



2020 President's Day Classic

February 14-16, 2020

Note Date Change

Sanction # PVI-20-57

VSI Sanction # VS-20-85DS

Hosted by:



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Aaron Dean MEETS@SwimOCCS.org	Dan Young writedanyoung@verizon.net	Jorge Zamora Officials@swimoccs.org Officials Signup

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-20-57 and Virginia Swimming Inc.: VS-20-85DS In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Occoquan Swimming, and Freedom 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	Freedom Aquatic & Recreation Facility 9100 Freedom Center Blvd Manassas, VA 20110 (703) 993-8444
ENTRY DEADLINE	Tuesday, January 28 by 5:00pm 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.
SCHEDULE	<p>UPDATED 2/4/2020</p> <p>Friday, February 14 500 free and 400 IM Warm up 5:00-5:40pm //Events 5:45pm</p> <p>Saturday, February 15 13 & over (prelims) Warm up 7:00-7:50am // Events 8:00am 11-12 (prelims) Warm up 11:30-12:10pm 11:15-11:55am // Events 12:20pm 12:00pm 10 & under (timed finals) Warm up 2:40-3:10pm 2:20-2:50pm // Events 3:20pm 3:00pm 11 & over (finals) Warm up 6:00-6:50pm 7:00-7:35pm // Events 7:00pm 7:40pm</p> <p>Sunday, February 16 10 & under Warm up 7:00-7:30am// Events 7:35am 11 & 12 Warm up 9:30-10:10am 10:15-10:55am// Events 10:15am 11:00am 13 & over Warm up 1:00-1:50pm 2:30-3:10pm // Events 1:55pm 3:20pm Meet Director reserves the right to adjust times/ combine sessions after entries are received.</p>
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. Entries will be limited to ensure the timelines and facility can accommodate. Preference

	<p>will be given to teams that commit to the meet with numbers the earliest. Please contact the meet director before planning to attend.</p>
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"> • Automatic Timing (touch pads 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 (e.g., 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 11 & over events on Saturday will be swum as prelims/finals format. No more than 3 events/day. 12 & Under swimmers may only compete in one session per day. • The following will qualify for the evening finals session in each gender: <ul style="list-style-type: none"> Two fastest heats of 11-12 A/B (top 20 finishers) Two fastest heats of 13 & 14 A/B (top 20 finishers) One fastest heat of 15&over A (top 10 finishers) Additional heats may be added based on the timeline and swimmers enrolled in the meet. Finals will be swum slow to fast B-A • A contestant may participate in only his or her own age group events or in open events which are open to all ages. • Swimmers shall compete at the age attained on the first day of the meet. • Swimmers must provide for their own timer and if needed a lap counter for the 500 free & 400 IM as well as any event that there are not enough timers present.

POSITIVE CHECK IN	<p>Friday’s event Positive Check in Deadlines: 400 IM – 5:15pm 13 & over 500 free – 5:30pm 12 & under 500 free – 6:30pm</p> <p>Saturday’s events will be pre-seeded on Friday, February 8 at noon – all scratches and changes must be sent to the meet director by this time.</p> <p>Sunday’s event Scratch Deadlines: All events scratches are due no later than 6pm on Saturday, February 10; seeding will be done then. The meet director will determine if any additional events need to be set as a positive check in event.</p>
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 Prelims events will be circle seeded for a championship meet, all other events will be swum fastest to slowest. Friday events are all swum mixed gender Sunday events are all swum mixed gender
SCORING	<ul style="list-style-type: none"> No Team Scores will be kept.
AWARDS	<ul style="list-style-type: none"> Special Pentathlon awards will be presented for the top 10 & under swimmers that participate in all five events on Saturday. Swimmers entered in all five events will be eligible for the overall pentathlon recognition award that is based on the cumulative time of all five events being completed. The top 8 swimmers: 7 & under, 8, 9 and 10 in each gender will be awarded a special award. Swimmers that are disqualified in an event will be disqualified from contention in the pentathlon scoring. Ribbons will be provided for individual 10 & under races on Saturday. The top 8 finishers 11-12, 13-14 and 15 & over will receive commemorative awards for Saturday’s events. There will not be any awards for Sunday’s events.
PROGRAMS	<ul style="list-style-type: none"> Programs will be available online on Meet Mobile for \$5.00 for the entire meet or \$3 per session at the meet.
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 Stroke & Turn Judge) per session if entering 25 or more splashes. • Available officials should complete the Officials Signup or 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"> • All teams entering in this meet are expected to help provide timers for the meet sessions and/or volunteers for officiating or computer management based on the number of entrants per team. Please be prepared to schedule your volunteers to help with running a smooth and fair competition. Refreshments will be provided to all volunteers of the meet.
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, "2020 PDC - ****" 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: \$10.00 Deck entries: \$10.00 (plus Individual event fee: \$8.00 \$10.00 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> <p>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</p>

Friday February 14, 2019
Warm ups 5:00pm // Meet Starts 5:45pm
Timed Finals

Mixed Gender Event #	Description	Ages
1	400 IM	Open
2	500 free	13 & over
3	500 free	12 & under

Friday's distance events will be limited to a 3-hour session. One hour will be allowed for each event (approximately 9 heats each – 90 swimmers) If the session is longer, cuts will be made to events to stay within 1-hour event timelines based on the fastest seed times. Coaches times are allowed but must be verifiable with another time, e.g., 200 free or 200 IM extrapolation.

