



Occoquan Swimming Fall Festival Invitational

November 19-21, 2021

Sanction # PVI-22-26

VSI Sanction # VS-22-10DS



MEET DIRECTOR Aaron Dean meets@swimoccs.org	MEET REFEREE Jorge Zamora zamjr4@gmail.com	CLUB OFFICIALS CHAIR Jorge Zamora zamjr4@gmail.com Officials Signup
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-22-26 and Virginia Swimming, Inc: VS-22-10DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Occoquan Swimming, 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;">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 22 lanes, 25 yards. 4 lanes may 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). 																														
ENTRY DEADLINE	<p style="text-align: center;">Wednesday, November 10, 2021</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	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Friday, November 19</th> <th style="text-align: center;">Warm Ups</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td>Distance Session</td> <td style="text-align: center;">5:00pm</td> <td style="text-align: center;">6:00pm</td> </tr> <tr> <th style="text-align: left;">Saturday, November 20</th> <th style="text-align: center;">Warm Ups</th> <th style="text-align: center;">Events</th> </tr> <tr> <td>13 & 14</td> <td style="text-align: center;">8:00am</td> <td style="text-align: center;">9:00am</td> </tr> <tr> <td>15 & Over</td> <td style="text-align: center;">11:30am</td> <td style="text-align: center;">12:40am</td> </tr> <tr> <td>12 & Under</td> <td style="text-align: center;">3:30pm</td> <td style="text-align: center;">4:20pm</td> </tr> <tr> <th style="text-align: left;">Sunday, November 21</th> <th style="text-align: center;">Warm Ups</th> <th style="text-align: center;">Events</th> </tr> <tr> <td>13 & 14</td> <td style="text-align: center;">8:00am</td> <td style="text-align: center;">9:00am</td> </tr> <tr> <td>15 & Over</td> <td style="text-align: center;">11:30am</td> <td style="text-align: center;">12:40am</td> </tr> <tr> <td>12 & Under</td> <td style="text-align: center;">3:30pm</td> <td style="text-align: center;">4:20pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Friday, November 19	Warm Ups	Events	Distance Session	5:00pm	6:00pm	Saturday, November 20	Warm Ups	Events	13 & 14	8:00am	9:00am	15 & Over	11:30am	12:40am	12 & Under	3:30pm	4:20pm	Sunday, November 21	Warm Ups	Events	13 & 14	8:00am	9:00am	15 & Over	11:30am	12:40am	12 & Under	3:30pm	4:20pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to all registered and invited Occoquan Swimming members and other teams from Maryland Swimming, PVS, or VSI should there be space available. 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.
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 Timing (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	<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 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.
COVID-19 PROTOCOLS	<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. • Swimmers should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming. • Athletes should arrive and depart in their suits. Locker room use should be minimized. • 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. • 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. • 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

	<p>have not been in contact with anyone or are themselves feeling any of the symptoms of COVID-19 as described by the US CDC.</p> <ul style="list-style-type: none"> ○ Do you feel any of the symptoms that fall under the symptoms of 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? <ul style="list-style-type: none"> ● 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. ● For the 25y events, masks will be delivered from the start end to the finish end. ● Timers and counters for 1000y and 500y free will be provided by anyone that is willing to help and can enter the facility following the above protocols. ● 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.
<p>RULES</p>	<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.

	<ul style="list-style-type: none"> • 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 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 heats. • The 500 free and 1000 free on Friday will be swum alternating a girls heat followed by a boys heat, fastest to slowest. • All swimmers must provide their own timer and counter (if desired) for the 500y and 1000y free. • The 12 & Under 500 free on Friday will be limited to 10 heats total (top 100) based on entry times. If space permits, genders may be combined to provide maximum number of swimming opportunities. • The 1000 free may be limited to a maximum of five heats each (50 swimmers) if needed to limit the length of their session. • If a swimmer is removed from a distance event, they will be provided the opportunity to enter an alternate event. • Swimmers may enter and compete in up to three (3) events each day. • Swimmers age 12 & under may only enter one (1) session per day. • Swimmers must swim in their designated age group based on their age on November 19, 2021. • 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 on a space available basis and \$20 per entry.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • Check in for positive check in distance events (400y+) is done at the entrance of the facility and athletes will be required to acknowledge that they plan to swim before entering the facility. • If needed additional events may require positive check in to ensure the lanes are full. • 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. • Positive check in deadline is 30 minutes prior to the start of the session.
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) 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 200y and less will be pre-seeded seeded at 7pm the night prior to the session. Scratches are requested before this time to be sent to the meet director. (meets@swimoccs.org) • Events 400y and longer will be seeded following the check in deadline which is 30 minutes prior to the start of the session.

	<ul style="list-style-type: none"> 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 Scores will not be kept. 								
AWARDS	<ul style="list-style-type: none"> No individual awards will be provided. 								
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"> Two timers per lane. 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, "OCCS Fall Festival - ****" 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: none;"> <tr> <td style="width: 33%;">Per Swimmer Surcharge:</td> <td style="width: 15%; text-align: right;">\$12.50</td> <td style="width: 33%;">Individual event fee:</td> <td style="width: 15%; text-align: right;">\$10.00</td> </tr> <tr> <td>VSI Per Swimmer Surcharge:</td> <td style="text-align: right;">\$2.50</td> <td>Deck Entries:</td> <td style="text-align: right;">\$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:	\$12.50	Individual event fee:	\$10.00	VSI Per Swimmer Surcharge:	\$2.50	Deck Entries:	\$20.00
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November 19-21, 2021

November 19		
Girls	Friday	Boys
1	13 & over 1000 free	2
3	12 U 500 free	4

November 20			November 21		
Girls	Saturday	Boys	Girls	Sunday	Boys
	13 & 14			13 & 14	
5	100 breast	6	47	100 back	48
7	200 free	8	49	200 breast	50
9	100 fly	10	51	200 fly	52
11	200 back	12	53	200 IM	54
13	50 free	14	55	100 free	56
15	400 IM	16	57	500 free	58
Girls	Saturday	Boys	Girls	Sunday	Boys
	15 & over			15 & over	
17	100 breast	18	59	100 back	60
19	200 free	20	61	200 breast	62
21	100 fly	22	63	200 fly	64
23	200 back	24	65	200 IM	66
25	50 free	26	67	100 free	68
27	400 IM	28	69	500 free	70
Girls	Saturday	Boys	Girls	Sunday	Boys
	12 & under			12 & under	
29	25 breast	30	71	25 free	72
31	200 breast	32	73	100 free	74
33	50 breast	34	75	200 fly	76
35	100 fly	36	77	50 fly	78
37	25 fly	38	79	100 breast	80
39	200 free	40	81	25 back	82
41	100 back	42	83	200 back	84
43	100 IM	44	85	50 back	86
45	50 free	46	87	200 IM	88

Sessions may be altered, combined, split or changed based on maintaining local and state regulations as well as manageable timeline.