



Occoquan Swimming 2022 Speedo Spring Splash



April 29-May 1, 2022

Sanction # PVI-22-88

VSI Sanction # VS-22-34DS

<p>MEET DIRECTOR Aaron Dean meets@swimoccs.org</p>	<p>MEET REFEREE Jorge Zamora zamjr4@gmail.com</p>	<p>CLUB OFFICIALS CHAIR Jorge Zamora zamjr4@gmail.com Officials Signup</p>
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-22-88 and Virginia Swimming, Inc: VS-22-34DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Occoquan Swimming, and Freedom Aquatic & Fitness 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;">Freedom Aquatic & Fitness Center 9100 Freedom Center Blvd Manassas, VA 20110 (703) 993-8444</p> <ul style="list-style-type: none"> The pool at Freedom Aquatic & Fitness Center is 50m x 25yd with two moveable bulkheads. Competition may be held in 10 lanes or if the timeline permits one lane may be reserved for warm up/cool down in which case 8 or 9 lanes will be used for the competition. Warm up: 10 lanes 50m will be available for pre meet warm up. Pool depth ranges from 12' at the start end and 3.5' at the turn end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 																																				
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, April 19, 2022 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	<table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 10px;"> <thead> <tr> <th style="text-align: left;">Session</th> <th style="text-align: left;">Friday, April 29</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1</td> <td>Friday Session</td> <td style="text-align: center;">4:30pm</td> <td style="text-align: center;">5:30pm</td> </tr> <tr> <th colspan="2" style="text-align: left;">Saturday, April 30</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> <tr> <td style="text-align: center;">2</td> <td>11 & 12</td> <td style="text-align: center;">7:00am</td> <td style="text-align: center;">8:00am</td> </tr> <tr> <td style="text-align: center;">3</td> <td>10 & Under</td> <td style="text-align: center;">11:00am</td> <td style="text-align: center;">11:40pm</td> </tr> <tr> <td style="text-align: center;">4</td> <td>13 & over</td> <td style="text-align: center;">1:30pm</td> <td style="text-align: center;">2:40pm</td> </tr> <tr> <th colspan="2" style="text-align: left;">Sunday, May 1</th> <th style="text-align: left;">Warm Ups</th> <th style="text-align: left;">Events</th> </tr> <tr> <td style="text-align: center;">5</td> <td>13 & over</td> <td style="text-align: center;">7:00am</td> <td style="text-align: center;">8:10am</td> </tr> <tr> <td style="text-align: center;">6</td> <td>12 & Under</td> <td style="text-align: center;">12:00pm</td> <td style="text-align: center;">1:00pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Session	Friday, April 29	Warm Ups	Events	1	Friday Session	4:30pm	5:30pm	Saturday, April 30		Warm Ups	Events	2	11 & 12	7:00am	8:00am	3	10 & Under	11:00am	11:40pm	4	13 & over	1:30pm	2:40pm	Sunday, May 1		Warm Ups	Events	5	13 & over	7:00am	8:10am	6	12 & Under	12:00pm	1:00pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered and invited Occoquan Swimming members and other teams from Maryland Swimming, 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. Teams should request entry to the meet by email to the meet director meets@swimoccs.org. 																																				

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, GEORGE MASON UNIVERSITY FREEDOM AQUATIC & FITNESS 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"> • 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. • 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 600 athletes. Swimmers/teams may be assigned to a seating area. • Entry and exit for all participants, volunteers, and coaches will be through the patio side entrance. All attendees (athletes, coaches, volunteers, officials, etc.) are encouraged to wear masks while in the facility, with the exception of athletes when warming up, cooling down, and competing. • All attendees are required to complete the Mason COVID Health✓™ prior to each visit. • Two timers will be assigned to each lane as backup timers. • 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. • For warm-ups, swimmers for each session may be assigned to one of two warmup groups. Each group may be assigned an arrival time. Swimmers may 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.

	<ul style="list-style-type: none"> • 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 behind the timers and will approach the blocks once heat 1 begins ○ Heat 3 is along the race course on deck and will remain there until Heat 1 is done swimming, exits the pool, and exits the area behind the blocks. ○ Heat 4 is staging along the race course behind heat 3 and will be directed to move to where Heat 3 is standing (after Heat 1 is done swimming and out of the way and Heat 3 proceeds to the starting blocks). • Timers and counters for the 400y free, 800y free and 400 IM will be provided by anyone that is willing to help and can enter the facility following the above protocols. • Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility. • Chlorine is used to disinfect the water and adjacent surfaces 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.
RULES	<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 2.0"), 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. 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 may 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.
EVENT RULES	<ul style="list-style-type: none"> • All events will be swum as timed finals and seeded fastest to slowest. • All swimmers must provide their own timer and counter (if desired) for the 800m free • All swimmers must provide their own timer for the 400m IM and 400m free • The 400 free and 400 IM may be limited to 8 total heats for each age group (top 80 in each) based on 500 yard free and 400 yard IM entry times. If time permits additional heats may be added. • The 800 free may be limited to 6 total heats with a minimum of 30 female athletes and 30 male athletes based on 1000 yard entry times. • If a swimmer is removed from a distance event, they will be provided the opportunity to enter an alternate event if desired. • Swimmers 13 & over may enter and compete in up to three (3) events each day, with a maximum of seven (7) events for the meet.

