



# Occoquan Swimming Presidents Day Classic

February 17-19, 2023

Sanction # PVI-23-66

VSI Sanction # VS-23-23DS



<b>MEET DIRECTOR</b> Aaron Dean <a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a>	<b>MEET REFEREE</b> Jorge Zamora <a href="mailto:zamjr4@gmail.com">zamjr4@gmail.com</a>	<b>CLUB OFFICIALS CHAIR</b> Jorge Zamora <a href="mailto:zamjr4@gmail.com">zamjr4@gmail.com</a> <a href="#">Officials Signup</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-23-66</b> and Virginia Swimming, Inc: <b>VS-23-23DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Occoquan Swimming, and Freedom Aquatic &amp; 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.</li> </ul>																																								
<b>FACILITY</b>	<p style="text-align: center;"><b>Freedom Aquatic &amp; Fitness Center</b>          9100 Freedom Center Blvd          Manassas, VA 20110          (703) 993-8444</p> <ul style="list-style-type: none"> <li>The pool at Freedom Aquatic &amp; Fitness Center is 50m x 25yd with two moveable bulkheads. Competition will be held in two (2), eight (8) lane 25Y courses, running from wall to wall, separated by bulkheads.</li> <li>Warm up: up to 22 lanes, 25 yards. At least 4 lanes be available for continuous warm up and cool down.</li> <li>Deep Course water depth of 6.5'-13' at both the starting and turning ends.</li> <li>Shallow Course water depth of 6.0'-6.5' at both the starting and turning ends.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>																																								
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Tuesday, January 31, 2023 by 5:00pm</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>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Session</th> <th style="text-align: left;">Friday, February 17</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> </thead> <tbody> <tr> <td>1/2</td> <td style="color: red;">Friday Session</td> <td style="color: red;">4:00pm</td> <td style="color: red;">5:20pm</td> </tr> <tr> <th colspan="2" style="text-align: left;">Saturday, February 18</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> <tr> <td>3/4</td> <td>13 &amp; over Prelims</td> <td>6:30am</td> <td>8:10am</td> </tr> <tr> <td>5/6</td> <td>11 &amp; 12 Prelims &amp; 10 &amp; Under Timed Finals</td> <td>11:00am</td> <td>12:10pm</td> </tr> <tr> <td>7</td> <td style="color: red;">11 &amp; over Finals</td> <td style="color: red;">4:00pm</td> <td style="color: red;">5:30pm</td> </tr> <tr> <th colspan="2" style="text-align: left;">Sunday, February 19</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> <tr> <td style="color: red;">8/9</td> <td style="color: red;">9-10 Pentathlon and 11-12 Timed Finals</td> <td style="color: red;">7:00am</td> <td style="color: red;">8:00am</td> </tr> <tr> <td style="color: red;">12</td> <td style="color: red;">8 &amp; under Quadrathlon</td> <td style="color: red;">11:10am</td> <td style="color: red;">11:40am</td> </tr> <tr> <td style="color: red;">10/11</td> <td style="color: red;">13 &amp; Over Timed Finals</td> <td style="color: red;">12:45pm</td> <td style="color: red;">1:55pm</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>	Session	Friday, February 17	Warm Ups	Events	1/2	Friday Session	4:00pm	5:20pm	Saturday, February 18		Warm Ups	Events	3/4	13 & over Prelims	6:30am	8:10am	5/6	11 & 12 Prelims & 10 & Under Timed Finals	11:00am	12:10pm	7	11 & over Finals	4:00pm	5:30pm	Sunday, February 19		Warm Ups	Events	8/9	9-10 Pentathlon and 11-12 Timed Finals	7:00am	8:00am	12	8 & under Quadrathlon	11:10am	11:40am	10/11	13 & Over Timed Finals	12:45pm	1:55pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to all registered and invited Occoquan Swimming members and other teams from Maryland Swimming, 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.</li> <li>• Teams should request entry to the meet by email to the meet director <a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a>.</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 for all sessions except the 8 &amp; under quadrathlon session.</li> <li>• Semi-automatic timing (buttons primary) will be used for the Sunday 8 &amp; under session.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• No on-deck USA Swimming 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 may be used.</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>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events will be swum as timed finals and seeded fastest to slowest heats except the 11 &amp; over events on Saturday, which will be preliminaries and finals, circle seeded for prelims, swum slow to fast. Finals will swim slowest heat to fastest heat D-C-B-A or C-B-A.</li> <li>• Saturday 11 &amp; over races will provide a finals opportunity for the following swimmers: <ul style="list-style-type: none"> <li>○ Top 24 11-12 swimmers in each event (8 swimmers in each C final, B final &amp; A final)</li> <li>○ Top 32 13 &amp; over swimmers in each event (8 swimmers in each D, C, B, A) <ul style="list-style-type: none"> <li>• The A final will be for all age swimmers 13 &amp; over top 8 finishers.</li> <li>• The B final will be for the next fastest 13 &amp; over finishers.</li> <li>• The C final will be for the next fastest 13 &amp; over finishers.</li> <li>• The D final will be for the next fastest 13-14 swimmers only.</li> </ul> </li> </ul> </li> <li>• The 500 free &amp; 400 IM on Friday will be swum fastest to slowest.</li> <li>• All swimmers must provide their own timer and counter (if desired) for the 500y free, 400y IM, 1000y free and 1650y free.</li> <li>• The 12 &amp; Under and 13 &amp; Over 500 free on Friday may be limited to 5 heats for each gender and age group total (top 50 in each) based on entry times. If space permits, genders may be combined to provide maximum number of swimming opportunities.</li> </ul>

