



**Speedo Eastern States Senior Circuit
Hosted by Occoquan Swimming (OCCS)
November 21 & 22, 2015**



Sanction PVS # PVI-16-24 and VSI # VSI 10-06-DS

Note: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, George Mason University, Freedom Aquatic & Fitness Center and Occoquan Swimming shall be free from any liabilities or claims for damages arising by reason if injuries to anyone during the conduct of the event.

Location: George Mason University-Manassas, Freedom Aquatic & Fitness Center
9100 Freedom Center Blvd
Manassas, VA 20110

Facility: Ten lane 25 yard course will be used for competition and 4 lanes dedicated for warm up/cool down throughout the sessions.
The Competition Course has not been certified in accordance with USA Swimming rules & regulations article 104.2.2(C).
Colorado Timing system will be used with touchpads & full color scoreboard

Meet Director: Aaron Dean
703-309-3857
gm@swimoccs.org

Officials: Meet Referee: Dan Young writedanyoung@verizon.net
Officials Contact: Dean Schroeder eschroeder7647@aol.com
Officials at all positions will be required for this meet. We ask for all teams to help in supplying officials for this meet.
Officials meetings will be held prior to each session & announced during the start of the warm up sessions

Eligibility: Open to all USA Swimming registered swimmers of the Speedo Eastern States Senior Circuit registered before the first day of the meet. Teams not in the circuit may request entry by contacting the meet director. The following are the circuit participating teams & LSC:

Virginia: SEVA, PWSC, RPST, TSU, SHKS

Potomac Valley: AAC, OCCS

Maryland: PEAK, MAC

No on deck USA Swimming registration will be accepted.

There are no qualifying times; all teams agree to enter swimmers who are training at a senior level and are preparing for successful participation at sectionals, junior nationals or nationals.

Age as of Saturday, November 21, 2015 will determine the age for this meet.

Inclusion Policy PVS and host clubs along with their Meet Directors are committed to
for Swimmers the Inclusion Policy as adopted by the BOD. Athletes with a disability are welcomed and are
with Disability: asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach

Format: All events will be swum timed finals
Dive over starts will be used for this meet.
(1) Saturday Morning
Warm Ups: 7:00-8:20am
Competition Start: 8:30am

(2) Saturday Afternoon (Age Group Distance)

Warm ups 12:30pm

Competition 1:00pm

(3) Saturday Evening

Warm ups: 3:00-4:00pm

Competition Start: 4:10pm

(4) Sunday Distance Session

Warm ups: 7:00-7:40am

Competition Start: 7:45am

(5) Sunday Late Morning Session

Warm ups: 10:00-10:35am

Competition Start: 10:40am

All start times are subject to change based on the entries & projected timelines.

Entries: **Deadline for receipt of entries is Tuesday November 10, 2015**

Entries must be submitted in short course yards times using standard format of export (Hy-Sport, Team Unify)

Teams submit entries via e-mail (email to gm@swimoccs.org)

A report of entries must be included along with the name of the person, phone number, and email address to contact in case of questions must accompany the entries, regardless of how they are submitted.

All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.

Swimmers may enter (3) individual events per session but no more than (5) total for the day on Saturday. Swimmers may enter the 1000 or 1650 Free plus 3 events on Sunday.

Swimmers may participate in 2 relays per session.

Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.

The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. Relays may be eliminated if necessary and relay fees will be refunded.

Fees: Swimmer surcharge: \$12.00

Individual events: \$6.00

Relay entry: \$12.00

Payment must be received before the first event starts. By submitting an entry to the hosts, teams will be obligated to pay the entire entry fee for the meet, no refunds.

Awards: No awards will be presented at this meet

Seeding: Unless a need to require positive check in (lengthy sessions), all events 200 yards and shorter will be pre-seeded.

All events 400 yards (relays and individual) and longer will require positive check in 30 minutes prior to the start of the session. Swimmers failing to check in will be seeded in open lanes only; no extra heats will be provided.

All events will be swum slow to fast except the following situations:

1000/1650 free will be mixed genders and swum alternating 1650/1000 free

If there are more than 12 heats of the 500 free, the fastest four heats of girls will swim slow to fast, followed by the fastest four heats of boys slow to fast; then alternating girls/boys swimming fast to slow the remaining heats.

Rules: The current USA Swimming rules & regulations will apply

Any swimmer entered in the meet must be certified by a USAS 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.

In compliance with USA Swimming Rules & Regulations, the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet

Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director

Coaches with expired or non-current credentials will be required to leave the deck area

Safety: USA Swimming and PVS safety procedures will be in effect.

Timers: Teams in attendance will be assigned to provide timers based on the participation of each team. Swimmers will need to provide their own timers for the 1000, 1650 and 500 free events.

General: Session programs will be available for purchase on Meet Mobile or a limited number of print programs will be offered \$2 per session.

Limited concessions will be available at the meet

Facility Rules: Each club is responsible for supervising the conduct of their swimmers. Swimmers are not permitted in any room at the venue not directly associated with this meet. No towels or suits etc. are to be hung on or around the lifeguard stands. Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the spectator bleachers. All facility parking regulations must be followed. No cars are to be left in the fire lanes.

ORDER OF EVENTS
Saturday, November 21 2015

Saturday AM Session (1)

Warm up 7am, Start 8:30am

Female	Event	Male
1	200 Free Relay	2
3	100 Breast	4
5	200 Free	6
7	100 Fly	8
9	400 IM	10
11	800 Free Relay	12

Saturday PM Session (3)

Warm up 3:00pm, Start 4:10pm

Female	Event	Male
13	200 Fly	14
15	50 Free	16
17	200 Breast	18
19	100 Back	20
21	400 Medley Relay	22
23	500 Free	24

Saturday Afternoon Session (2)

Warm up 12:30pm, Start 1:00pm (start times may change based on finish times of Session 1)

Age Group Distance Session

#37 – mixed 400 IM
#38 – mixed 1000 free

Sunday, November 22, 2015

Sunday Distance Session (4)

Warm up 7am, Start 7:45am

Mixed	Event
25	1000 Free
26	1650 Free
Events mixed genders will be swum slow to fast alternating 1000/1650 free	

Sunday AM Session (5)

Warm up 10:15am, Start 11:30am

Female	Event	Male
27	200 Medley Relay	28
29	200 Back	30
31	100 Free	32
33	200 IM	34
35	400 Free Relay	36

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