Saturday February 15, 2019
13 & over Prelims

Warm ups 7:00am – 7:50am // Meet Starts 8:00am
Two twenty-five minute warm up periods
All events prelims/ finals

Girls Event #	Description	Ages	Boys Event #
5	200 IM	13 & over	6
7	100 free	13 & over	8
9	100 fly	13 & over	10
11	100 breast	13 & over	12
13	100 back	13 & over	14
15	50 free	13 & over	16

11-12 Prelims

Warm ups 11:30am – 12:10pm // Meet Starts 12:20pm
Two twenty minute warm up periods
All events prelims/finals

Girls Event #	Description	Ages	Boys Event #
17	100 free	11 & 12	18
19	50 fly	11 & 12	20
21	50 breast	11 & 12	22
23	50 back	11 & 12	24
25	100 IM	11 & 12	26
27	50 free	11 & 12	28

10&Under Timed Finals

Warm ups 2:40pm – 3:10pm // Meet Starts 3:20pm
Two fifteen minute warm up periods

All events in this session are timed finals and will be swum fast to slow.

Girls Event #	Description	Ages	Boys Event #
29	50 fly	9 & 10	30
31	25 fly	8 & under	32
33	50 breast	9 & 10	34
35	25 breast	8 & under	36
37	50 back	9 & 10	38
39	25 back	8 & under	40
41	50 free	9 & 10	42
43	25 free	8 & under	44
45	100 IM	9 & 10	46
47	100 IM	8 & under	48

11 & over FINALS
Warm ups 6:00-6:50pm
Meet start 7:00pm

Girls Event #	Description	Ages	Boys Event #
5	200 IM	13 & over	6
17	100 free	11 & 12	18
7	100 free	13 & over	8
19	50 fly	11 & 12	20
9	100 fly	13 & over	10
21	50 breast	11 & 12	22
11	100 breast	13 & over	12
23	50 back	11 & 12	24
13	100 back	13 & over	14
25	100 IM	11 & 12	26
15	50 free	13 & over	16
27	50 free	11 & 12	28

Sunday, February 16, 2019

10&Under Timed Finals

Warm ups 7:00am -7:25am // Meet start 7:30am

One warm up period

All events are deck seeded/timed finals. Check in will close 30 minutes after the start of finals on Saturday.

All events in this session will be swum FAST to SLOW

Mixed Gender	Description	Ages
49	200 free	10 & under
50	50 free	8 & under
51	100 back	10 & under
52	50 back	8 & under
53	100 breast	10 & under
54	50 breast	8 & under
55	100 fly	10 & under
56	50 fly	8 & under
57	200 IM	10 & under
58	100 free	10 & under

11-12 Timed Finals

Warm ups 9:30am -10:10am // Meet start 10:15am

Two 20 minute warm up periods

All events are deck seeded/timed finals. Check in will close 30 minutes after the start of finals on Saturday.

All events in this session will be swum FAST to SLOW

Mixed Gender	Description	Ages
59	200 free	11 & 12
60	100 back	11 & 12
61	200 back	11 & 12
62	100 breast	11 & 12
63	200 breast	11 & 12
64	100 fly	11 & 12
65	200 fly	11 & 12
66	200 IM	11 & 12

13&Over Timed Finals
Warm ups 1:00pm-1:50pm // Meet start 2:00pm
Two twenty five minute warm up periods

All events are deck seeded/timed finals. Check in will close 30 minutes after the start of finals on Saturday.

All events in this session will be swum FAST to SLOW

Mixed Gender	Description	Ages
68	200 free	13 & over
69	200 back	13 & over
70	200 breast	13 & over
71	200 fly	13 & over

TIME TRIALS – if there is time available on Sunday evening and at the discretion of the meet referee time trials of any event may be offered. No more than one heat of each distance will be offered, and priority will be given for time available for short events over the longer distances.

One Event time trial limit per swimmer

Order of events will be 50s, 100s, 200s, 400, 500, 1000/1650 and combining of strokes will be done to the furthest extent to maximize time. All events are mixed gender

Each attempt is \$10 payable at the time of entering on deck.

A decision on the option for time trials will be made by Monday, February 10