

**Speedo Holiday Kick Off Mini Tri-Meet  
Hosted by Occoquan Swimming (OCCS)  
PEAK – PWSC – OCCS  
November 21, 2015**

**Sanction PVS # PVI-16-25 VSI # VSI-16-04DS**

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 if 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. 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).*
- Timing System:** Colorado Timing system will be used with touchpads & full color scoreboard
- Meet Director:** Aaron Dean  
703-309-3857, [gm@swimoccs.org](mailto:gm@swimoccs.org)
- Meet Referee:** Dan Young: [writedanyoung@verizon.net](mailto:writedanyoung@verizon.net)
- Eligibility:** Open to all USA Swimming registered swimmers from OCCS, PWSC and PEAK that meet the age on the day of the meet of 8 years old or younger.  
No on deck USA Swimming registration will be accepted.
- Inclusion Policy for Swimmers with Disability:** PVS and host clubs along with their Meet Directors are committed to 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
- Format:** Warm ups will begin no earlier than 11am – exact start time will be sent out to participating teams by November 19. Warm up session will be 20 minutes and the meet will begin 30 minutes following the start of warm ups.  
All start times are subject to change based on the entries & projected timelines.
- Entries:** **Deadline for receipt of entries is Tuesday November 10, 2015**  
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](mailto: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 no more than four total for the day on Saturday.  
Swimmers may participate in 1 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, which actions may require reseeding. Relays may be eliminated if necessary and relay fees will be refunded.
- Fees:** Swimmer surcharge: \$25.00 – may enter up to four events individual events and one relay  
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.
- Awards:** Awards will be provided for the top 8 finishers in each event 8 year old, 7 year old and 6 & under.
- Seeding:** All events will be swum fast to slow.

- Rules:** The current USA Swimming rules & regulations will apply
- Any swimmer entered in the meet must be certified by a USAS 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 and Regulations, the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- 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 Rules 205.3.1F.
- 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 valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director.
- Coaches with expired or non-current credentials will be required to leave the deck area
- Officials:** Meet Referee: Dan Young [writedanyoung@verizon.net](mailto:writedanyoung@verizon.net)  
Officials Contact: Dean Schroeder [eschroeder7647@aol.com](mailto:eschroeder7647@aol.com)  
Officials at all positions will be required for this meet. We ask for all teams to help in supplying officials for this meet.  
Officials meetings will be held prior to each session & announced during the start of the warm up sessions
- 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.
- General:** Session programs will be available for purchase on Meet Mobile or a limited number of print programs will be offered \$2 per session.
- 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 21 2015**

**Warm up: 11:00-11:20am, Events**  
**11:30**

**Subject to change based on**  
**previous session**

Girls	Event	Boys
1	100 free relay	2
3	25 free	4
5	25 breast	6
7	25 back	8
9	25 fly	10

*Note: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, George Mason University, Freedom Aquatic & Fitness Center and Occoquan Swimming shall be free from any liabilities or claims for damages arising by reason if injuries to anyone during the conduct of the event.*