

**2010 President's Day Classic
February 12 & 13, 2010**

Hosted by Occoquan Swimming

**Sanctioned by USA Swimming, Potomac Valley Swimming, and Virginia Swimming
Sanction # PVC-10-36 and VS-10-07N**

- Meet Director** Aaron Dean (703) 309-3857, Aaron@swimoccs.org
- Meet Referee** Sergio Nirenberg snirenberg@cox.net
- Officials Contact** Dan Young youngforever@comcast.net
- Facility** 10 lane 25 yard course plus ample warm up/ cool down space available. If the total swimmers entered are less than 300, the meet director may change the meet to an 8 lane competition pool.
- Location** Freedom Aquatic & Fitness Center
9100 Freedom Center Blvd.
Manassas, VA 20110
- Meet Format & Focus** This meet is provided to offer a racing opportunity to all levels of swimmers. As a tune up for swimmers already qualified for March Championships meets and as a final opportunity to qualify for those that don't have qualifying times yet for March Championship meets. We will recognize new PVS JO qualifiers as well as provide an exciting prelim/finals format for Saturday's 11 & over events. The meet is split into four separate sessions. Friday is a timed final session (all heats swum fast to slow); Saturday am is prelims for 11 & over events (events swum normal championship seeding), Saturday afternoon is timed finals for 10 & under events (all heats swum fastest to slowest), Saturday evening is finals for 11 & over events (A & B final – top 20 return for finals in each event except 400 IM which is timed finals).
- Prelims / Finals** All events on Saturday morning will be swum as prelims/ finals format (except the 400 IM which will be timed finals and only swum in the morning session)
Finals format will provide the top 20 finishes from the am session an opportunity to compete in the evening finals session. The 'A' finals (top 10) will swim first followed by the 'B' finals (places 11-20)
- Schedule**
- Friday, February 12**
All Ages (timed finals) Warm up 4:30-5:20pm Events 5:30pm
- Saturday, February 13**
11 & over (prelims) Warm up 7:30-8:20am Events 8:30am
10 & under (timed finals) Warm up TBD (not before 11am – exact time to be announced by Monday, February 8)
11 & over (finals) Warm up 4:00-4:45pm Events 5:00pm
- Sunday, February 14**
Distance events will be provided through the Potomac Valley Swimming distance meet. See PVS website for details.

Awards	Special awards will be presented at the meet for heat winners and the top 8 finishers in each event on Saturday (except the 400 IM)
Eligibility	Open to all registered USA Swimming athletes and clubs.
Rules	<p>Current USA Swimming rules will govern this meet.</p> <p>A contestant may participate in only his or her own age group events or in open events which are open to all ages.</p> <p>11 & over contestants may enter a maximum of eight (8) individual events and no more than five (5) individual events on Friday and no more than three (3) individual events Saturday. 10 & under contestants may enter and swim a maximum of ten (10) events, no more than five (5) per day. Swimmers shall compete at the age attained on the first day of the meet.</p> <p>It may be necessary to limit entries in certain events due to time constraints.</p> <p>Dive-over starts will be used at this meet at the preliminary sessions and distance session. Coaches are requested to review <u>Guidance for Dive-Over Starts for Coaches</u>. Officials are requested to review <u>Protocol for Dive-Over Starts</u>.</p> <p>Swimmers must provide for their own timer and lap counter for the 500 free on Friday</p>
Officials	All certified officials wishing to volunteer to work at this meet, please contact the Occoquan Swimming officials chairperson & referee prior to February 8, 2010. Please include your club affiliation, certifications held and sessions you desire to work. Officials' check in will be at the starting end of the pool by the computer table.
Inclusion	PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
Positive Check-In	<p>All events on Friday will be deck seeded (sign in due for all events by 4:50pm)</p> <p>All events on Saturday will be deck seeded (sign in due for all events by 7:50am)</p> <p>10 & under events on Saturday afternoon will be pre-seeded</p>
Warm up	The prescribed PVS warm up procedures and safety policies will be followed. The meet director may determine the structure of warm ups times and lane assignments. An announcement about warm up times will be sent out to the attending coaches prior to Wednesday, February 10 th .
Supervision	Coaches are responsible for the conduct of their Swimmers and Families and for cleaning up their team areas. Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials permitted on the pool deck. Coaches & deck officials are required to display their current 2009-2010 USA Swimming card.
Programs	Programs will be available for sale on Friday for \$10; this will include a free up to date copy of the deck seeded events on Friday & Saturday as well as a finals program. Individual session programs will also be available for \$5 each.
Entries	The preferred method of team entries is via email send to the meet director

