



Free Fartlek Invitational

Hosted by:

October 7 & 8, 2023
Sanction # PVI-24- 04
VSI Sanction # VS-24-10DS



MEET DIRECTOR

Aaron Dean
meets@swimoccs.org

MEET REFEREE

Jorge Zamora
zamjr4@gmail.com

CLUB OFFICIALS CHAIR

Katie Simmons
officialscontact@swimoccs.org
[Online Signup](#)

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-24-03 and Virginia Swimming, Inc: VS-24-10DS 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"> The competition pool at Occoquan Swim Academy is 8 lanes, 25 yards. Water depth range of 7.0' at the starting end and 6' 7" at the turning end. Continuous 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;">Tuesday, September 26, 2023, 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; border: none;">Saturday, October 7</th> <th colspan="4" style="text-align: center; border: none;">Sunday, October 8</th> </tr> <tr> <th style="border: 1px solid black;">Age Group</th> <th style="border: 1px solid black;">#</th> <th style="border: 1px solid black;">WARM UP</th> <th style="border: 1px solid black;">Meet Start</th> <th style="border: 1px solid black;">Age Group</th> <th style="border: 1px solid black;">#</th> <th style="border: 1px solid black;">WARM UP</th> <th style="border: 1px solid black;">Meet Start</th> </tr> </thead> <tbody> <tr> <td style="border: 1px solid black;">13 & Over</td> <td style="border: 1px solid black;">1</td> <td style="border: 1px solid black;">8:00am</td> <td style="border: 1px solid black;">9:00am</td> <td style="border: 1px solid black;">500 Free A Flight</td> <td style="border: 1px solid black;">3</td> <td style="border: 1px solid black;">7:20am</td> <td style="border: 1px solid black;">8:00am</td> </tr> <tr> <td style="border: 1px solid black;">12 & Under</td> <td style="border: 1px solid black;">2</td> <td style="border: 1px solid black;">11:30am</td> <td style="border: 1px solid black;">12:30pm</td> <td style="border: 1px solid black;">500 Free B Flight</td> <td style="border: 1px solid black;">4</td> <td style="border: 1px solid black;">9:30am</td> <td style="border: 1px solid black;">10:10am</td> </tr> </tbody> </table> <p>500 Free A Flight – will be the fastest 17 heats (136 swimmers) of the 500 free (based on entry time) 500 Free B Flight – will be the remaining heats of the 500 free up to 120 more</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 7				Sunday, October 8				Age Group	#	WARM UP	Meet Start	Age Group	#	WARM UP	Meet Start	13 & Over	1	8:00am	9:00am	500 Free A Flight	3	7:20am	8:00am	12 & Under	2	11:30am	12:30pm	500 Free B Flight	4	9:30am	10:10am
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered and invited teams. Teams requesting to join the meet are asked to submit a request to the meet director prior to submitting entry files. 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.
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"), 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 without the use of the backstroke ledge. 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 for all events except #7 and #8. ● 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 are timed finals. ● Swimmers may swim up to four (4) 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 7, 2023. ● Deck entries will be accepted into empty lanes only. No new heats will be created. ● Evidence of current USA Swimming registration required for deck entries. ● 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 Saturday, October 7 at 6:00 am. All changes must be submitted no later than 12:00 am on Saturday, October 7. ● