



13 & Over Swim Meet of Champions

Hosted by:

December 9-13, 2020

Sanction # PVI-21-134

VSI Sanction #



MEET DIRECTOR Aaron Dean meets@swimoccs.org	MEET REFEREE Ellen Colket ecpenny@msn.com	CLUB OFFICIALS CHAIR Jorge Zamora zamjr4@gmail.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-134 and Virginia Swimming, Inc: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Occoquan Swimming, and Central Park Aquatic 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.
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FACILITY	<p style="text-align: center;">Central Park Aquatic Center (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 7.0' at the turning end. 5 lanes, 25 yards warm up/cool down pool is also available for the prelims 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.
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ENTRY DEADLINE	<p style="text-align: center;">Monday, November 30 at 8:00pm</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>
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SCHEDULE	<p style="text-align: center;">Wednesday, December 9</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Age Group</th> <th>#</th> <th>WARM UP</th> <th>Meet Start</th> </tr> </thead> <tbody> <tr> <td>All Ages distance</td> <td></td> <td>4:30pm</td> <td>5:30pm</td> </tr> </tbody> </table> <p style="text-align: center;">December 10, 11, 12 & 13</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Age Group</th> <th>#</th> <th>WARM UP</th> <th>Meet Start</th> </tr> </thead> <tbody> <tr> <td>13 & 14 Girls Prelims</td> <td></td> <td>6:00am</td> <td>7:00am</td> </tr> <tr> <td>13 & 14 Boys Prelims</td> <td></td> <td>8:30am</td> <td>9:30am</td> </tr> <tr> <td>15 & over Girls Prelims</td> <td></td> <td>11:00am</td> <td>12:00pm</td> </tr> <tr> <td>15 & over Boys Prelims</td> <td></td> <td>1:30pm</td> <td>2:30pm</td> </tr> <tr> <td>13 & 14 Finals</td> <td></td> <td>4:00pm</td> <td>5:00pm</td> </tr> <tr> <td>15 & over Finals</td> <td></td> <td>6:30pm</td> <td>7:30pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Age Group	#	WARM UP	Meet Start	All Ages distance		4:30pm	5:30pm	Age Group	#	WARM UP	Meet Start	13 & 14 Girls Prelims		6:00am	7:00am	13 & 14 Boys Prelims		8:30am	9:30am	15 & over Girls Prelims		11:00am	12:00pm	15 & over Boys Prelims		1:30pm	2:30pm	13 & 14 Finals		4:00pm	5:00pm	15 & over Finals		6:30pm	7:30pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered & invited Occoquan Swimming members and other invited teams from 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.
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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, AND CENTRAL PARK AQUATIC 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, volunteers, spectators) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. • Athletes must arrive and depart in their suits. Locker room use is minimized to emergency use only. • Spectators will not be permitted into the facility. The meet will be live streamed on YouTube. The link will be shared with participating families. • 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 80 swimmers. Swimmers will be assigned to a seating area. Seating areas are marked to allow for social distancing. • Entry for all participants, volunteers and coaches will be through the main pool entrance, exit will be through the Bistro doors or out any pool door exit.

- Before entering the facility participants, coaches and volunteers are required to be able to answer the following questions and will only be permitted entrance if answering with 'no':
 - 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?
 - Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has?
- One timer will be assigned to each lane as a backup timer for the entire session. Markings will separate the swimmers from the timers while staging and entering/exiting the pool.
- One-way traffic will be maintained on the pool deck. 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 warmup groups, no more than 48 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.
- Staging for swimmers during competition will be:
 - Heat 1 is at the blocks and will swim
 - Heat 2 is under the scoreboard 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 3 is staging under the flag until directed to move to under the scoreboard (after heat 1 is done swimming and out of the way and heat 2 proceeds to the starting blocks).
- Counting for the 1000 FR will be provided by the swimmers that are entered in this event.
 - Heat 3 will count for Heat 1
 - Heat 4 will count for Heat 2
 - Heat 1 will count for Heat 3
 - Heat 2 will count for Heat 4
- Counting for the 500 FR will be provided by the swimmers entered in adjacent heats of this event. The heat/event that is two heats after the heat will count for the swimmer competing in the 500 FR.
- Relays will be seeded in lanes 1, 4 & 7
 - Only the swimmer at the starting blocks may take their mask off
 - Swimmers will maintain 6 feet of separation at all times while lining up and behind the blocks.
- After swimming their leg, the swimmer in the water will move to an adjacent lane to exit the pool and replace their mask immediately.
- Swimmers will wear their masks until they reach the starting blocks. They will hang their mask on a hook on the starting block just prior to competing. They will put their mask back on before leaving the starting area.
- Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.
- HEPA Filtration system will be placed on the pool deck and in high traffic rooms for additional air purification.
- UV Light is used along with chlorine to disinfect the water 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 COVID19 after attending the meet.

