



# Catch Up Dual Meet

February 6, 2021  
 Sanction # PVD-21-160  
 VSI Sanction # VS-21-

Hosted by:



**MEET DIRECTOR**

Aaron Dean  
[meets@swimoccs.org](mailto:meets@swimoccs.org)

**MEET REFEREE**

Ellen Colket  
[eacolket@gmail.com](mailto:eacolket@gmail.com)

**OFFICIALS CONTACT**

Tom Allison  
[Tom\\_allison@icloud.com](mailto:Tom_allison@icloud.com)

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVD-21-160</b> and Virginia Swimming, Inc: <b>VS-21-</b>.</li> <li>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.</li> </ul>																				
<b>FACILITY</b>	<p style="text-align: center;"><b>Central Park Aquatic Center (Occoquan Swim Academy)</b>          10371 Central Park Drive          Manassas, VA 20110          703-393-2632</p> <ul style="list-style-type: none"> <li>8 lanes, 25 yards</li> <li>Water depth range of 7.0' at the starting end and 6'7" at the turning end.</li> <li>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.</li> </ul>																				
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Monday, February 1 , 2021, 8:00pm</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>	<p style="text-align: center;"><b>Saturday, February 6</b></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>9-10 girls</td> <td>1</td> <td>3:30pm</td> <td>4:10pm</td> </tr> <tr> <td>9-10 boys</td> <td>2</td> <td>5:00pm</td> <td>5:40pm</td> </tr> <tr> <td>11-12 girls</td> <td>3</td> <td>6:30pm</td> <td>7:20pm</td> </tr> <tr> <td>11-12 boys</td> <td>4</td> <td>8:30pm</td> <td>9:20pm</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>	Age Group	#	WARM UP	Meet Start	9-10 girls	1	3:30pm	4:10pm	9-10 boys	2	5:00pm	5:40pm	11-12 girls	3	6:30pm	7:20pm	11-12 boys	4	8:30pm	9:20pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered and invited Occoquan Swimming members and registered and invited RMSC members. 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> </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.</li> </ul>																				

<p><b>COVID-19 CONSIDERATIONS</b></p>	<ul style="list-style-type: none"> <li>● 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.</li> <li>● 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.</li> <li>● 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.</li> <li>● 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.</li> <li>● 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.</li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<ul style="list-style-type: none"> <li>● 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.</li> <li>● Athletes must arrive and depart in their suits. Locker room use is minimized to emergency use only.</li> <li>● Spectators will not be permitted into the facility. The meet will be live streamed on YouTube. The link will be shared with participating families.</li> <li>● 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.</li> <li>● 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.</li> <li>● 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.</li> <li>● 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': <ul style="list-style-type: none"> <li>○ Do you feel any of the symptoms that fall under COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?</li> <li>○ Has anyone in your family been sick or diagnosed with COVID-19?</li> <li>○ Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has?</li> </ul> </li> <li>● Temperature readings will be taken for every person that enters the building. Anyone with a temperature over 100.4 will not be permitted in the facility.</li> </ul>

	<ul style="list-style-type: none"> <li>● One timer will be assigned to each lane as a backup timer. Markings will separate the swimmers from the timers while staging and entering/exiting the pool.</li> <li>● 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.</li> <li>● 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.</li> <li>● During warm-ups, swimmers will wear their masks until they reach the starting blocks or turn end for warm ups and just before they enter the pool for warm ups. They will hang their mask on a hook on the starting block or on the wall or they may bring their own plastic bag to store their mask while they swim. They will put their mask back on as soon as they exit the pool.</li> <li>● Staging for swimmers during competition will be: <ul style="list-style-type: none"> <li>○ Heat 1 is at the blocks and will swim</li> <li>○ 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.</li> <li>○ Heat 3 stages 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).</li> </ul> </li> <li>● During competition, 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.</li> <li>● Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.</li> <li>● HEPA Filtration system will be placed on the pool deck and in high traffic rooms for additional air purification.</li> <li>● UV Light is used along with chlorine to disinfect the water constantly.</li> <li>● 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.</li> </ul>
<p><b>RULES</b></p>	<ul style="list-style-type: none"> <li>● Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), shall govern this meet.</li> <li>● No on-deck USA-S 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. 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 will not be used at this meet.</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>

	<ul style="list-style-type: none"> <li>No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>All events are timed finals.</li> <li>Swimmer may swim up to three (3) events per session.</li> <li>Swimmers must swim in their designated age group based on their age on 2/6/2021.</li> <li>The meet director reserves the right to change the format of the meet to best accommodate the space and time for each session.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded on Friday, February 5. All changes must be submitted no later than 8am on Friday, February 5.</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 may determine the structure of warm-up, including times/lane assignments.</li> <li>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.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> <li>Meet Marshals will be used to patrol the facility as well as help with crowd control and COVID regulation compliance.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>All events will be seeded fastest to slowest.</li> <li>The meet director may determine if combining sessions is needed to provide additional competitive opportunities and time between events.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>No Team Scores</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>No awards</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 on Friday, February 5, 2021.</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 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.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials interested in volunteering should contact Tom Allison <a href="mailto:Tom_allison@icloud.com">Tom_allison@icloud.com</a>.</li> <li>Officials' briefing may be done virtually via Zoom prior to the meet. The meet referee will provide meeting details to all officials.</li> <li>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.</li> </ul>
<b>TIMERS &amp; VOLUNTEERS</b>	<ul style="list-style-type: none"> <li>One timer per lane.</li> <li>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.</li> <li>Volunteer brief recording will be available.</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, "RMSC-OCCS Meet - ****" 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> </ul>

	<ul style="list-style-type: none"> <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>	<p>Per Swimmer Surcharge: \$12.50      Per Event Entry: \$7.00</p> <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>

## Catch Up Dual Meet

**February 6, 2021**

Session	girls	event	boys
<b>Session 1</b> <b>9-10 girls</b>	1	50 free	
	2	50 breast	
	3	50 back	
	4	50 fly	
	5	100 IM	
<b>Session 2</b> <b>9-10 boys</b>		50 free	6
		50 breast	7
		50 back	8
		50 fly	9
		100 IM	10
<b>Session 3</b> <b>11-12 girls</b>	11	100 free	
	12	100 breast	
	13	100 back	
	14	100 fly	
	15	200 IM	
<b>Session 4</b> <b>11-12 Boys</b>		100 free	16
		100 breast	17
		100 back	18
		100 fly	19
		200 IM	20

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