



Occoquan Swimming Fall Festival Invitational

Hosted by:



November 18-20, 2022

Sanction # PVI-23-28

VSI Sanction # VS-23-13DS

<p>MEET DIRECTOR Aaron Dean meets@swimoccs.org</p>	<p>MEET REFEREE Jorge Zamora zamjr4@gmail.com</p>	<p>CLUB OFFICIALS CHAIR Jorge Zamora zamjr4@gmail.com Online Signup</p>
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-23-28 and Virginia Swimming, Inc: VS-23-13DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Occoquan Swimming, and Freedom Aquatic & 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. 																																												
FACILITY	<p style="text-align: center;">Freedom Aquatic & Fitness Center 9100 Freedom Center Blvd Manassas, VA 20110 (703) 993-8444</p> <ul style="list-style-type: none"> The pool at Freedom Aquatic & Fitness Center is 50m x 25yd with two moveable bulkheads. Competition for all sessions except Saturday Finals will be held in two (2), eight (8) lane 25Y competitions running widthwise and separated by bulkheads. Competition for Saturday Finals will be held in 10 lanes, 25 yards running from wall to bulkhead at the western end of the pool. Warm up: up to 22 lanes, 25 yards. At least 4 lanes be available for continuous warm up and cool down. Deep Course Water depth of 6.5'-13' Shallow course of 6.0'-6.5' The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 																																												
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, November 8, 2022, 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>																																												
SCHEDULE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="border-bottom: 1px solid black;">Friday, November 18</th> <th style="border-bottom: 1px solid black;">Warm Ups</th> <th style="border-bottom: 1px solid black;">Events</th> </tr> </thead> <tbody> <tr> <td style="border-right: 1px solid black;">Session 1</td> <td>Distance Session</td> <td style="text-align: center;">5:00pm</td> <td style="text-align: center;">5:50pm</td> </tr> <tr> <th colspan="2" style="border-bottom: 1px solid black;">Saturday, November 19</th> <th style="border-bottom: 1px solid black;">Warm Ups</th> <th style="border-bottom: 1px solid black;">Events</th> </tr> <tr> <td style="border-right: 1px solid black;">Session 2</td> <td>13 & over</td> <td style="text-align: center;">7:50am</td> <td style="text-align: center;">9:00am</td> </tr> <tr> <td style="border-right: 1px solid black;">Session 3</td> <td>10 & under</td> <td style="text-align: center;">1:00pm</td> <td style="text-align: center;">1:50pm</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">12:30pm</td> <td style="text-align: center;">1:30pm</td> </tr> <tr> <td style="border-right: 1px solid black;">Session 4</td> <td>11 & 12</td> <td style="text-align: center;">4:00pm</td> <td style="text-align: center;">5:00pm</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">12:30pm</td> <td style="text-align: center;">1:30pm</td> </tr> <tr> <th colspan="2" style="border-bottom: 1px solid black;">Sunday, November 20</th> <th style="border-bottom: 1px solid black;">Warm Ups</th> <th style="border-bottom: 1px solid black;">Events</th> </tr> <tr> <td style="border-right: 1px solid black;">Session 5</td> <td>13 & over</td> <td style="text-align: center;">7:50am</td> <td style="text-align: center;">9:00am</td> </tr> <tr> <td style="border-right: 1px solid black;">Session 6</td> <td>12 & Under</td> <td style="text-align: center;">1:00pm</td> <td style="text-align: center;">2:00pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Start times are approximate. Meet Director reserves the right to adjust times/sessions after entries are received. This may include combining sessions, splitting age groups, splitting genders, changing session order or other measures to maximize the space and time limitations. 	Friday, November 18		Warm Ups	Events	Session 1	Distance Session	5:00pm	5:50pm	Saturday, November 19		Warm Ups	Events	Session 2	13 & over	7:50am	9:00am	Session 3	10 & under	1:00pm	1:50pm			12:30pm	1:30pm	Session 4	11 & 12	4:00pm	5:00pm			12:30pm	1:30pm	Sunday, November 20		Warm Ups	Events	Session 5	13 & over	7:50am	9:00am	Session 6	12 & Under	1:00pm	2:00pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered and invited teams from USA Swimming. 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.
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.
RULES	<ul style="list-style-type: none"> Current USA Swimming rules shall govern this meet. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. No on-deck USA Swimming 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 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.
EVENT RULES	<ul style="list-style-type: none"> All events are timed finals. Swimmers age 13 & over may swim up to seven (7) events for the meet (1 event max on Friday, 3 events max Saturday & Sunday each). Swimmers age 12 & under may swim up to nine (9) events for the meet (1 event max on Friday, 4 events max Saturday & Sunday each). Swimmers must swim in their designated age group based on their age on November 18, 2022. Deck entries will be accepted into empty lanes only. No new heats will be created. Evidence of current USA Swimming registration required for deck entries. Swimmers competing in the 400 IM, 500 free and 1000 free are required to provide their own timers. Swimmers competing in the 500 free and 1000 free are required to provide their own counters (if desired). 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"> Friday's events will require positive check in: <ul style="list-style-type: none"> 1000 free deadline is 5:15pm 12&U 500 free deadline is 6:00pm or 1 hour prior to the anticipated start of the 500 free Events 400y and longer on Saturday & Sunday will require positive check in. The deadline is 30 minutes prior to the start of the session.

