



**Revised 12/7/2020**

Hosted by:

# 12 & Under Meet of Champions



**December 18-20, 2020**

**Sanction # PVI-21-136**

**VSI Sanction # VS-21-91DS**

<b>MEET DIRECTOR</b> Aaron Dean <a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a>	<b>MEET REFEREE</b> Jan van Nimwegen <a href="mailto:jnimwegen@earthlink.net">jnimwegen@earthlink.net</a>	<b>CLUB OFFICIALS CHAIR</b> Jorge Zamora <a href="mailto:zamjr4@gmail.com">zamjr4@gmail.com</a> <a href="#">Officials Sign-up</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-21-136</b> and Virginia Swimming, Inc: <b>VS-21-91DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Occoquan Swimming, and Central Park Aquatic Center 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.</li> </ul>																								
<b>FACILITY</b>	<p style="text-align: center;"><b>Central Park Aquatic Center (Occoquan Swim Academy)</b>          10371 Central Park Drive          Manassas, VA 20110          703-393-2632</p> <ul style="list-style-type: none"> <li>8 lanes, 25 yards</li> <li>Water depth range of 7.0' at the starting end and 7.0' at the turning end.</li> <li>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.</li> </ul>																								
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Friday, December 4, 8:00pm</b></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>																								
<b>SCHEDULE</b>	<p style="text-align: center;"><del>Thursday, December 17</del></p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Age Group</th> <th>WARM UP</th> <th>Meet Start</th> </tr> </thead> <tbody> <tr> <td>All Ages distance</td> <td>4:30pm</td> <td>5:30pm</td> </tr> </tbody> </table> <p style="text-align: center; background-color: yellow;"><b>The 500 free will be swum (timed finals) on Sunday as the final event in the prelims sessions</b></p> <p style="text-align: center;"><b>December 18, 19 &amp; 20</b></p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Age Group</th> <th>WARM UP</th> <th>Meet Start</th> </tr> </thead> <tbody> <tr> <td><b>11 &amp; 12 Girls Prelims</b></td> <td>7:00am</td> <td>8:00am</td> </tr> <tr> <td><b>11 &amp; 12 Boys Prelims</b></td> <td>9:30am</td> <td>10:30am</td> </tr> <tr> <td><b>10 &amp; under Girls Timed Finals</b></td> <td>12:00pm</td> <td>1:00pm</td> </tr> <tr> <td><b>10 &amp; under Boys Timed Finals</b></td> <td>2:30pm</td> <td>3:30pm</td> </tr> <tr> <td><b>11 &amp; 12 Finals</b></td> <td>5:00pm</td> <td>6:00pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> <li>Finals Friday, Saturday &amp; Sunday will include the top 10 finishers 11 &amp; 12 years old from the morning sessions:             <ul style="list-style-type: none"> <li>A Final – fastest four qualifiers</li> <li>B Final – next fastest six qualifiers</li> </ul> </li> </ul>	Age Group	WARM UP	Meet Start	All Ages distance	4:30pm	5:30pm	Age Group	WARM UP	Meet Start	<b>11 &amp; 12 Girls Prelims</b>	7:00am	8:00am	<b>11 &amp; 12 Boys Prelims</b>	9:30am	10:30am	<b>10 &amp; under Girls Timed Finals</b>	12:00pm	1:00pm	<b>10 &amp; under Boys Timed Finals</b>	2:30pm	3:30pm	<b>11 &amp; 12 Finals</b>	5:00pm	6:00pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered &amp; invited Occoquan Swimming members and other invited teams from PVS or VSI should there be space available. 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 Article 302</i>.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic Timing (touchpads primary) will be used.</li> </ul>
<b>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, VIRGINIA SWIMMING INC., OCCOQUAN SWIMMING AND CENTRAL PARK AQUATIC CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</li> <li>We have taken enhanced health and safety for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.</li> <li>By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Prince William County.</li> </ul>
<b>COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>All attendees (athletes, coaches, officials, volunteers, spectators) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.</li> <li>Athletes must arrive and depart in their suits. Locker room use is minimized to emergency use only.</li> <li>Spectators will not be permitted into the facility. The meet will be live streamed on YouTube. The link will be shared with participating families.</li> <li>Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently.</li> <li>Each session will be limited to 80 swimmers. Swimmers will be assigned to a seating area. Seating areas are marked to allow for social distancing.</li> <li>Entry for all participants, volunteers and coaches will be through the main pool entrance, exit will be through the Bistro doors or out any pool door exit.</li> </ul>

