



Occoquan Swimming 2024 Fired-Up for Summer



June 30, 2024

Sanction # PVQ-24-215

VSI Sanction # VS-24 -

<p>MEET DIRECTOR Aaron Dean meets@swimoccs.org</p>	<p>MEET REFEREE John Avelis javelis3@mac.com</p>	<p>CLUB OFFICIALS CHAIR Katie Simmons kedsimmons@gmail.com</p>
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-24-215 and Virginia Swimming VSI-24- 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. 						
FACILITIES	<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 in the 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 meet hosts shall ensure the required course dimensions. 						
ENTRY DEADLINE	<p style="text-align: center;">Thursday, June 20, 2024 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 style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center; border-bottom: 1px solid black;">Sunday, June 30</th> <th style="text-align: center; border-bottom: 1px solid black;">Warm Ups</th> <th style="text-align: center; border-bottom: 1px solid black;">Events</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Warm up</td> <td style="text-align: center;">1:00pm</td> <td style="text-align: center;">1:45pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Sunday, June 30	Warm Ups	Events	Warm up	1:00pm	1:45pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all invited Occoquan Swimming and NCAP members and unattached swimmers. 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 						

	<p>they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> • 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 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. <ul style="list-style-type: none"> • 12 & under swimmers may be limited to the first three rounds if the timeline is longer than 4 hours to complete the four rounds.
EVENT RULES	<ul style="list-style-type: none"> • All events will be swum as timed finals and seeded fastest to slowest heats • Swimmers must swim in their designated age group based on their age on June 30, 2024 • Deck entries will be accepted in empty lanes only. No new heats will be created. Deck entries are \$20 per entry. • Swimmers may swim up to four events, but no more than one event per round. • Swimmers may swim the same event in multiple rounds or choose up to four different events to swim (one in each round). • After each set of events (during the break) changes may be requested and will be permitted if space permits. New heats, unless there is ample time as determined by the MR/MD, will not be created.
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. • 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 Saturday, June 29.
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 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 will be seeded on Sunday, June 30 at 10:00am. Scratches known prior to this time should be sent to the Meet Director. (meets@swimoccs.org) • Events may be combined in any means necessary to accommodate reasonable timelines. • If there is potential to save time, distance events (events 200 meters or longer) may require positive check-in. • 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

CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position will have 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. 								
OFFICIALS	<ul style="list-style-type: none"> Officials interested in volunteering should contact John Avelis at javelis3@mac.com or Katie Simmons at kedsimmons@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. 								
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries will be processed through OCCS's Team Unify system. 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: center;">\$10.00</td> <td style="width: 20%;">Individual event fee:</td> <td style="width: 20%; text-align: center;">\$10.00</td> </tr> <tr> <td></td> <td></td> <td>Deck Entries:</td> <td style="text-align: center;">\$20.00</td> </tr> </table> <ul style="list-style-type: none"> Entry fees will be processed through OCCS Team Unify system. 	Per Swimmer Surcharge:	\$10.00	Individual event fee:	\$10.00			Deck Entries:	\$20.00
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All events are combined ages and genders.

There will be at least a 10 minute break between each round of events to provide a full pool warm up/ cool down.

Instructions on signing up:

Swimmers may choose to swim one event per round, they are permitted to swim the same event for each round if they want, or choose four different events to race in.

For seeding, some events may be combined with swimmers racing different strokes in the same heat. If there are open lanes after seeding, swimmers may adjust during the meet into new events if they prefer.

ROUND 1		ROUND 2		ROUND 3		ROUND 4	
Event #	Event	Event #	Event	Event #	Event	Event #	Event
1	50 free	201	50 free	301	50 free	401	50 free
2	50 back	202	50 back	302	50 back	402	50 back
3	50 fly	203	50 fly	303	50 fly	403	50 fly
4	50 breast	204	50 breast	304	50 breast	404	50 breast
5	100 free	205	100 free	305	100 free	405	100 free
6	100 back	206	100 back	306	100 back	406	100 back
7	100 fly	207	100 fly	307	100 fly	407	100 fly
8	100 breast	208	100 breast	308	100 breast	408	100 breast
9	200 free	209	200 free	309	200 free	409	200 free
10	200 back	210	200 back	310	200 back	410	200 back
11	200 fly	211	200 fly	311	200 fly	411	200 fly
12	200 IM	212	200 IM	312	200 IM	412	200 IM
13	200 breast	213	200 breast	313	200 breast	413	200 breast
14	400 free	214	800 free	314	400 free	414	1500 free
15	400 IM			315	400 IM		