



OCCS Long Course
Speedo Spring Splash
Hosted by Occoquan Swimming
May 5-7, 2017



Sanction PVS # PVC-17-85 and VSI # ---

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.

Highlighted Changes below (5/3/2017)

- Friday we will switch the 400 free to being the first event and the 800 free second (based on the 11-12 year olds swimming first thing in the morning on Saturday; I forgot to change this in the meet information)
- We will only swim top 8 heats of each 400 free (done around 6:35pm) and 800 free (done around 8:00pm) followed by the remainder of the 400 free heats and up to three heats of the 800 free based on the next fastest checked in swimmers (finish time 9:00pm)
- **Saturday & Sunday** The 13 & overs will be limited to only 3 events per session

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: Dean Schroeder eschroeder7647@aol.com
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, May 5, 2017 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

Saturday

11-12 warm up 6:30am-7:20am / start 7:30am

10 & under warm up 10:25am-10:55am / start 11:00am

13 & over warm up 1:40pm-2:40pm (two 30 min sessions) / 2:45pm start

Sunday

13 & over warm up 6:30-7:30am (two 30 min sessions) / 7:40am

10 & under warm up (TBD – likely around 1:15pm) / start 30 minutes after warm up starts

11-12 warm up (TBD likely around 3:45pm) / start 35 minutes after warm up starts

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-5:40pm

Meet start 5:45pm

Session 2 Saturday (11 & 12)

Warm up 6:30am-7:20am

Meet Start 7:30am

Session 3 Saturday (10 & under)

Warm up 10:25am-10:55am

Meet Start 11:00am

Session 4 Saturday (13 & over)

Warm up 1:40pm-2:10pm

Meet Start 2:45pm

Session 5 Sunday (13 & over)

Warm up 6:30am-7:30am

Meet Start 7:40am

NOTE SESSIONS ARE SPLIT

Session 6 Sunday (10 & Under)

Warm up 1:45pm-2:15pm

Meet Start 2:20pm

Session 7 Sunday (11-12)

Warm up 4:45pm – 5:15pm

Meet Start 5:20pm

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

Entries: **Deadline for receipt of entries is Tuesday April 25 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 – 3 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 decreasing the max entry limit to 3 events each session.

Fees:

Swimmer surcharge: \$8.00

Individual events: \$6.00

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.

Operation of a drone, or any other flying apparatus, 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.

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, May 5

Warm Up 5:00pm

Events Start 5:45pm

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

Session 2

11 & 12

Saturday, May 6

Warm Up 6:30am

Events Start 7:30am

- 3 11 & 12 200 free
- 5 11 & 12 100 breast
- 7 11 & 12 100 fly
- 9 11 & 12 100 back
- 11 11 & 12 100 free

Session 3

10 & Under

Saturday, May 7

Warm up 10:25

Events Start 11:00am

- 4 13 10 & under 200 free
- 6 15 10 & under 100 breast
- 8 17 10 & under 100 fly
- 10 19 10 & under 100 back
- 12 21 10 & under 100 free

Session 4

13 & Over

Saturday, May 6

Warm Up 1:40pm

Events Start 2:45pm

- 14 23 13 & over 200 free 24
- 16 25 13 & over 100 breast 26
- 18 27 13 & over 200 fly 28
- 20 29 13 & over 100 back 30
- 22 31 13 & over 50 free 32
- 33 11 & Over 400 IM 34

Session 5

13 & over

Sunday, May 7

Warm Up 6:30am

Events Start 7:40am

- 35 13 & over 100 free 36
- 37 13 & over 200 IM 38
- 39 13 & over 100 fly 40
- 41 13 & over 200 breast 42
- 43 13 & over 200 back 44
- 45 11 & over 400 free 46

Session 6 & 7

12 & under

Sunday, May 7

*11-12 and 10 &

under are split

sessions see times

above

- 47 12 & under 50 back 48
- 49 12 & under 50 breast 50
- 51 12 & under 50 fly 52
- 53 12 & under 50 free 54
- 55 12 & under 200 IM 56

*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 6:30) – 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 6:00 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.