



OCCS Long Course
Speedo Spring Splash
Hosted by Occoquan Swimming
April 29 – May 1, 2016



Sanction PVS # PVI-16-94 and VSI # VSI-16-17DS

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: **Eight or Nine** lane 50 meter course will be used for competition and 1 lane 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).
Start End 12 feet deep / Turn End 3.5 feet deep.
Colorado Timing system will be used with touchpads at both ends & 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 before the first day of the meet.
No on deck USA Swimming registration will be accepted.
There are no qualifying times; all teams attending must agree to enter swimmers who are capable of swimming in a 50 meter course
Age as of Friday, April 29, 2016 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.
Session 1 - Friday (all ages)
Warm up 5:00pm
Meet start 5:45pm
Session 2 Saturday (11 & 12)
Warm up 6:30am

Meet Start 7:30am
Session 3 Saturday (10 & under) (May be combined with 11 & 12 sessions)
Warm up TBD not before 11am – time announced after meet entries received.
Meet Start TBD not before 11:45am - 40 minute warm up will be offered prior to start of session
Session 4 Saturday (13 & over)
Warm up TBD approx. 2:00pm not before 12pm – time announced after meet entries received.
Meet Start at least 1 hour after warm ups start TBD – Approx. 3:00pm
Session 5 Sunday (13 & over)
Warm up 6:30am
Meet Start 7:40am
Session 6 Sunday (12 & Under)
Warm up TBD not before 11am – time announced after meet entries received.
Meet Start TBD not before 11:45am - 40 minute warm up will be offered prior to start of session

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

Entries: **Deadline for receipt of entries is Tuesday April 21 by 5pm**

Entries must be submitted in short course yards times using standard format of export (Hy-Sport, Team Unify) – **events will be seeded with yard times only**. Although the event file indicates yard races, the meet will be swum in a 50 meter course.

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.

Max Entry:

Friday – 1 event

Saturday & Sunday 13 & over – 4 events max per session

Saturday 11 & 12 and 10 & under – 4 events max per session

Sunday 12 & under – 5 events max per session

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.

Fees:

Swimmer surcharge: \$34.00

Individual events: \$1.00

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.

Deck entries if space available will be \$10 each

Awards:

Special Spring awards will be presented to 12 & under swimmers

Seeding:

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

All events 400 meters 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. Events 400 meters and longer may be limited to the fastest 8 heats based on entry times (yards)

All events will be swum fast to slow

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.

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.

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 400IM, 400Free & 800 free.

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

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.

Session 1

All Ages

Friday, April 29

Warm Up 5:00pm

Events Start 5:45pm

- 1 800 free 11 & over mixed
- 2 400 free 12 & under mixed

Session 2

11 & 12

Saturday, April 30

Warm Up 6:30am

Events Start 7:30am

Session 3

10 & Under

Saturday, April 30

*Warm Up TBD not before 11am

*Events Start TBD not before 11:45am

Session 4

13 & Over

Saturday, April 30

*Warm Up TBD approx. 2pm, not before 12pm

*Events Start TBD not before 1pm

3	11 & 12 200 free	4	13	10 & under 200 free	14	23	13 & over 200 free	24
5	11 & 12 100 breast	6	15	10 & under 100 breast	16	25	13 & over 100 breast	26
7	11 & 12 100 fly	8	17	10 & under 100 fly	18	27	13 & over 200 fly	28
9	11 & 12 100 back	10	19	10 & under 100 back	20	29	13 & over 100 back	30
11	11 & 12 100 free	12	21	10 & under 100 free	22	31	13 & over 50 free	32
						33	11 & Over 400 IM	34

Session 5

13 & over

Sunday, May 1

Warm Up 6:30am

Events Start 7:40am

Session 6

12 & under

Sunday, May 1

*Warm Up TBD – not before 11am

*Events TBD – not before 11:45am

35	13 & over 100 free	36		47	12 & under 50 free	48
37	13 & over 200 IM	38		49	12 & under 50 back	50
39	13 & over 100 fly	40		51	12 & under 50 breast	52
41	13 & over 200 breast	42		53	12 & under 50 fly	54
43	13 & over 200 back	44		55	12 & under 200 IM	56
45	11 & over 400 free	46				

*swimmers entering the 400 free on Friday must have a provable 500 free time – entries may be limited to a max of eight heats based on the fastest entry times

*swimmers entering the 800 free on Friday must have a provable 1000 free or 500 free (under 7:00) – entries may be limited to a max of 6 heats based on the fastest entry times.

*the 400 free is offered on Sunday to 11-12 year olds that have a provable time in the 500 free under 7:00 AND are swimming the 800 free on Friday. This will count toward the max of 5 events for Sunday for 11-12 year olds. Entries in the 400 free may be limited to a max of eight heats (4 boys and 4 girls) based on the fastest 500 free entry times.

*Warm up start times for sessions 3, 4 and 6 will be determined after all entries are processed.