- Before entering the facility participants, coaches and volunteers are required to be able to answer the following questions and will only be permitted entrance if answering with 'no':
  - Do you feel any of the symptoms that fall under the COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?
  - Has anyone in your family been sick or diagnosed with COVID-19?
  - Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has?
- One timer will be assigned to each lane as a backup timer for the entire session. Markings will separate the swimmers from the timers while staging and entering/exiting the pool.
- One-way traffic will be maintained on the pool deck. Swimmers will leave their assigned spot, walk along the turn end of the pool, down the lane 1 side of the pool, and continue behind the blocks.
- For warm-ups, swimmers for each session will be assigned to one of two warmup groups, no more than 48 swimmers in each group. Each group will be assigned an arrival time. Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines.
- Staging for swimmers during competition will be:
  - Heat 1 is at the blocks and will swim
  - Heat 2 is under the scoreboard spaced by 6 feet and will remain there until heat 1 is done swimming, exits the pool and exits the area behind the blocks.
  - Heat 3 is staging under the flag until directed to move to under the scoreboard (after heat 1 is done swimming and out of the way and heat 2 proceeds to the starting blocks).
- Counting for the Thursday Distance Session (500 FR) will be provided by the swimmers that are entered in this event.
  - Heat 3 will count for Heat 1
  - Heat 4 will count for Heat 2
  - Heat 1 will count for Heat 3
  - Heat 2 will count for Heat 4
- Relays will be seeded in lanes 1, 4 & 7
  - Only the swimmer at the starting blocks may take their mask off
  - Swimmers will maintain 6 feet of separation at all times while lining up and behind the blocks.
- After swimming their leg, the swimmer in the water will move to an adjacent lane to exit the pool and replace their mask immediately
- Swimmers will wear their masks until they reach the starting blocks. They will hang their mask on a hook on the starting block just prior to competing. They will put their mask back on before leaving the starting area.
- Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.
- HEPA Filtration system will be placed on the pool deck and in high traffic rooms for additional air purification.
- UV Light is used along with chlorine to disinfect the water constantly.
- We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID19 after attending the meet.

<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> (“MAAPP”), shall govern this meet.</li> <li>• No on-deck USA-S registration is permitted.</li> <li>• 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts will not be used.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> <li>• No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All 10&amp;Under events are timed finals, fast to slow.</li> <li>• All 11-12 individual events are prelims/finals and circle seeded, except the 500 free.</li> <li>• The 500 free is timed finals, seeded fast to slow.</li> <li>• Finals will include the top ten (10) finishers from the morning sessions from events swum December 18-20, 2020. The Championship Final “A” will include the top 4 swimmers. The Consolation Final “B” will include the next fastest six (6) swimmers. Finals heats will be swum in the order “B”, “A”.</li> <li>• The 500 free will be offered to no more than 32 swimmers (16 girls/16 boys) per age group based on fastest entry times.</li> <li>• Relays will be swum as timed finals, fast to slow, in the prelims session.</li> <li>• Each team may enter up to two relays per event.</li> <li>• Swimmers may compete in up to six events throughout the weekend and no more than two events per day.</li> <li>• Swimmers must swim in their designated age group based on their age on <b>12/18/2020</b>.</li> <li>• The meet director reserves the right to change the format of the meet to best accommodate the space and time for each session.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded on Thursday, December 17, 2020. All changes must be submitted no later than 8am on Wednesday, December 16, 2020.</li> <li>• Events 400 yards and more will be seeded on the day of the swim at least two hours prior to the start of the swim. Scratches will be submitted by the coaches prior to the 2 hour deadline.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.</li> <li>• No more than 6 swimmers per lane (48 total) will be permitted and warm up protocol will be provided prior to the meet for coaches.</li> </ul>

<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> <li>Meet Marshals will be used to patrol the facility as well as help with crowd control and COVID regulation compliance.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>All 10 &amp; under events are timed finals, fast to slow. All 11-12 individual events, except the 500 free, are prelims/finals and circle seeded.</li> <li>The 500 free is timed finals and will be seeded fastest to slowest.</li> <li>The meet director may determine if combining sessions is needed to provide additional competitive opportunities and time between events.</li> </ul>
<b>WITHDRAWING FROM FINALS</b>	<ul style="list-style-type: none"> <li>If you do not wish to swim in the Final, you may scratch from the final event by following this procedure: <ul style="list-style-type: none"> <li>You must email <a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a> within 30 minutes of completion of the last preliminary event of the prelims session</li> <li>Email must include: <ul style="list-style-type: none"> <li><b>CC: Coach's Email</b></li> <li><b>Subject: (event #) scratch</b></li> <li><b>Body of email:</b></li> <li><b>Swimmer's Name</b></li> <li><b>Swimmer's Age</b></li> <li><b>Swimmer's Club</b></li> <li><b>Event(s) being scratched</b></li> </ul> </li> </ul> </li> <li>If an athlete fails to properly scratch from an event and does not appear for the Final event, they shall be barred from their next individual event.</li> <li>There will be no alternates for finals.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>Scoring and final results will be separated by gender and age groups.  Age Groups: 10 &amp; under, 11 &amp; 12  Individual Event Scoring: 16-14-12-10-7-5-4-3-2-1  Relay Event Scoring: 32-28-24</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>There will not be individual awards for this meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will not be sold, however the meet will be available on Meet Mobile and a meet program will be posted on the OCCS website on the day of the meet.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>Parents not working the meet as a deck official, volunteer timer or other position are not permitted in the facility. 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.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials interested in volunteering should contact Jorge Zamora <a href="mailto:zamjr4@gmail.com">zamjr4@gmail.com</a> or fill out this <a href="#">form</a>.</li> <li>Officials' briefing may be done virtually via Zoom prior to the meet. The meet referee will provide meeting details to all officials.</li> <li>Only limited officials will be allowed in the facility. Early pre-meet sign-up is encouraged if you plan to help. Walk-on officials cannot be accommodated.</li> </ul>
<b>TIMERS &amp; VOLUNTEERS</b>	<ul style="list-style-type: none"> <li>One timer per lane will be assigned for the entire session.</li> <li>Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to all COVID-19 mitigation processes as well as MAAPP policies.</li> <li>Volunteer brief recording will be available.</li> </ul>

