. • Deck entries will be accepted in empty lanes only. No new heats will be created. Deck entries are \$20 per entry.
POSITIVE CHECK IN/SCRATCHES	<ul style="list-style-type: none"> • Check in may be required if there are anticipated a lot of no-shows for longer races. Notice of check in procedures will be provided no less than five days prior to the start of the meet. • There will not be a penalty for missing a positive check in event, however coaches are asked to please ensure their swimmers are checked in prior to the deadline. • Scratches are requested by the following deadlines: <ul style="list-style-type: none"> ○ Friday events – due by 5:00pm on Thursday, January 27 ○ Saturday events – due by 5:00pm on Friday, January 28 ○ Sunday events – due by 5:00pm on Saturday, January 29
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments. • No more than 12 swimmers per lane (264 total at Freedom Center; 96 total at OSA) will be permitted and warm up protocol will be provided prior to the meet for coaches. • At least 4 lanes will be available throughout the meet for warm up and cool down. No more than 12 swimmers may be in any lane at any time.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • Meet Marshals will be used to patrol the facility as well as help with crowd control and COVID regulation compliance.
SEEDING	<ul style="list-style-type: none"> • All events will be pre-seeded seeded the night prior to the session and posted on the meet website. Scratches are requested before this time to be sent to the meet director. (meets@swimoccs.org) • The meet director may determine if combining or splitting sessions is needed to provide additional competitive opportunities and time between events.
SCORING	<ul style="list-style-type: none"> • Team awards will be presented to the top three teams based on compiling the top 16 scorers in each age group and gender from each team.
AWARDS	<ul style="list-style-type: none"> • IMX Scores will be used for scoring. Swimmers must swim all five (for 9-12 year olds) or six (for 13-14 year olds)

	<ul style="list-style-type: none"> Special high point (IMX scores) will be presented to the top 8 scorers in each single age/ gender group: 9, 10, 11, 12, 13 & 14. 									
PROGRAMS	<ul style="list-style-type: none"> Programs will not be sold, however the meet will be available on Meet Mobile and a meet program will be posted on the OCCS website after the scratch deadlines. 									
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted in the facility. 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. 									
OFFICIALS	<ul style="list-style-type: none"> Officials interested in volunteering should complete the online Officials Signup or contact Jorge Zamora (zamjr4@gmail.com). Officials' briefing may be done virtually via Zoom prior to the meet. The meet referee will provide meeting details to all officials. Only limited officials will be allowed in the facility. Early pre-meet sign-up is encouraged if you plan to help. Walk-on officials may not be accommodated. 									
TIMERS & VOLUNTEERS	<ul style="list-style-type: none"> Up to two timers per lane will be asked to volunteer. Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to all COVID-19 mitigation processes as well as MAAPP policies. Volunteer brief recording will be available. 									
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director, meets@swimoccs.org. Include in the subject of the email, "IMXtreme Team Challenge - ****" 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, phone, officials contact). 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 style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Per Swimmer Surcharge:</td> <td style="width: 33%; text-align: right;">\$10.00</td> <td style="width: 33%;">9-12 yr old entry fee: \$50.00 (\$10/event)</td> </tr> <tr> <td>VSI Per Swimmer Surcharge:</td> <td style="text-align: right;">\$2.50</td> <td>13-14 yr old entry fee: \$60.00 (\$10/event)</td> </tr> <tr> <td></td> <td></td> <td style="text-align: right;">Deck Entries: \$20.00</td> </tr> </table> <ul style="list-style-type: none"> Make checks payable to OCCS. Checks may be mailed to: 10371 Central Park Drive 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	9-12 yr old entry fee: \$50.00 (\$10/event)	VSI Per Swimmer Surcharge:	\$2.50	13-14 yr old entry fee: \$60.00 (\$10/event)			Deck Entries: \$20.00
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VSI Per Swimmer Surcharge:	\$2.50	13-14 yr old entry fee: \$60.00 (\$10/event)								
		Deck Entries: \$20.00								

Women's Events	Session 1 – Friday January 28	Men's Events
1	13-14 500 free	2
	Session 2 – Friday January 28	
3	11-12 500 free	4
	Session 3 – Saturday January 29	
5	13-14 200 fly	6
7	13-14 200 IM	8
9	13-14 200 Breaststroke	10
	Session 4 – Saturday January 29	
11	9-10 200 free	12
13	11-12 100 fly	14
15	9-10 100 fly	16
17	11-12 100 breaststroke	18
19	9-10 100 breaststroke	20
	Session 5 – Sunday January 30	
21	13-14 200 backstroke	22
23	13-14 400 IM	24
	Session 6 – Sunday January 30	
25	11-12 100 backstroke	26
27	9-10 100 backstroke	28
29	11-12 200 IM	30
31	9-10 200 IM	32

All events will be swum fastest to slowest based on entry times.

Session	Friday, January 28 @ OSA	Warm Ups	Events
1	13-14 Friday Session	12:00pm	1:00pm
2	11-12 Friday Session	4:00pm	4:40pm
	Saturday, January 29 @ Freedom	Warm Ups	Events
3	13-14	8:00am	9:10am
4	9-12	12:00pm	1:00pm
	Sunday, January 30 @ Freedom	Warm Ups	Events
5	13-14	8:00am	9:10am
6	9-12	12:00pm	1:00pm