



# Occoquan Swimming Presidents Day Classic

February 14-16, 2025

Sanction # PVI-25-70

VSI Sanction # VS-



<b>MEET DIRECTOR</b> Aaron Dean <a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a>	<b>MEET REFEREE</b> John Avelis <a href="mailto:javelis3@mac.com">javelis3@mac.com</a>	<b>CLUB OFFICIALS CHAIR</b> John Avelis <a href="mailto:javelis3@mac.com">javelis3@mac.com</a> <a href="#">Officials Signup</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-25-70</b> and Virginia Swimming, Inc: <b>VS-</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Occoquan Swimming, and Freedom Aquatic &amp; 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.</li> </ul>																																								
<b>FACILITY</b>	<p style="text-align: center;"><b>Freedom Aquatic &amp; Fitness Center</b>          9100 Freedom Center Blvd          Manassas, VA 20110          (703) 993-8444</p> <ul style="list-style-type: none"> <li>The pool at Freedom Aquatic &amp; Fitness Center is 50m x 25yd with two moveable bulkheads. Competition will be held in two (2), eight (8) lane 25Y courses, running from wall to wall, separated by bulkheads or if timeline allows, the meet will run in one ten (10) lane course running length wise from wall to bulkhead.</li> <li>Warm up: up to 22 lanes, 25 yards. At least 4 lanes will be available for continuous warm up and cool down.</li> <li>Deep Course water depth of 6.5'-13' at both the starting and turning ends.</li> <li>Shallow Course water depth of 6.0'-6.5' at both the starting and turning ends.</li> <li>The meet host shall ensure the required course dimensions.</li> </ul>																																								
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Thursday, February 6, 2024 by 5:00pm</b></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>																																								
<b>SCHEDULE</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Session</th> <th style="text-align: left;">Friday, February 14</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Friday Session</td> <td>4:00pm</td> <td>5:00pm</td> </tr> <tr> <th colspan="2" style="text-align: left;">Saturday, February 15</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> <tr> <td>2</td> <td>13 &amp; over Prelims</td> <td>7:00am</td> <td>8:10am</td> </tr> <tr> <td>3</td> <td>12 &amp; under Prelims</td> <td>11:00am</td> <td>12:00pm</td> </tr> <tr> <td>4</td> <td>Saturday Finals</td> <td>4:00pm</td> <td>5:00pm</td> </tr> <tr> <th colspan="2" style="text-align: left;">Sunday, February 16</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> <tr> <td>5</td> <td>13 &amp; over Prelims</td> <td>7:00am</td> <td>8:10am</td> </tr> <tr> <td>6</td> <td>12 &amp; under Prelims</td> <td>11:00am</td> <td>12:00pm</td> </tr> <tr> <td>7</td> <td>Sunday Finals</td> <td>4:00pm</td> <td>5:00pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>	Session	Friday, February 14	Warm Ups	Events	1	Friday Session	4:00pm	5:00pm	Saturday, February 15		Warm Ups	Events	2	13 & over Prelims	7:00am	8:10am	3	12 & under Prelims	11:00am	12:00pm	4	Saturday Finals	4:00pm	5:00pm	Sunday, February 16		Warm Ups	Events	5	13 & over Prelims	7:00am	8:10am	6	12 & under Prelims	11:00am	12:00pm	7	Sunday Finals	4:00pm	5:00pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>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.</li> <li>Teams should request entry to the meet by email to the meet director <a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a>.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic Timing (touchpads primary) will be used for all sessions</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>Current USA Swimming rules shall govern this meet.</li> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>No on-deck USA Swimming registration is permitted.</li> <li>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.</li> <li>Deck changes are prohibited.</li> <li>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 without the use of the backstroke ledge. 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.</li> <li>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.</li> <li>Dive-over starts may be used.</li> <li>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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>Friday events will be swum as timed finals.</li> <li>Saturday and Sunday will provide finals opportunity in the following 12 &amp; under events (all other 12 &amp; under events are timed finals swum in the prelims session): <ul style="list-style-type: none"> <li>10 &amp; under: top 8 finishers in 50 free, 50 fly, 50 back, 50 breast, 100 free and 100 IM</li> <li>11: top 8 finishers in the 50 free, 50 fly, 50 back, 50 breast, 100 free and 100 IM</li> <li>12: top 8 finishers in the 50 free, 50 fly, 50 back, 50 breast, 100 free and 100 IM</li> <li>12 &amp; under: top 16 finishers in the 100 back, 100 breast, 100 fly</li> </ul> </li> <li>Saturday and Sunday will provide finals opportunities in the following 13 &amp; over events (the 500 free will be timed finals swum in the prelims session only on Saturday). <ul style="list-style-type: none"> <li>Top 32 13 &amp; Over swimmers in the 50 free, 100 free, 50 back, 100 back, 50 breast, 100 breast, 50 fly, 100 fly and 100 IM (8 swimmers in each D, C, B, A) <ul style="list-style-type: none"> <li>The A final will be for all age swimmers 13 &amp; Over top 8 "super final"</li> <li>The B final will be for the next fastest 15 &amp; over finishers</li> <li>The C final will be for the next fastest 13-14 finishers</li> <li>The D final will be for the next fastest 13-14 finishers</li> </ul> </li> <li>Top 16 13 &amp; Over swimmers in the 200 free, 200 back, 200 breast, 200 fly and 200 IM</li> </ul> </li> <li>The 500 Free and 400 IM on Friday will be swum fastest to slowest.</li> </ul>