RULES	<ul style="list-style-type: none"> • Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), shall govern this meet. • No on-deck USA-S 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 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 will not 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. • No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> • All individual events are prelims/finals and circle seeded, except the 1000 free. • Finals will include the top twelve (12) finishers from the morning sessions from events swum December 10-13. The Championship Final “A” will include the top 4 swimmers. The Consolation Final “B” will include the next fastest eight (8) swimmers. Finals heats will be swum in the order “B”, “A”. • The 1000 free will be offered to no more than 32 swimmers (16 girls/ 16 boys) per age group based on fastest entry times. • The 1000 free will alternate 1 heat of girls, 1 heat of boys, fastest seed time to slowest seed times. • Relays will be swum as timed finals, slow to fast, in the prelim session. • Each team may enter up to two relays per event. • Swimmers may compete in up to six events throughout the meet and no more than two individual events per day. • Swimmers must swim in their designated age group based on their age on 12/9/2020. • The meet director reserves the right to change the format of the meet to best accommodate the space and time for each session.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded on Wednesday, December 9, 2020. All changes must be submitted no later than 8am on Wednesday, December 9, 2020. • Coaches are requested to send any known scratches prior to December 9, 2020.
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 6 swimmers per lane (48 total) will be permitted and warm up protocol will be provided prior to the meet for coaches. • Two 25 minute warm up shifts will be provided and assigned lanes for each warm up session with 5 minutes between shifts and five minutes before the start of the competition. • A 5 lanes 25 yard pool will be available for all prelims sessions for continuous warm up or cool down options (no more than 6 swimmers (30 total) 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"> The meet director may determine if combining sessions is needed to provide additional competitive opportunities and time between events.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> If you do not wish to swim in the Final, you may scratch from the final event by following this procedure: <ul style="list-style-type: none"> You must email meets@swimoccs.org within 30 minutes of completion of the last preliminary event of the prelims session Email must include: <ul style="list-style-type: none"> CC: Coach's Email Subject: (event #) scratch Body of email: Swimmer's Name Swimmer's Age Swimmer's Club Event(s) being scratched If an athlete fails to properly scratch from an event and does not appear for the Final event, they shall be barred from their next individual event.
SCORING	<ul style="list-style-type: none"> Scoring and final results will be separated by gender and age groups. Age Groups: 13 & 14, 15 & over Individual Scoring (top 12): 20-16-14-12-9-7-6-5-4-3-2-1 Relay Scoring (Top 3): 40-34-32
AWARDS	<ul style="list-style-type: none"> There will not be individual event awards for this meet.
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 on the day of the meet.
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, deck officials and meet management 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 contact Jorge Zamora zamjr4@gmail.com or fill out this form 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 cannot be accommodated.
TIMERS & VOLUNTEERS	<ul style="list-style-type: none"> One timer 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, "13 & over Swim Meet of Champions *****" 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 data-bbox="365 678 1388 745"> <tr> <td>Per Swimmer Facility Surcharge:</td> <td>\$10.00</td> <td>Individual event fee:</td> <td>\$8.00</td> </tr> <tr> <td>VSI Per Swimmer Surcharge:</td> <td>\$2.50</td> <td>Relay entry fee:</td> <td>\$16.00</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 Facility Surcharge:	\$10.00	Individual event fee:	\$8.00	VSI Per Swimmer Surcharge:	\$2.50	Relay entry fee:	\$16.00
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VSI Per Swimmer Surcharge:	\$2.50	Relay entry fee:	\$16.00						

13 & Over Swim Meet of Champions

December 9-13, 2020

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

Wednesday		
Girls	All Ages	Boys
1	13-14 1000 free	2
3	15 & over 1000 free	4

1000 free will be offered to no more than 32 swimmers (16 girls/ 16 boys) per age group based on fastest entry times.

Thursday		Friday		Saturday		Sunday	
Event #	13 -14 Girls	Event #	13 -14 Girls	Event #	13 -14 Girls	Event #	13 -14 Girls
5	200 free relay	21	400 medley relay	37	400 free relay	53	200 medley Relay
7	100 breast	23	200 breast	39	100 back	55	100 free
9	200 free	25	200 fly	41	500 free	57	200 back
11	400 IM	27	50 free	43	100 fly	59	200 IM
Thursday		Friday		Saturday		Sunday	
13-14 Boys		13-14 Boys		13-14 Boys		13-14 Boys	
6	200 free relay	22	400 medley relay	38	400 free relay	54	200 medley Relay
8	100 breast	24	200 breast	40	100 back	56	100 free
10	200 free	26	200 fly	42	500 free	58	200 back
12	400 IM	28	50 free	44	100 fly	60	200 IM
Thursday		Friday		Saturday		Sunday	
15 & over Girls		15 & over Girls		15 & over Girls		15 & over Girls	
13	200 free relay	29	400 medley relay	45	400 free relay	61	200 medley Relay
15	100 breast	31	200 breast	47	100 back	63	100 free
17	200 free	33	200 fly	49	500 free	65	200 back
19	400 IM	35	50 free	51	100 fly	67	200 IM
Thursday		Friday		Saturday		Sunday	
15 & over Boys		15 & over Boys		15 & over Boys		15 & over Boys	
14	200 free relay	30	400 medley relay	46	400 free relay	62	200 medley Relay
16	100 breast	32	200 breast	48	100 back	64	100 free
18	200 free	34	200 fly	50	500 free	66	200 back
20	400 IM	36	50 free	52	100 fly	68	200 IM

- Relays will compete in the prelim sessions only
- 10-15 minute break will be offered after the relays prior to the start of the first individual event each day. Relay only swimmers may use the pool during this time to cool down.