



Medley Mayhem Invitational

Hosted by:

October 21 & 22, 2023

Sanction # PVI-24-09

VSI Sanction # VS-24-12DS



MEET DIRECTOR Aaron Dean meets@swimoccs.org	MEET REFEREE Jorge Zamora zamjr4@gmail.com	CLUB OFFICIALS CHAIR Katie Simmons officialscontact@swimoccs.org Online Signup
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-24-09 and Virginia Swimming, Inc: VS-24-12DS. 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. 																																								
FACILITY	<p style="text-align: center;">Occoquan Swim Academy 10371 Central Park Drive Manassas, VA 20110 (703) 393-2632</p> <ul style="list-style-type: none"> The competition pool at Occoquan Swim Academy is 8 lanes, 25 yards. Water depth range of 7.0' at the starting end and 6' 7" at the turning end. Warm up and cool down lanes (5) will be available during the 13 & over sessions on Saturday and during all sessions on Sunday. 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. 																																								
ENTRY DEADLINE	<p style="text-align: center;">Thursday, October 12, 2023, 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 border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">Saturday</th> <th colspan="4" style="text-align: center;">Sunday</th> </tr> <tr> <th style="text-align: center;">Age Group</th> <th style="text-align: center;">#</th> <th style="text-align: center;">WARM UP</th> <th style="text-align: center;">Meet Start</th> <th style="text-align: center;">Age Group</th> <th style="text-align: center;">#</th> <th style="text-align: center;">WARM UP</th> <th style="text-align: center;">Meet Start</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">13 & over</td> <td style="text-align: center;">1</td> <td style="text-align: center;">7:30am</td> <td style="text-align: center;">8:30am</td> <td style="text-align: center;">15-18 NTG Pent</td> <td style="text-align: center;">4</td> <td style="text-align: center;">7:00am</td> <td style="text-align: center;">8:00am</td> </tr> <tr> <td style="text-align: center;">11 & 12</td> <td style="text-align: center;">2</td> <td style="text-align: center;">12:00pm</td> <td style="text-align: center;">12:40pm</td> <td style="text-align: center;">12 & under 200 IM</td> <td style="text-align: center;">5</td> <td style="text-align: center;">10:00am</td> <td style="text-align: center;">10:40am</td> </tr> <tr> <td style="text-align: center;">10 & under</td> <td style="text-align: center;">3</td> <td style="text-align: center;">2:00pm</td> <td style="text-align: center;">2:40pm</td> <td></td> <td></td> <td></td> <td></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. 	Saturday				Sunday				Age Group	#	WARM UP	Meet Start	Age Group	#	WARM UP	Meet Start	13 & over	1	7:30am	8:30am	15-18 NTG Pent	4	7:00am	8:00am	11 & 12	2	12:00pm	12:40pm	12 & under 200 IM	5	10:00am	10:40am	10 & under	3	2:00pm	2:40pm				
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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. 																																								

	<ul style="list-style-type: none"> 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 without the use of the backstroke ledge. 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 for all events except the 25-yard events. 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 may swim up to five (5) events for the meet <ul style="list-style-type: none"> Saturday Sessions allow for four (4) events to be entered per athlete. Sunday's 200 IM is the only event swimmers may compete in on Sunday unless they are invited to the National Training Group pentathlon session #5. Swimmers must swim in their designated age group based on their age on October 21, 2023. Swimmers 12 & under may only compete in one session per day. Swimmers competing in the 200 IM on Sunday will be required to provide their own timer. 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. 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 Saturday events will be pre-seeded on Saturday, October 21 at 6 am. All changes must be submitted no later than 12 am on Saturday, October 21. Sunday's 200 IM will require positive check in online no later than 5:00pm on Saturday, October 21. Seeding will be done following the positive check in deadline and a timeline with heat start times will be posted.
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.
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will 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 for cleaning up their team areas. Meet Marshals will be used to patrol the facility, help with crowd control as well as safety regulation compliance.
SEEDING	<ul style="list-style-type: none"> All events will be pre-seeded and swum fastest to slowest based on entry time. Coach entered times are permitted.

	<ul style="list-style-type: none"> 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 the morning of the meet once events are seeded. 								
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. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on deck unless space permits to allow spectators. 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 Online Signup Form or contact Jorge Zamora (officialscontact@swimoccs.org) 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 on Saturday, one timer per lane is required for Sunday's events. Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to all MAAPP 2.0 policies. Volunteer brief will be available prior to the start of the sessions. Swimmers competing in the 200 IM on Sunday will be required to provide their own timer. 								
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, "Medley Mayhem - ****" 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 style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">Per Swimmer Facility Surcharge:</td> <td style="padding-right: 20px;">\$10.00</td> <td style="padding-right: 20px;">Individual event fee:</td> <td>\$10.00</td> </tr> <tr> <td>VSI Per Swimmer Surcharge:</td> <td>\$2.50</td> <td>Deck Entry:</td> <td>\$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 Facility Surcharge:	\$10.00	Individual event fee:	\$10.00	VSI Per Swimmer Surcharge:	\$2.50	Deck Entry:	\$20.00
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Saturday, October 21

Session 1

Girls #	EVENT	Boys #
1	13 & over 100 fly	2
3	13 & over 100 breast	4
5	13 & over 100 back	6
7	13 & over 200 IM	8

Session 2

Mixed Gender	EVENT
9	11 & 12 50 fly
10	11 & 12 50 breast
11	11 & 12 50 back
12	11 & 12 100 IM

Session 3

Mixed Gender	EVENT
13	8 & under 25 fly
14	10 & Under 50 fly
15	8 & under 25 back
16	10 & Under 50 back
17	8 & under 25 breast
18	10 & Under 50 breast
19	10 & Under 100 IM

Sunday, October 22

Session 4

Mixed Gender	EVENT
20	15-18 (NTG) 200 IM
21	15-18 (NTG) 50 free
22	15-18 (NTG) 100 back
23	15-18 (NTG) 100 breast
24	15-18 (NTG) 100 fly

Session 5

Mixed Gender	EVENT
25	12 & Under 200 IM

Sessions may be altered, combined, split, or changed with breaks based on maintaining meaningful timelines.