<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director. <a href="mailto:Meets@swimoccs.org">Meets@swimoccs.org</a></li> <li>• Include in the subject of the email, "12 &amp; under Meet of Champions- ****" 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.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• 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.</li> <li>• 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.</li> </ul>				
<b>ENTRY FEES</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Per Swimmer Facility Surcharge: \$10.00</td> <td style="width: 50%;">Individual event fee: \$8.00</td> </tr> <tr> <td>VSI Per Swimmer Surcharge: \$2.50</td> <td>Relay entry fee: \$16.00</td> </tr> </table> <ul style="list-style-type: none"> <li>• Make checks payable to <b>OCCS</b>. Checks may be mailed to: 10371 Central Park Drive Manassas, VA 20110</li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>	Per Swimmer Facility Surcharge: \$10.00	Individual event fee: \$8.00	VSI Per Swimmer Surcharge: \$2.50	Relay entry fee: \$16.00
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VSI Per Swimmer Surcharge: \$2.50	Relay entry fee: \$16.00				

# 12 & Under Meet of Champions

December 18-20, 2020

Sessions may be altered, combined, split or changed based on maintaining local and state regulations as well as manageable timeline.

<b>Friday</b>		<b>Saturday</b>		<b>Sunday</b>	
<b>11 &amp; 12 Girls</b>		<b>11 &amp; 12 Girls</b>		<b>11 &amp; 12 Girls</b>	
5	400 free relay	25	200 free relay	45	200 medley relay
7	50 breast	27	50 fly	47	100 free
9	100 fly	29	200 free	49	100 back
11	50 free	31	50 back	51	100 breast
13	200 IM	33	100 IM	53	500 free
<b>11 &amp; 12 Boys</b>		<b>11 &amp; 12 Boys</b>		<b>11 &amp; 12 Boys</b>	
6	400 free relay	26	200 free relay	46	200 medley relay
8	50 breast	28	50 fly	48	100 free
10	100 fly	30	200 free	50	100 back
12	50 free	32	50 back	52	100 breast
14	200 IM	34	100 IM	54	500 free
<b>10 &amp; Under Girls</b>		<b>10 &amp; Under Girls</b>		<b>10 &amp; Under Girls</b>	
15	400 free relay	35	200 free relay	55	200 medley relay
17	50 breast	37	50 fly	57	100 free
19	100 fly	39	200 free	59	100 back
21	50 free	41	50 back	61	100 breast
23	200 IM	43	100 IM	63	500 free
<b>10 &amp; Under Boys</b>		<b>10 &amp; Under Boys</b>		<b>10 &amp; Under Boys</b>	
16	400 free relay	36	200 free relay	56	200 medley relay
18	50 breast	38	50 fly	58	100 free
20	100 fly	40	200 free	60	100 back
22	50 free	42	50 back	62	100 breast
24	200 IM	44	100 IM	64	500 free

**THURSDAY**

<b>Girls</b>	<b>All Ages</b>	<b>Boys</b>
1	11 & 12 500 free	2
3	10 & under 500 free	4

500 free will be offered to no more than 16 swimmers per event based on fastest entry times.

**FRIDAY**

**SATURDAY**

**SUNDAY**

**11 & 12 Girls**

**11 & 12 Girls**

**11 & 12 Girls**

5	400 free relay	25	200 free relay	45	200 medley relay
7	50 breast	27	50 fly	47	100 free
9	100 fly	29	200 free	49	100 back
11	50 free	31	50 back	51	100 breast
13	200 IM	33	100 IM		

**11 & 12 Boys**

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6	400 free relay	26	200 free relay	46	200 medley relay
8	50 breast	28	50 fly	48	100 free
10	100 fly	30	200 free	50	100 back
12	50 free	32	50 back	52	100 breast
14	200 IM	34	100 IM		

**10 & Under Girls**

**10 & Under Girls**

**10 & Under Girls**

15	400 free relay	35	200 free relay	53	200 medley relay
17	50 breast	37	50 fly	55	100 free
19	100 fly	39	200 free	57	100 back
21	50 free	41	50 back	59	100 breast
23	200 IM	43	100 IM		

**10 & Under Boys**

**10 & Under Boys**

**10 & Under Boys**

16	400 free relay	36	200 free relay	54	200 medley relay
18	50 breast	38	50 fly	56	100 free
20	100 fly	40	200 free	58	100 back
22	50 free	42	50 back	60	100 breast
24	200 IM	44	100 IM		