	<ul style="list-style-type: none"> <li>• The 400 IM on Friday will be limited to 5 heats for each gender (top 50 in each) based on entry times unless space permits.</li> <li>• The 1000 free and 1650 free will be available to up to two heats each (more may be added if time permits).</li> <li>• If a swimmer is removed from a distance event, they will be provided the opportunity to enter an alternate event.</li> <li>• The 9-10 Pentathlon Sunday will offer five events; swimmers entered in all five events will be eligible for the overall pentathlon recognition award that is based on the cumulative time of all five events being completed. The top 8 swimmers: 9 year old and 10 year old in each gender will be awarded a special trophy. <b>Swimmers that are disqualified in an event will be disqualified from contention in the pentathlon scoring.</b></li> <li>• The 8 &amp; under Quadrathlon Sunday will offer four events; swimmers entered in all four events will be eligible for the overall quadrathlon recognition award that is based on the cumulative time of all four events being completed. The top 8 swimmers in 7 &amp; under and 8 year old in each gender will be awarded a special trophy. <b>Swimmers that are disqualified in an event will be disqualified from contention in the pentathlon scoring.</b></li> <li>• Swimmers may enter and compete in up to three (3) events each day except on Sunday, 10 &amp; under swimmers may enter and compete in all four (8 &amp; under) or five (9-10) events offered.</li> <li>• Swimmers aged 12 &amp; under may only enter one (1) session per day.</li> <li>• Swimmers must swim in their designated age group based on their age on February 17, 2023</li> <li>• Events will be seeded using SCY times.</li> <li>• Entering with NT is allowed but coaches are encouraged to provide a coach's time if possible.</li> <li>• Deck entries will be accepted in empty lanes only. No new heats will be created. Deck entries are \$20 per entry.</li> <li>• Time Trials may be provided on Sunday if time permits following the conclusion of sessions 10/11 on Sunday. <ul style="list-style-type: none"> <li>○ Swimmers 13 &amp; over may enter one time trial event in addition to the max 3 events per day.</li> <li>○ 12 &amp; under swimmers may only swim one session per day, so swimmers this age may not swim in another session on Sunday.</li> <li>○ Time trial entry fee is \$10.00 per swim paid in cash at the time of entry.</li> <li>○ Time trials entry will close 1 hour prior to the anticipated finish time of session 10/11.</li> </ul> </li> </ul>
<b>WITHDRAWING FROM FINALS</b>	<ul style="list-style-type: none"> <li>• If you do not wish to swim in the Finals on Saturday, you may scratch from the event by following this procedure: <ul style="list-style-type: none"> <li>○ You must provide a scratch request at the administration desk within 30 minutes of completion of the last preliminary event of the prelim's session regardless of the preliminary place.</li> </ul> </li> <li>• 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.</li> </ul>

