



2019 Medley Xtreme Invite

Hosted by:

November 2 & 3, 2019

Sanction # PVC-20-17

VSI Sanction # VS-20-25DS



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Aaron Dean MEETS@SwimOCCS.org	Barb Ship Barb@ships3.com	Jorge Zamora Officials@swimoccs.org

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-20-17 and Virginia Swimming Inc.: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Occoquan Swimming, and Warrenton Aquatic & Recreation Facility 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;">Warrenton Aquatic & Recreation Facility 800 Waterloo Rd Warrenton, VA 20186 (540) 349-2520</p> <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth of 7' at the starting end and 6.5' at the turning end. Two additional 25 yard lanes will be available for continuous warm-up and cool down. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, October 22 by 5:00pm</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	<p style="text-align: center;">Saturday, November 2</p> <p>Session 1 – 11-12 Warm up 7:00am-7:50am / Meet Start 8:00am</p> <p>Session 2 – 10 & under Warm up 10:30am-11:10am / Meet Start 11:20am</p> <p>Session 3 – 8 & Under Warm up 1:00pm-1:20pm / Meet start 1:30pm</p> <p>Session 4 – 13 & over Warm up 2:30pm-3:30pm / Meet Start 3:40pm</p> <p style="text-align: center;">Sunday, November 3</p> <p>Session 5 – 12 & under Warm up 7:00am-7:50am / Meet Start 8:00am</p> <p>Session 6 – 13 & over Warm up 11:30am-12:20pm / Meet Start 12:30pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming members registered and in good standing with USA Swimming and their respective LSC. 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.

	<ul style="list-style-type: none"> Swimmers will compete at the age on the first day of competition. Entries will be limited to ensure the timelines and facility can accommodate. Preference will be given to teams that commit to the meet with numbers the earliest. Please contact the meet director before planning to attend.
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"> Semi-Automatic (buttons primary) will be used.
RULES	<ul style="list-style-type: none"> Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), shall govern this meet. In accordance with VSI best practices, all swimmers should shower before entering the pool. No on-deck USA-S 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 (i.e., 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. 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. Dive-over starts will be used at this meet. 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. No swimmer may enter more than four events in any session and no more than seven events in any session. Swimmers must swim in their assigned age group (no swim ups).
POSITIVE CHECK IN	<ul style="list-style-type: none"> The meet director will determine if any event needs to be set as a positive check in event.
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 cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> All events will be pre-seeded unless after entries are received it is determined that a positive check in system is needed (teams will be informed by October 4 if this is the case.) All events will be swum Fastest to Slowest based on seed times.
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 for this meet, however swimmers that legally complete all the events will receive an IMR Score from USA Swimming.
PROGRAMS	<ul style="list-style-type: none"> Programs will be available online and on Meet Mobile for free.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck other than in the spectator stands. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> None
OFFICIALS	<ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stoke & Turn Judge) per session if entering 25 or more splashes. Please have available officials contact the OCCS Official's coordinator, Jorge Zamora at officials@swimoccs.org. Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director, meets@SwimOCCS.org Include in the subject of the email, "Xtreme Medley Challenge - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. Include in entry email: entry file, report of entries by name, report of entries by event. In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	<p style="text-align: center;">Per Swimmer Surcharge: \$5.00 Deck entries: \$10.00 (plus \$10.00 Individual event fee: \$7.00 surcharge if not in meet)</p> <ul style="list-style-type: none"> Make checks payable to Occoquan Swimming. Checks may be mailed to the below address or brought to the meet: <p style="text-align: center;">Occoquan Swimming 10371 Central Park Drive Suite A Manassas, VA 20110</p> Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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Swimmers must provide their own timers for all events and their own counter for the 500 yd Freestyle.

Saturday

Girls

	11-12 Session 1
1	100 back
3	100 breast
5	100 fly

10 & under session 2

7	100 back	8
9	50 back	10
11	100 breast	12
13	50 breast	14
15	100 fly	16
17	50 fly	18

8 & under session 3

19	25 free	20
21	25 back	22
23	25 breast	24
25	25 fly	26
27	50 free	28

13 & over Session 4

29	200 back	30
31	200 breast	32
33	200 fly	34

Sunday

12 & Under Session 5

200 IM
500 Free

13 & over Session 6

37	400 IM
38	500 free