



OCCS Long Course  
Speedo Spring Splash  
Hosted by Occoquan Swimming  
May 3-5, 2019



**Sanction PVS # PVC-19-85 and VSI # VS-19-106DS**

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 of 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:** **Eight or Nine** lane 50 meter course will be used for competition and 1 lane dedicated for warm up/cool down throughout the sessions.  
*The Competition Course has not been certified in accordance with USA Swimming rules & regulations article 104.2.2(C).*  
Start End 12 feet deep / Turn End 3.5 feet deep.  
Automatic Timing (touch pads primary) will be used. There will be touchpads at both ends & full color scoreboard.
- Meet Director:** Aaron Dean  
703-309-3857  
[gm@swimoccs.org](mailto:gm@swimoccs.org)
- Officials:** Meet Referee: Dan Young [writedanyoung@verizon.net](mailto:writedanyoung@verizon.net)  
Officials Contact: Jorge Zamora [officials@swimoccs.org](mailto:officials@swimoccs.org)  
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
- Eligibility:** Open to all USA Swimming registered swimmers.  
No on deck USA Swimming registration will be accepted.  
There are no qualifying times; all teams attending must agree to enter swimmers who are capable of swimming in a 50 meter course  
Age as of Friday, May 3, 2019 will determine the age for this meet.
- Inclusion Policy** PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy](#) as adopted **for Swimmers** by the BOD. Athletes with a disability are welcomed and are asked to provide advance notice of **with Disability:** desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
- Format:** All events will be swum timed finals  
Dive over starts will be used for this meet.  
Session 1 - Friday (all ages)  
Warm up 5:00pm-5:40pm  
Meet start 5:45pm

Session 2 Saturday (11 & 12)  
Warm up 6:30am-7:20am (two 25 minute warm up shifts)  
Meet Start 7:30am

Session 3 Saturday (10 & under) (one 20 minute shift)  
Warm up 10:30am-10:55am  
Meet Start 11:00am

Session 4 Saturday (13 & over) (two 30 minute warm up shifts)  
Warm up 1:30pm-2:30pm  
Meet Start 2:35pm

Session 5 Sunday (11-12)  
Warm up 6:30am-7:20am (two 25 minute warm up shift)  
Meet Start 7:30am

Session 6 Sunday (10 & Under)  
Warm up 10:30-10:55am (one 20 minute shift)  
Meet Start 11:00am

Session 7 Sunday (13 & over)  
Warm up 1:30-2:30pm (two 30 minute warm up shifts)  
Meet Start 2:35pm

All start times are subject to change based on the entries & projected timelines.

**Entries:**

**Deadline for receipt of entries is Tuesday April 30 by 5pm**

Entries must be submitted in short course yards times using standard format of export (Hy-Sport, Team Unify) – events will be seeded with yard times only. Although the event file indicates yard races, the meet will be swum in a 50 meter course.

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.

**Max Entry:**

Friday – 1 event

Saturday & Sunday 13 & over – 3 events max per session

Saturday 11 & 12 and 10 & under – 4 events max per session

Sunday 12 & under – 5 events max per session

The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include decreasing the max entry limit of each session.

**Fees:**

Swimmer surcharge: \$8.00

Individual events: \$6.00

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, no refunds.

Deck entries, if space is available, will be \$10 each.

**Awards:**

Special Spring awards will be presented to 12 & under swimmers.

**Seeding:**

All events 100 meters and shorter will be pre-seeded. If the sessions are too long, positive check in may be required.

All events 200 meters and longer will require positive check in 30 minutes prior to the start of the session (or as noted prior to the meet but no earlier than 30 minutes prior to the session).

Swimmers failing to check in will be seeded in open lanes only; no extra heats will be provided.

Events 400 meters and longer may be limited to the fastest 8 heats based on entry times (yards)

All events will be swum fast to slow

**Rules:** Current USA Swimming rules shall govern this meet.

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 & Regulations, the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition. As per PVS policy, the use of equipment capable of taking pictures (i.e. 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.