<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• Check in for positive check in distance events (400y+) is done at the entrance of the facility and athletes will be required to acknowledge that they plan to swim before entering the facility.</li> <li>• If needed additional events may require positive check in to ensure the lanes are full.</li> <li>• There will not be a penalty for missing a positive check in event, however coaches are asked to please ensure their swimmers are checked in prior to the deadline.</li> <li>• Positive check in deadline is 30 minutes prior to the start of the session unless a later time is provided in the meet notes prior to the meet.</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>• At least 4 lanes will be available throughout the meet for warm up and cool down.</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.</li> </ul>
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>• Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events 200y and less will be pre-seeded seeded by 5pm the night prior to the session. Scratches are requested before this time to be sent to the meet director. (<a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a>)</li> <li>• Events 400y and longer will be seeded following the check in deadline which is 30 minutes prior to the start of the session.</li> <li>• The meet director may determine if combining or splitting sessions is needed to provide additional competitive opportunities and time between events.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• Team Scores will not be kept.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Individual awards will be presented for the top 8 finishers in the final events on Saturday evening.</li> <li>• Individual awards will be provided at the conclusion of the meet for the top 8 finishers in all 10 &amp; under races.</li> <li>• High point (pentathlon/quadrathlon low time) trophies will be awarded for the 10 &amp; under combined races.</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 after the scratch deadlines.</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 <b>are permitted in the facility on a limited space available basis</b>. Only athletes, USA Swimming certified coaches, and deck officials will be permitted <b>in certain areas</b> 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>• Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>• Officials interested in volunteering should complete the online <a href="#">Officials Signup</a> or contact Jorge Zamora (<a href="mailto:zamjr4@gmail.com">zamjr4@gmail.com</a>).</li> <li>• 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</li> </ul>
<b>TIMERS &amp; VOLUNTEERS</b>	<ul style="list-style-type: none"> <li>• Two timers per lane will be asked to volunteer.</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 (if applicable for the facility) as well as MAAPP policies.</li> <li>• Volunteer brief will take place at the meet about 30 minutes prior to the start of each session.</li> <li>• Each participating club will be asked to provide timers for the competition and a sign up process will be sent out to participating clubs at least four days prior to the meet.</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, "Presidents Day Classic - ****" 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> <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>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 40%;">Per Swimmer Surcharge:</td> <td style="width: 20%; text-align: right;">\$10.00</td> <td style="width: 20%;">Individual event fee:</td> <td style="width: 20%; text-align: right;">\$10.00</td> </tr> <tr> <td>VSI Per Swimmer Surcharge:</td> <td style="text-align: right;">\$2.50</td> <td>Deck Entries:</td> <td style="text-align: right;">\$20.00</td> </tr> </table> <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>	Per Swimmer Surcharge:	\$10.00	Individual event fee:	\$10.00	VSI Per Swimmer Surcharge:	\$2.50	Deck Entries:	\$20.00
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# Occoquan Swimming Presidents Day Classic

**February 17-19, 2023**

**Friday, February 17**

	Girls		Boys
	1	13 & over 50 fly	2
	3	13 & over 50 breast	4
	5	13 & over 50 back	6
	7	Open 400 IM	8
	9	13 & over 500 free	10
	11	12 & under 500 free	12

**Saturday, February 18**

Deep Pool				Shallow Pool				Deep Pool Session 6				Shallow Pool Session 7			
Saturday 13 & over Prelims				Saturday 11 & 12 Prelims				Saturday 10 & under Timed Finals							
Girls	Age	Event	Boys	Girls	Age	Event	Boys	Girls	Age	Event	Boys				
13	13 & over	100 free	14	25	11 & 12	100 free	26	37	10U	200 free	38				
15	13 & over	200 IM	16	27	11 & 12	50 back	28	39	8U	50 free	40				
17	13 & over	100 back	18	29	11 & 12	50 breast	30	41	10U	100 back	42				
19	13 & over	100 breast	20	31	11 & 12	50 fly	32	43	8U	50 back	44				
21	13 & over	100 fly	22	33	11 & 12	100 IM	34	45	10U	100 breast	46				
23	13 & over	50 free	24	35	11 & 12	50 free	36	47	8U	50 breast	48				
								49	10U	100 fly	50				
								51	8U	50 fly	52				
								53	10U	200 IM	54				
								55	8U	100 IM	56				
								57	10U	100 Free	58				

## Deep Pool Saturday Finals

	Girls		Boys
	13	13 & over 100 free	14
	25	11 & 12 100 free	26
	15	13 & over 200 IM	16
	27	11 & 12 50 back	28
	17	13 & over 100 back	18
	29	11 & 12 50 breast	30
	19	13 & over 100 breast	20
	31	11 & 12 50 fly	32
	21	13 & over 100 fly	22
	33	11 & 12 100 IM	34
	23	13 & over 50 free	24
	35	11 & 12 50 free	36

# Occoquan Swimming Presidents Day Classic February 17-19, 2023

## Sunday, February 19

Shallow Pool Sunday 9 & 10				Deep Pool Sunday 11 & 12				Shallow Pool Sunday 13 & over			
Girls		Boys		Girls		Boys		Girls		Boys	
59	9 & 10	100 IM	60	77	11 to 12	200 breast	78	93	13 & over	200 free	94
63	9 & 10	50 fly	64	79	11 to 12	100 fly	80	95	13 & over	200 back	96
67	9 & 10	50 breast	68	81	11 to 12	200 back	82	97	13 & over	200 breast	98
71	9 & 10	50 back	72	83	11 to 12	100 breast	84	99	13 & over	200 fly	100
75	9 & 10	50 free	76	85	11 to 12	200 fly	86	101	13 & over	1000 free MIXED	
				87	11 to 12	200 IM	88		13 & over	1650 free MIXED	102
				89	11 to 12	100 back	90				
				91	11 to 12	200 free	92				
<b>Shallow Pool Sunday 8 &amp; under</b>											
<b>Girls</b>		<b>Boys</b>									
61	8 & under	25 fly	62								
65	8 & under	25 breast	66								
69	8 & under	25 back	70								
73	8 & under	25 free	74								