



Free Fartlek Invitational

Hosted by:



October 2 & 3, 2021

Sanction # PVI-22-02

VSI Sanction # VS-22-05DS

MEET DIRECTOR Aaron Dean meets@swimoccs.org	MEET REFEREE Jorge Zamora zamjr4@gmail.com	CLUB OFFICIALS CHAIR Jorge Zamora zamjr4@gmail.com Online Signup
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-22-02 and Virginia Swimming, Inc: VS-22-05DS. 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;">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' 7" at the turning end. Warm up and cool down lanes (5) will be available during the 13 & over sessions on Saturday and during all sessions on Sunday. 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;">Thursday, September 23, 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	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">Saturday, October 2</th> <th colspan="4" style="text-align: center;">Sunday, October 3</th> </tr> <tr> <th style="width: 20%;">Age Group</th> <th style="width: 5%;">#</th> <th style="width: 20%;">WARM UP</th> <th style="width: 15%;">Meet Start</th> <th style="width: 20%;">Age Group</th> <th style="width: 5%;">#</th> <th style="width: 20%;">WARM UP</th> <th style="width: 15%;">Meet Start</th> </tr> </thead> <tbody> <tr> <td>13-14</td> <td>1</td> <td>7:00am</td> <td>8:00am</td> <td>13 & over 500 Free A</td> <td>5</td> <td>7:20am</td> <td>8:00am</td> </tr> <tr> <td>11-12</td> <td>2</td> <td>9:40am</td> <td>10:30am</td> <td>13 & over 500 Free B</td> <td>6</td> <td>9:30am</td> <td>10:10am</td> </tr> <tr> <td>10 & Under</td> <td>3</td> <td>12:30pm</td> <td>1:10pm</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>15 & over</td> <td>4</td> <td>3:00pm</td> <td>4:10pm</td> <td>12 & under 500 Free A</td> <td>7</td> <td>11:30am</td> <td>12:00pm</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td>12 & under 500 Free B</td> <td>8</td> <td>1:30pm</td> <td>2:00pm</td> </tr> </tbody> </table> <p>500 Free A Flight – will be the top 12 heats of the 500 free (based on entry time) 500 Free B Flight – will be the remaining heats of the 500 free</p> <ul style="list-style-type: none"> Start times are approximate. Meet Director reserves the right to adjust times/sessions after entries are received. This may include combining sessions, splitting age groups, splitting genders, changing session order or other measures to maximize the space and time limitations. 	Saturday, October 2				Sunday, October 3				Age Group	#	WARM UP	Meet Start	Age Group	#	WARM UP	Meet Start	13-14	1	7:00am	8:00am	13 & over 500 Free A	5	7:20am	8:00am	11-12	2	9:40am	10:30am	13 & over 500 Free B	6	9:30am	10:10am	10 & Under	3	12:30pm	1:10pm					15 & over	4	3:00pm	4:10pm	12 & under 500 Free A	7	11:30am	12:00pm					12 & under 500 Free B	8	1:30pm	2:00pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered and invited teams from PVS or VSI. 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"> • Outside seating is permitted. • 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 and at any time 10 feet of social distancing cannot be maintained in any area of the facility. • Swimmers should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming. • Masks must be worn by athletes while sitting in the bleacher area. • Athletes should arrive and depart in their suits. Locker room use should be minimized. • Spectators will not be permitted into the facility. The meet will be live streamed on YouTube. www.youtube.com/occoquanswimming • 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 session will be limited to 192 swimmers. Teams will be assigned to a designated seating area. Access to the outside seating area will be through the main entrance. • Entry & exit for all participants, volunteers, and coaches will be through the main pool entrance. • Before entering the facility participants, coaches, and volunteers are asked to assess their own health by answering the following questions and only enter the facility if they are confident they

	<p>have not been in contact with anyone or are themselves feeling any of the symptoms of COVID-19 as described by the US CDC.</p> <ul style="list-style-type: none"> ○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? ○ Has anyone in your family been sick or diagnosed with COVID-19 in the last 14 days? ○ Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has in the past 14 days? <ul style="list-style-type: none"> ● No one with symptoms of COVID-19 is permitted in the facility. ● One timer will be assigned to each lane as a backup timer. ● Prior to each race, athletes 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. With staging along the pool deck. ● 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 warm-up groups, no more than 96 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. ● During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool. ● Dive over starts will be used for subsequent heats. ● 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 and will remain there until Heat 1 starts swimming. ○ Heat 3 is staging under the flag until directed to move to under the scoreboard (after Heat 2 proceeds to the starting blocks) ● During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area. ● The 25 yard events will start from the turn end (no blocks). Masks will be delivered from the start end to the finish end. ● Swimmers participating in the 500 free will be required to provide their own timer and counter. The timers and counters can be provided by anyone that is willing to help and can enter the facility following the above protocol ● Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility. ● HEPA Filtration system is used 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 COVID-19 after attending the meet.
<p>RULES</p>	<ul style="list-style-type: none"> ● Current USA Swimming rules shall govern this meet. ● All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. ● No on-deck USA Swimming 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.

	<p>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.</p> <ul style="list-style-type: none"> • 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. • 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 swim up to four events for the meet (3 events max Saturday, 1 event max Sunday). • Swimmers must swim in their designated age group based on their age on October 2, 2021. • The meet director reserves the right to change the format of the meet to best accommodate the space and time for each session.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All Saturday events will be pre-seeded on Friday, October 1 at 12pm. All changes must be submitted no later than 8am on Friday, October 1. • Sunday's 500 free will require positive check in online no later than 5:00pm on Saturday, October 2. The link will be provided to participating team. Seeding will be done following the positive check in deadline & a timeline with heat start times will be posted.
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 12 swimmers per lane will be permitted and warm up protocol will be provided prior to the meet for coaches.
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 regulation compliance.
SEEDING	<ul style="list-style-type: none"> • All events will be pre-seeded and swum fastest to slowest based on entry time. Coach entered times are permitted. • The meet director may determine if combining or splitting sessions is needed to provide additional competitive opportunities and time between events. • After the 500 free has been seeded, the top 12 heats (96 swimmers as of the check in deadline) will swim in the A flight heats (based on entry time), the remainder of the heats will swim in the B flight.
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.
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, October 1.
CREDENTIALS	<ul style="list-style-type: none"> • 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 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 Online Signup or contact Jorge Zamora (zamjr4@gmail.com).

	<ul style="list-style-type: none"> 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 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 2.0 policies. Volunteer brief recording will be available. Swimmers competing in the 500 free will be required to provide their own timer and counter.
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, "Free Fartlek - ****" 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>Per Swimmer Facility Surcharge: \$10.00 Individual event fee: \$10.00 VSI Per Swimmer Surcharge: \$2.50</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.

Free Fartlek Invitational

October 2 & 3, 2021

Saturday, October 2

Session 1

Girls #	EVENT	Boys #
1	13-14 50 free	2
3	13-14 100 free	4
5	13-14 200 free	6

Session 2

Girls #	EVENT	Boys #
7	11-12 50 free	8
9	11-12 100 free	10
11	11-12 200 free	12

Session 3

Girls #	EVENT	Boys #
13	8U 25 free	14
15	10 U 50 free	16
17	10U 100 free	18
19	9-10 200 free	20

Session 4

Girls #	EVENT	Boys #
21	15 & over 50 free	22
23	15 & over 100 free	24
25	15 & over 200 free	26

Sunday, October 3

Session 6 (A flight) & 7 (B flight)

Mixed	EVENT
27	13 & over 500 free

Session 8 (A flight) & 9 (B flight)

Mixed	EVENT
28	12 & Under 500 free

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