	<ul style="list-style-type: none"> <li>• All swimmers must provide their own timer and counter (if desired) for the 500 Free, 400 IM, and 1000 Free.</li> <li>• The 12 &amp; Under 500 Free on Friday may be limited to 6 heats for each gender (12 heats total) and age group total (top 48 in each) based on entry times.</li> <li>• The 400 IM on Friday may be limited to 6 heats for each gender (top 48 in each) based on entry times unless space permits.</li> <li>• The 1000 Free will be available to up to four heats each (more may be added if time permits).</li> <li>• If a swimmer is removed from a distance event, they will be provided the opportunity to enter an alternate event.</li> <li>• Swimmers may enter and compete in up to four (4) events each day however note that swimming back-to-back events may limit the rest between races.</li> <li>• Swimmers aged 12 &amp; Under may only enter one (1) session per day.</li> <li>• Swimmers must swim in their designated age group based on their age on February 14, 2025.</li> <li>• Events will be seeded using SCY times.</li> <li>• Entering with NT is allowed but coaches are encouraged to provide a coach's time if possible.</li> <li>• Deck entries will be accepted in empty lanes only. No new heats will be created. Deck entries are \$20 per entry.</li> <li>• Time Trials may be provided if time permits between the prelims and final session each day. <ul style="list-style-type: none"> <li>○ Swimmers 13 &amp; Over may enter one time trial event in addition to the max 4 events per day.</li> <li>○ 12 &amp; Under swimmers may only swim one session per day.</li> <li>○ Time trial entry fee is \$10.00 per swim paid in cash at the time of entry.</li> <li>○ Time trials entry will close 1 hour prior to the anticipated finish time of the prelims session.</li> </ul> </li> </ul>
<p><b>WITHDRAWING FROM FINALS</b></p>	<ul style="list-style-type: none"> <li>• If you do not wish to swim in the Finals on Saturday or Sunday, you may scratch from the event by following this procedure: <ul style="list-style-type: none"> <li>○ You must complete a scratch request form at the administration desk within 30 minutes of completion of the last preliminary event of the prelim session.</li> </ul> </li> <li>• If a qualified athlete fails to properly scratch from an event and does not appear for the "Final" event, they shall be barred from their next entered event.</li> </ul>

<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• If needed, additional events may require positive check in to ensure the lanes are full.</li> <li>• 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.</li> <li>• Positive check in deadline is 30 minutes prior to the start of the session unless a later time is provided in the meet notes prior to the meet.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments.</li> <li>• At least 4 lanes will be available throughout the meet for continuous warm up and cool down.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</li> <li>• Meet Marshals will be used to patrol the facility as well as help with crowd control.</li> </ul>
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>• Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events 200y and less will be pre-seeded seeded by 5pm the night prior to the session. Scratches are requested before this time to be sent to the Meet Director. (<a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a>)</li> <li>• Events 400y and longer will be seeded following the check in deadline which is 30 minutes prior to the start of the session.</li> <li>• The Meet Director will determine if combining or splitting sessions is needed to provide additional competitive opportunities and time between events.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• Team Scores will not be kept.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Individual awards will be presented for the top 8 finishers in the 12 &amp; under races on Saturday and Sunday (10&amp;under, 11, 12 for those events that offer three heats of finals).</li> <li>• Individual awards will be presented for the top 3 finishers in the 'super final' for all 13 &amp; over events Saturday and Sunday.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SPECTATORS ADMISSION</b>	<ul style="list-style-type: none"> <li>• Spectator seating will be limited for prelims sessions for free.</li> <li>• Finals sessions \$5 per person (under 8 years old free)</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• Parents not working the meet as a deck official, volunteer timer or other position are permitted in the facility on a limited space available basis. Only athletes, USA Swimming certified coaches, and deck officials will be permitted in certain areas on the deck. Coaches and Officials should always have proof of active USA Swimming membership with them.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>• Officials interested in volunteering should complete the online Officials Signup or contact the Meet Referee, John Avelis <a href="mailto:javelis3@mac.com">javelis3@mac.com</a></li> <li>• Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the Referee upon arrival to make their services available. A comprehensive officials' briefing will precede each session during warm-ups</li> </ul>
<b>TIMERS &amp; VOLUNTEERS</b>	<ul style="list-style-type: none"> <li>• Two timers per lane will be asked to volunteer.</li> <li>• Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to all MAAPP 2.0 policies.</li> <li>• Volunteer briefing will take place at the meet about 30 minutes prior to the start of each session.</li> <li>• Each participating club will be asked to provide timers for the competition and a sign-up process will be sent out to participating clubs at least four days prior to the meet.</li> <li>• Timers for Finals will receive free admission to the Finals session.</li> </ul>

