



New Year Distance Time Trial Invitational

Hosted by:

January 23, 2021

Sanction # PVI-21-150

VSI Sanction # VS-21-114DS



MEET DIRECTOR Aaron Dean meets@swimoccs.org	MEET REFEREE Tim Husson tim.husson@gmail.com	CLUB OFFICIALS CHAIR Jorge Zamora zamjr4@gmail.com Officials Sign Up
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-150 and Virginia Swimming, Inc: VS-21-114DS. 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. 																														
FACILITY	<p style="text-align: center;">Central Park Aquatic Center (Occoquan Swim Academy) 10371 Central Park Drive Manassas, VA 20110 703-393-2632</p> <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth range of 7.0' at the starting end and 6.5' at the turning end. 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;">Friday, January 15, 2021, 8:00pm</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, January 23</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>SESSION</th> <th>WARM UP</th> <th>Meet Start</th> </tr> </thead> <tbody> <tr> <td>500 Free Session 1</td> <td></td> <td></td> </tr> <tr> <td>500 free Shift 1</td> <td style="background-color: yellow;">9:40am</td> <td style="background-color: yellow;">10:00am</td> </tr> <tr> <td>500 free Shift 2</td> <td style="background-color: yellow;">10:40am</td> <td style="background-color: yellow;">11:00am</td> </tr> <tr> <td>1000 Free Session 2</td> <td></td> <td></td> </tr> <tr> <td>1000 free Shift 1</td> <td style="background-color: yellow;">11:40am</td> <td style="background-color: yellow;">Noon</td> </tr> <tr> <td>1000 free Shift 2</td> <td style="background-color: yellow;">1:00pm</td> <td style="background-color: yellow;">1:20pm</td> </tr> <tr> <td>1650 Free Session 3</td> <td></td> <td></td> </tr> <tr> <td>1650 free Shift 1</td> <td style="background-color: yellow;">2:20pm</td> <td style="background-color: yellow;">2:40pm</td> </tr> <tr> <td>1650 free Shift 2</td> <td style="background-color: yellow;">3:00pm</td> <td style="background-color: yellow;">3:20pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	SESSION	WARM UP	Meet Start	500 Free Session 1			500 free Shift 1	9:40am	10:00am	500 free Shift 2	10:40am	11:00am	1000 Free Session 2			1000 free Shift 1	11:40am	Noon	1000 free Shift 2	1:00pm	1:20pm	1650 Free Session 3			1650 free Shift 1	2:20pm	2:40pm	1650 free Shift 2	3:00pm	3:20pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered & 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</i> Article 302. 																														

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 (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> ● 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. ● 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. ● 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. ● 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. ● 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.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> ● 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. ● Athletes must arrive and depart in their suits. Locker room use is minimized to emergency use only. ● Spectators will not be permitted into the facility. The meet will be live streamed on YouTube. The link will be shared with participating families. ● 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. ● Each shift will be limited to no more than 48 swimmers. Swimmers will be assigned to a seating area. Seating areas are marked to allow for social distancing. ● 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. ● 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’: <ul style="list-style-type: none"> ○ 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?

	<ul style="list-style-type: none"> ○ 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. 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, 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: <ul style="list-style-type: none"> ○ 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 counting for heat 1 (after heat 1 is done swimming and out of the way and heat 2 proceeds to the starting blocks, heat 3 will move to under the scoreboard). ○ Heat 4 will be in the stands or warming up. ● Counters will be provided by the swimmers that are entered in this event or by coaches. <ul style="list-style-type: none"> ○ 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 ● 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.
<p>RULES</p>	<ul style="list-style-type: none"> ● Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), shall govern this meet. ● 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.

	<ul style="list-style-type: none"> ● Dive-over starts will not be used. ● 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. ● No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> ● All events are timed finals. ● Swimmers may enter 1 event. ● Any age swimmer is welcome but qualifying times must be verified by a coach. ● Each session will be limited to 32 swimmers based on entry times or other coordinating efforts. However based on the total number of swimmers entered, there is some flexibility to increase this up to 48 swimmers if needed. ● No Times (NT) are not accepted. ● Coaches times (CT) are acceptable however swimmers must have swum the following times in a competition in order to be eligible: <ul style="list-style-type: none"> ○ 500 free qualifying must have a 200 free <3:15.00 ○ 1000 free qualifying must have a 500 free <7:30.00 ○ 1650 free qualifying must have a 500 <7:00 or 1000 <15:00.00 ● Proof of time is not needed however coaches are asked to be honest with ensuring swimmers are ready for the distance swims. ● The meet director reserves the right to change the format of the meet to best accommodate the space and time for each session. ● If there is an limited/odd number of heats that are entered, up to six heats may be swum at one session for the 500 free and 1000 free.
POSITIVE CHECK IN	<ul style="list-style-type: none"> ● All events will be pre-seeded on Friday, January 22. All changes must be submitted no later than 8am on Friday, January 22.
WARM-UP	<ul style="list-style-type: none"> ● 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. ● 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. ● The Shaw Pool (shallow) will be available for continuous warm-up throughout the competition <ul style="list-style-type: none"> ○ 8am-12pm = 3 lanes ○ 12pm-close = 5 lanes
SUPERVISION	<ul style="list-style-type: none"> ● Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. ● Meet Marshals will be used to patrol the facility as well as help with crowd control and COVID-19 regulation compliance.
SEEDING	<ul style="list-style-type: none"> ● All events will be manually seeded. Swimmers will be assigned to shifts by the meet director. ● Shifts will be determined after all entries are received. Swimmers will be assigned to a shift taking the following into consideration: <ul style="list-style-type: none"> ○ Provide competition ○ Combine teams and/or groups of swimmers based on age/gender/teams/ practice groups ○ If sessions are not filled, there may be up to six heats in a session to limit the number of sessions. ○ If sessions are not filled, the meet director reserves the right to add additional heats for the other events offered, e.g., if there are only 40 swimmers in the 500 free, we may add another option for 1000 free if the demand is presented. ● The meet director may determine if combining sessions is needed to provide additional competitive opportunities and time between events.

SCORING	<ul style="list-style-type: none"> Events will not be scored.
AWARDS	<ul style="list-style-type: none"> There will no be individual awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> 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 Friday & emailed to the coaches by 12pm on January 22.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer 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.
OFFICIALS	<ul style="list-style-type: none"> Officials interested in volunteering should complete the Officials Sign Up or contact Jorge Zamora, zamjr4@gmail.com. Officials' briefing may be done virtually via Zoom prior to the meet. The meet referee will provide meeting details to all officials. 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.
TIMERS & VOLUNTEERS	<ul style="list-style-type: none"> One timer per lane. Timers will be assigned in advance to shifts. 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. Volunteer brief recording will be available.
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, "Distance Time Trial - ****" 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;">Individual event fee: \$22.50</p> <ul style="list-style-type: none"> Make checks payable to OCCS. Checks may be mailed to: 10371 Central Park Drive Manassas, VA 20110 Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

New Year Distance Time Trial Invitational

January 23, 2021

Session 1

Event #	Event
1	Mixed Open 500 yd Freestyle

Session 2

Event #	Event
2	Mixed Open 1000 yd Freestyle

Session 3

Event #	Event
3	Mixed Open 1650 yd Freestyle

- Each session will be divided into 2 shifts with 4 heats at each shift (32 swimmers)
- Each shift will have a 15 min warm up session followed by a 5 minute break before heats begin
- Swimmers will be assigned to shifts based on entry time, however, consideration will also be given to accommodate team needs and capacity limits. The times and sessions may be altered, combined, split or changed based on maintaining local and state regulations as well as manageable timelines.