



2024 Medley Series 3

Hosted by:

November 2-3, 2024

Sanction # PVI-25-20

VSI Sanction # VS-25-16DS



MEET DIRECTOR Aaron Dean meets@swimoccs.org	MEET REFEREE Jorge Zamora zamjr4@gmail.com	CLUB OFFICIALS CHAIR John Avelis javelis3@gmail.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-25-20 and Virginia Swimming, Inc: VS-25-16DS. 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 meet hosts shall ensure the required course dimensions. 																								
ENTRY DEADLINE	<p style="text-align: center;">Thursday, October 24, 2024, 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;">Sr Sel, NTG, PN</td> <td style="text-align: center;">1</td> <td style="text-align: center;">11:30am</td> <td style="text-align: center;">12:10pm</td> <td style="text-align: center;">12 & under</td> <td style="text-align: center;">2</td> <td style="text-align: center;">12:00-12:20pm</td> <td style="text-align: center;">12:30pm</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	Sr Sel, NTG, PN	1	11:30am	12:10pm	12 & under	2	12:00-12:20pm	12:30pm
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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. 																								

	<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. 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 two (2) events for the meet Swimmers must swim in their designated age group based on their age on November 2, 2024. 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, November 2 at 6am. All changes must be submitted no later than 12am on Saturday, November 2 All Sunday events will be pre-seeded on Sunday, November 3 at 6am. All changes must be submitted no later than 12am on Sunday, November 3.
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 as well as 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. 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.

Medley Series #3

November 2-3

Saturday, November 2

Session 1 (NTG/PN/SRSel)

Warm up 11:30am-12:00pm

Meet Start 12:10pm

Mixed	EVENT
1	13 & over 400 IM
2	13 & over 500 Free

Sunday, November 3

Session 2 (12 & Under 400 IM)

Warm up 12:30-12:50pm

Meet start 1:00pm

Mixed Gender	EVENT
113	12 & under 400 IM

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