	<ul style="list-style-type: none"> The meet director may determine if any events will need positive check in and will inform attending team administrators/ coaches no later than Monday, November 14
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.
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.
SEEDING	<ul style="list-style-type: none"> All events will be seeded and swum fastest to slowest based on entry time. All events 200y and less will be pre-seeded the night prior to the session. Scratches are requested before this time to be sent to the meet director. (meets@swimoccs.org) <ul style="list-style-type: none"> All Saturday events will be pre-seeded on Friday, November 18 at 7:00pm. All changes must be submitted to the meet director (meets@swimoccs.org) no later than 5:00pm on Friday, November 18. All Sunday events will be pre-seeded on Saturday, November 19 at 4:00pm. All changes must be submitted to the meet director (meets@swimoccs.org) no later than 2:00pm on Saturday, November 19. Events 400y and longer will be seeded following the check in deadline which is 30 minutes prior to the start of the session. The meet director may determine if combining or splitting sessions is needed to provide additional competitive opportunities and time between events.
SCORING	<ul style="list-style-type: none"> No team scores will be kept.
AWARDS	<ul style="list-style-type: none"> No awards will be given.
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 Saturday, October 8.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position may not be permitted in the facility. It is the intent to offer some live viewing areas during the meet. If there is not space, 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.
OFFICIALS	<ul style="list-style-type: none"> Officials interested in volunteering should complete the Online Signup or contact Jorge Zamora (zamjr4@gmail.com). 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.
TIMERS & VOLUNTEERS	<ul style="list-style-type: none"> Two timers per lane for all sessions except Friday Distance Session. Timers and volunteers will be required to adhere to all MAAPP 2.0 policies. Volunteer briefings will take place just prior to the sessions start times. Swimmers competing in the 400 IM, 500 free and 1000 free are required to provide their own timers. Swimmers competing in the 500 free and 1000 free are required to provide their own counters (if desired).
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, "OCCS Fall Fest - *****" 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.

	<ul style="list-style-type: none"> 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	<p style="text-align: center;"> Per Swimmer Facility Surcharge: \$10.00 Individual event fee: \$10.00 VSI Per Swimmer Surcharge: \$2.50 Deck entry fee: \$20.00 </p> <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.

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Adjusted 11/10/22 – Dual Course Sessions

Friday, November 18		
Girls Shallow Course	Friday	Boys Deep Course
	Session 1	
1	1000 free	2
3	12 U 500 free	4

Saturday, November 19			Sunday, November 20		
Session 2			Session 5		
Girls Deep Course	13 & Over	Boys Shallow Course	Girls Shallow Course	13 & Over	Boys Deep Course
5	100 breast	6	53	200 fly	54
7	200 free	8	55	200 breast	56
9	100 fly	10	57	100 back	58
11	200 back	12	59	200 IM	60
13	50 free	14	61	100 free	62
15	400 IM	16	63	500 free	64
Session 3			Session 6		
Girls	10 & Under Shallow Course	Boys	Girls Shallow Course	12 & Under	Boys Deep Course
17	200 free	18	65	200 back	66
19	25 free	20	67	100 free	68
21	100 breast	22	69	200 breast	70
23	25 breast	24	71	100 fly	72
25	100 back	26	73	50 breast	74
27	25back	28	75	200 IM	76
29	50 fly	30	77	50 back	78
31	25 fly	32			
33	100 IM	34			
35	50 free	36			
Session 4					
Girls	11 & 12 Deep Course	Boys			
37	200 free	38			
39	100 breast	40			
41	100 back	42			
43	200 fly	44			
45	50 fly	46			
47	100 IM	48			
49	50 free	50			
51	400 IM	52			

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