Aaron Dean: gm@swimoccs.org

Entries must arrive by the due date

Include a meet entry export from Team Unify or HyTek

Include a report in Word or a PDF by name

In the body of your email, please indicate the number of swimmers (male and female) number of individual events entered (male and female) and the total amount of entry fees you plan to submit.

Entry Deadline All entries must be submitted for this meet no later than:

5:00pm Tuesday, January 26th

Entries received after this date may only be accepted on a case by case basis if there is room in the meet. Note that the entry deadline is earlier than most meets!!!

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.

Note, It may be necessary to limit entries therefore, entries will be accepted on a first-come, first-entered basis until the meet fills up.

Upon receipt of your entry via email, the meet director will acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt

Entry Limits The Meet Director will determine when the event is fully subscribed based on maintaining 4 hour sessions for Friday night, Saturday prelims and Saturday timed finals & finals. Teams will be notified by January 27th of their status.

11 & over contestants may enter a maximum of eight (8) individual events and no more than five (5) individual events on Friday and no more than three (3) individual events Saturday. 10 & under contestants may enter and swim a maximum of ten (10) events, no more than five (5) per day. Swimmers shall compete at the age attained on the first day of the meet.

Swimmer Surcharge There is a surcharge of \$5.00 per swimmer entered into the meet.

Entry Fees \$5.00 per event entered.

Late/ Deck Entry Late or deck entries will be available in open lanes after the entry deadline. Deck entries must be submitted no later than 40 minutes prior to the start of the session. If the meet is oversubscribed, the meet director reserves the right to not accept late (deck) entries. Deck entries must be paid at the time of submitting; each deck entry is \$10.00.

Send Entry Fees To (Check Payable to Occoquan Swimming)

Occoquan Swimming

c/o Aaron Dean

6133 Early Autumn Drive

Centreville, VA 20120

Friday, February 12, 2010

Warm ups 4:30pm – 5:20pm // Meet Starts 5:30pm

All events are deck seeded – check in closes at 4:50pm for all events

All events in this session will be swum FAST to SLOW

Girls Event #	Description	Ages	Boys Event #
1	200 free	13 & over	2
3	200 free	12 & under	4
5	200 back	Open	6
7	100 back	12 & under	8
9	200 breast	Open	10
11	100 breast	12 & under	12
13	200 fly	Open	14
15	100 fly	12 & under	16
17	200 IM	12 & under	18
19	500 free	Open	20

Saturday February 13, 2010

Warm ups 7:30am – 8:20am // Meet Starts 8:30am

All events are deck seeded – check in closes at 7:50am for all events

All events prelims/ finals (except #45 & 46 which will be timed finals swum in the prelim session only)

Girls Event #	Description	Ages	Boys Event #
21	200 IM	13 & over	22
23	100 free	11 & 12	24
25	100 free	13 & over	26
27	50 fly	11 & 12	28
29	100 fly	13 & over	30
31	50 breast	11 & 12	32
33	100 breast	13 & over	34
35	50 back	11 & 12	36
37	100 back	13 & over	38
39	100 IM	11 & 12	40
41	50 free	13 & over	42
43	50 free	11 & 12	44
45*	400 IM	Open	46*

*There may be a 10 minute break prior to the start of event #45

Saturday, February 13, 2010

Warm ups To be Determined – watch website for details Warm ups will not start before 11am

All events are pre-seeded; no check in required.

All Events in this session will be swum FAST to SLOW

Girls Event #	Description	Ages	Boys Event #
47	100 free	9 & 10	48
49	50 free	8 & under	50
51	50 fly	9 & 10	52
53	25 fly	8 & under	54
55	50 breast	9 & 10	56
57	25 breast	8 & under	58
59	50 back	9 & 10	60
61	25 back	8 & under	62
63	50 free	9 & 10	64
65	25 free	8 & under	66
67	100 IM	9 & 10	68
69	100 IM	8 & under	70