



Occoquan Swimming 2023 Speedo Spring Splash



May 5 – May 7, 2023

Sanction # PVI-23-88

VSI Sanction # VS-23-30DS

<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 Officials 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-23-88 and Virginia Swimming, Inc: VS-23-30DS. 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 will be held one 50m course configuration. Competition may be held in 10 lanes or if the timeline permits one lane may be reserved for warm up/cool down in which case 8 or 9 lanes will be used for the competition. Warm up: 10 lanes 50m will be available for pre meet warm up. Water depth of 12' at the start end and 3.5' at the turn end. 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;">Thursday, April 20, 2023 by 5:00pm</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 border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 10px;"> <thead> <tr> <th style="text-align: left;">Session</th> <th style="text-align: left;">Friday, May 5</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Friday Session</td> <td>4:30pm</td> <td>5:30pm</td> </tr> </tbody> </table> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 10px;"> <thead> <tr> <th style="text-align: left;">Session</th> <th style="text-align: left;">Saturday, May 6</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> </thead> <tbody> <tr> <td>2 & 3</td> <td>11 & 12 12 & Under</td> <td>7:00am</td> <td>7:50am</td> </tr> <tr> <td>3</td> <td>10 & under</td> <td>11:00am</td> <td>11:40pm</td> </tr> <tr> <td>4</td> <td>13 & over</td> <td>11:00am</td> <td>12:10pm</td> </tr> </tbody> </table> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Session</th> <th style="text-align: left;">Sunday, May 7</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> </thead> <tbody> <tr> <td>5</td> <td>13 & over</td> <td>7:00am</td> <td>8:10am</td> </tr> <tr> <td>6</td> <td>12 & under</td> <td>1:00pm</td> <td>1:50pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Session	Friday, May 5	Warm Ups	Events	1	Friday Session	4:30pm	5:30pm	Session	Saturday, May 6	Warm Ups	Events	2 & 3	11 & 12 12 & Under	7:00am	7:50am	3	10 & under	11:00am	11:40pm	4	13 & over	11:00am	12:10pm	Session	Sunday, May 7	Warm Ups	Events	5	13 & over	7:00am	8:10am	6	12 & under	1:00pm	1:50pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered and invited Occoquan Swimming members and other teams. 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. Teams should request entry to the meet by email to the meet director meets@swimoccs.org. 																																				

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 may 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 will be swum as timed finals and seeded fastest to slowest heats • All swimmers must provide their own timer and counter (if desired) for the 800m free • All swimmers must provide their own timer for the 400m IM and 400m free • The 400 free and 400 IM may be limited to 8 total heats for each age group (top 72 in each) based on 500 yard free and 400-yard IM entry times. If time permits additional heats may be added. • The 800 free may be limited to 6 total heats with a minimum of 30 female athletes and 30 male athletes based on 1000-yard entry times. • If a swimmer is removed from a distance event, they will be provided the opportunity to enter an alternate event if desired. • Swimmers 13 & over may enter and compete in up to three (3) events each day, with a maximum of seven (7) events for the meet. • Swimmers 12 & under may enter and compete in up to four (4) events each day, with a maximum of nine (9) events for the meet. • Swimmers aged 12 & under may only enter one (1) session per day. • Swimmers must swim in their designated age group based on their age on May 5, 2023. • Events will be seeded using SCY times. • NT entries will not be accepted. Swimmers should have swum the event they plan to swim in a short course meet before swimming in this meet. • Note: entries in the 400 free will appear as 500 free in the event file and entries in the 800 free will appear as 1000 free in the event file.

	<ul style="list-style-type: none"> Deck entries will be accepted in empty lanes only. No new heats will be created. Deck entries are \$20 per entry.
POSITIVE CHECK IN	<ul style="list-style-type: none"> Check in for positive check in distance events (400m+) is done at the entrance of the facility and athletes will be required to acknowledge that they plan to swim before entering the facility. If needed additional events may require positive check in to ensure the lanes are full. 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. 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.
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. If timelines permit, lane 1 will be reserved for warm up and cool down throughout the meet. Notice of this availability will be made no later than Monday, May 1
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 facility regulation compliance.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> 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.
SEEDING	<ul style="list-style-type: none"> All events 200m and less will be pre-seeded seeded by 7pm the night prior to the session. Scratches are requested before this time to be sent to the meet director. (meets@swimoccs.org) Events 400m 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"> Team Scores will not be kept.
AWARDS	<ul style="list-style-type: none"> No individual awards will be provided
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 after the scratch deadlines.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position will have very limited access to the facility. Only athletes, USA Swimming certified coaches, and deck officials will be permitted in certain areas 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"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. Officials interested in volunteering should complete the Officials 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 will be asked to volunteer. Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to all facility and USA Swimming rules and regulations including the MAAPP policies. Volunteer details will be provided prior to the meet. Timers and Marshals brief will take place at the meet about 30 minutes prior to the start of each session. 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.

ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries must be submitted by email to the Meet Director, meets@swimoccs.org. • Include in the subject of the email, "Speedo Spring Splash - ****" 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 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 style="width: 100%; border: none;"> <tr> <td style="width: 40%;">Per Swimmer Surcharge:</td> <td style="width: 20%; text-align: right;">\$12.50</td> <td style="width: 20%;">Individual event fee:</td> <td style="width: 20%; text-align: right;">\$10.00</td> </tr> <tr> <td></td> <td></td> <td>Deck Entries:</td> <td style="text-align: right;">\$20.00</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 Surcharge:	\$12.50	Individual event fee:	\$10.00			Deck Entries:	\$20.00
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	Session 1	
	All Ages	
	Friday, May 5	
1	400 free 12 & under mixed	
2	800 free 13 & over mixed	

	Session 2			Session 2/3			Session 4	
	11 & 12			12 & Under			13 & Over	
	Saturday, May 6			Saturday, May 6		Girls	Saturday, May 6	Boys
3	mixed 11 & 12 200 free		3	mixed 12 & under 200 free		15	13 & over 100 back	16
4	mixed 11 & 12 100 breast		4	mixed 12 & under 100 breast		17	13 & over 200 free	18
5	mixed 11 & 12 100 fly		5	mixed 12 & under 100 fly		19	13 & over 100 breast	20
6	mixed 11 & 12 200 IM		6	mixed 12 & under 200 IM		21	13 & over 200 fly	22
7	mixed 11 & 12 100 back		7	mixed 12 & under 100 back		23	13 & over 50 free	24
8	mixed 11 & 12 100 free		8	mixed 12 & under 100 free		25	13 & Over 400 IM	26

	Session 5			Session 6	
	13 & over			12 & under	
	Sunday, May 7			Sunday, May 7	
27	13 & over 200 IM	28	39	mixed 12 & under 50 back	
29	13 & over 100 free	30	40	mixed 12 & under 50 breast	
31	13 & over 200 back	32	41	mixed 12 & under 50 fly	
33	13 & over 200 breast	34	42	mixed 12 & under 50 free	
35	13 & over 100 fly	36			
37	13 & over 400 free	38			