Operation of a drone, or any other flying apparatus, 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.

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 and Officials should have proof of active USA Swimming membership with them at all times. Coaches with expired or non-current credentials will be required to leave the deck area

In accordance with VSI best practices, all swimmers should shower before entering the pool.

No VSI non-athlete member in good standing may be barred from participating in the meet as an official as certified.

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.

**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. Swimmers will need to provide their own timers for:

**Friday** Event #1, 400Free Event #2 800 free

**Saturday** Event # 11 & 12, 200 free, Event 21 & 22, 200 free, Event 33 & 34 400 IM

**Sunday** Event 43, 44, 53, 54 200 IM, 65 & 66 400 free (possibly also events 61-64 if assigned timers are not available)

**General:** Session programs will be available for purchase on Meet Mobile for \$4.00. A very limited number of meet programs will be sold on site for \$2 per session.

**Concessions will be available at the meet**

**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.

**Session 1**

**All Ages**

**Friday, May 3**

Warm Up 5:00pm

Events Start 5:45pm

- 1 400 free 12 & under mixed
- 2 800 free 11 & over mixed

**Session 2**

**11 & 12**

**Saturday, May 4**

Warm Up 6:30am

Events Start 7:30am

- 3 11 & 12 100 free
- 5 11 & 12 100 breast
- 7 11 & 12 100 fly
- 9 11 & 12 100 back
- 11 11 & 12 200 free

**Session 3**

**10 & Under**

**Saturday, May 4**

Warm up 10:30

Events Start 11:00am

- 4 13 10 & under 100 free
- 6 15 10 & under 100 breast
- 8 17 10 & under 100 fly
- 10 19 10 & under 100 back
- 12 21 10 & under 200 free

**Session 4**

**13 & Over**

**Saturday, May 4**

Warm Up 1:30pm

Events Start 2:35pm

- 14 23 13 & over 100 back 24
- 16 25 13 & over 200 free 26
- 18 27 13 & over 100 breast 28
- 20 29 13 & over 200 fly 30
- 22 31 13 & over 50 free 32
- 33 11 & Over 400 IM 34

**Session 5**

**11-12**

**Sunday, May 5**

Warm Up 6:30am

Events Start 7:30am

- 35 11-12 50 back
- 37 11-12 50 breast
- 39 11-12 50 fly
- 41 11-12 50 free
- 43 11-12 200 IM

**Session 6**

**10 & under**

**Sunday, May 5**

Warm up 10:30

Events Start 11:00am

- 36 45 10 & under 50 back
- 38 47 10 & under 50 breast
- 40 49 10 & under 50 fly
- 42 51 10 & under 50 free
- 44 53 10 & under 200 IM

**Session 7**

**13 & over**

**Sunday, May 5**

Warm Up 1:30pm

Events Start 2:35pm

- 46 55 13 & over 100 free 56
- 48 57 13 & over 200 IM 58
- 50 59 13 & over 100 fly 60
- 52 61 13 & over 200 breast 62
- 54 63 13 & over 200 back 64
- 65 11 & over 400 free 66

\*swimmers entering the 400 free on Friday must have a provable 500 free time – entries may be limited to a max of eight heats based on the fastest entry times

\*swimmers entering the 800 free on Friday must have a provable 1000 free or 500 free (under 6:30) – entries may be limited to a max of 6 heats based on the fastest entry times.

\*the 400 free is offered on Sunday to 11-12 year olds that have a provable time in the 500 free under 6:00 AND are swimming the 800 free on Friday. This will count toward the max of 5 events for Sunday for 11-12 year olds. Entries in the 400 free may be limited to a max of eight heats (4 boys and 4 girls) based on the fastest 500 free entry times.

\*Warm up start times for sessions 3, 4, 6 and 7 will be determined after all entries are processed.