	<ul style="list-style-type: none"> Swimmers 12 & under may enter and compete in up to four (4) events each day, with a maximum of nine (9) events for the meet. Swimmers aged 12 & under may only enter one (1) session per day. Swimmers must swim in their designated age group based on their age on April 29, 2022. Events will be seeded using SCY times. Entering with NT is allowed but coaches are encouraged to provide a coach's time if possible. Deck entries will be accepted in empty lanes only. No new heats will be created. Deck entries are \$20 per entry in addition to per swimmer and VSI surcharges. Proof of current USA Swimming Registration is required for deck entries.
POSITIVE CHECK IN	<ul style="list-style-type: none"> Check in for positive check in distance events (400m+) is done at the entrance of the facility and athletes will be required to acknowledge that they plan to swim before entering the facility. If needed additional events may require positive check in to ensure the lanes are full. There will not be a penalty for missing a positive check in event, however coaches are asked to please ensure their swimmers are checked in prior to the deadline. Positive check in deadline is 30 minutes prior to the start of the session unless a later time is provided in the meet notes prior to the meet.
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. If timelines permit, lane 1 will be reserved for warm up and cool down throughout the meet. Notice of this availability will be made no later than Monday, April 25.
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 200m and less will be seeded by 7pm the night prior to the session. Scratches are requested before this time to be sent to the meet director. (meets@swimoccs.org) Events 400m and longer will be seeded following the check in deadline which is 30 minutes prior to the start of the session. The meet director may determine if combining or splitting sessions is needed to provide additional competitive opportunities and time between events.
SCORING	<ul style="list-style-type: none"> Team Scores will not be kept.
AWARDS	<ul style="list-style-type: none"> No individual awards will be provided.
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 after the scratch deadlines.
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 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 online Officials Signup or contact Jorge Zamora (zamjr4@gmail.com). Officials who have volunteered for this meet should check 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 official's briefing will precede each session during warm-ups.
TIMERS & VOLUNTEERS	<ul style="list-style-type: none"> Up to two timers per lane will be asked to volunteer. 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 details will be provided prior to 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, "Speedo Spring Splash - ****" 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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Per Swimmer Surcharge:</td> <td style="width: 16.5%; text-align: right;">\$10.00</td> <td style="width: 33%;">Individual event fee:</td> <td style="width: 16.5%; text-align: right;">\$10.00</td> </tr> <tr> <td>VSI Per Swimmer Surcharge:</td> <td style="text-align: right;">\$2.50</td> <td>Deck Entries:</td> <td style="text-align: right;">\$20.00</td> </tr> </table> <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. 	Per Swimmer Surcharge:	\$10.00	Individual event fee:	\$10.00	VSI Per Swimmer Surcharge:	\$2.50	Deck Entries:	\$20.00
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	Session 1		
	All Ages		
	Friday, April 29		
1	400 free 12 & under mixed		
2	800 free 13 & over mixed		

	Session 2				Session 3				Session 4		
	11 & 12				10 & Under				13 & Over		
	Saturday, April 30				Saturday, April 30			Girls	Saturday, April 30		Boys
3	mixed 11 & 12 200 free			9	mixed 10 & under 200 free			15	13 & over 100 back		16
4	mixed 11 & 12 100 breast			10	mixed 10 & under 100 breast			16	13 & over 200 free		17
5	mixed 11 & 12 100 fly			11	mixed 10 & under 100 fly			17	13 & over 100 breast		18
6	mixed 11 & 12 200 IM			12	mixed 10 & under 200 IM			18	13 & over 200 fly		19
7	mixed 11 & 12 100 free			13	mixed 10 & under 100 free			19	13 & over 50 free		20
8	mixed 11 & 12 100 back			14	mixed 10 & under 100 back			20	13 & Over 400 IM		21

	Session 5				Session 6					
	13 & over				12 & under					
	Sunday, May 1				Sunday, May 1					
27	13 & over 200 IM				28	22	mixed 12 & under 50 back			
29	13 & over 100 free				30	23	mixed 12 & under 50 breast			
31	13 & over 200 back				32	24	mixed 12 & under 50 fly			
33	13 & over 200 breast				34	25	mixed 12 & under 50 free			
35	13 & over 100 fly				36					
37	13 & over 400 free				38					