<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director, <a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a>.</li> <li>• Include in the subject of the email, "Presidents Day Classic - ****" 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.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• 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.</li> <li>• 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.</li> </ul>								
<b>ENTRY FEES</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 40%;">Per Swimmer Surcharge:</td> <td style="width: 20%; text-align: right;">\$12.50</td> <td style="width: 20%;">Individual event fee:</td> <td style="width: 20%; text-align: right;">\$10.00</td> </tr> <tr> <td></td> <td></td> <td>Deck Entries:</td> <td style="text-align: right;">\$20.00</td> </tr> </table> <ul style="list-style-type: none"> <li>• Make checks payable to <b>OCCS</b>. Checks may be mailed to: 10371 Central Park Drive Manassas, VA 20110</li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>	Per Swimmer Surcharge:	\$12.50	Individual event fee:	\$10.00			Deck Entries:	\$20.00
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Session 1	
Distance Timed Finals	
Friday	
mixed gender	
1	400 IM
2	1000 free
3	12 U 500 free

Session 2				Session 5					
13 & over				13 & over					
	Girls	Saturday Prelims	Boys		Girls	Sunday Prelims	Boys		
a	5	100 free	6	a	a	35	50 breast	36	a
b	7	200 back	8	b	b	37	200 free	38	b
a	9	100 breast	10	a	a	39	100 back	40	a
b	11	200 fly	12	b	a	41	100 IM	42	a
a	13	50 back	14	a	a	43	100 fly	44	a
b	15	200 IM	16	b	b	45	200 breast	46	b
a	17	50 fly	18	a	a	47	50 free	48	a
c	19	500 free	20	c					

Session 3				Session 6					
12 & under				12 & under					
	Girls	Saturday Prelims	Boys		Girls	Sunday Prelims	Boys		
*	21	100 free	22	*	*	49	50 breast	50	*
^	23	200 back	24	^	^	51	200 free	52	^
&	25	100 breast	26	&	&	53	100 back	54	&
^	27	200 fly	28	^	*	55	100 IM	56	*
*	29	50 back	30	*	&	57	100 fly	58	&
^	31	200 IM	32	^	^	59	200 breast	60	^
*	33	50 fly	34	*	*	61	50 free	62	*

Session 4				Session 7					
	Girls	Saturday Finals	Boys		Girls	Sunday Finals	Boys		
#	Event		Event	#	#	Event	Event	#	
qualifiers	#		#	qualifiers	qualifiers	#	#	qualifiers	
32	5	13 & over 100 free	6	32	32	35	13 & over 50 breast	36	32
24	21	11 & 12 100 free	22	24	24	49	12 & under 50 breast	50	24
16	7	13 & over 200 back	8	16	16	37	13 & over 200 free	38	16
16	25	11 & 12 100 breast	26	16	16	53	12 & under 100 back	54	16
32	9	13 & over 100 breast	10	32	32	39	13 & over 100 back	40	32
16	11	13 & over 200 fly	12	16	24	55	12 & under 100 IM	56	24
24	29	12 & under 50 back	30	24	32	41	13 & over 100 IM	42	32
32	13	13 & over 50 back	14	32	16	57	12 & under 100 fly	58	16
16	16	13 & over 200 IM	17	16	32	43	13 & over 100 fly	44	32
24	33	12 & under 50 fly	34	24	16	45	13 & over 200 breast	46	16
32	17	13 & over 50 fly	18	32	24	61	12 & under 50 free	62	24
					32	47	13 & over 50 free	48	32

	<i># swimmers qualifying</i>	<i>Heats</i>
*	24	<i>top 8 10U, top 8 11, top 8 12</i>
&	16	<i>top 16 12 &amp; under</i>
^	N/A	<i>timed finals</i>
a	32	<i>top 8 overall (super final), 8 next fastest 15 &amp; over, 16 next fastest 13-14</i>
b	16	<i>top 16 13 &amp; over swimmers</i>
c	N/A	<i>timed finals</i>

**TIME TRIALS** – if there is time available on Saturday or Sunday following the last prelims sessions of the day, a short, limited Time Trial opportunity will be provided. A decision on Time Trials will be determined by February 10.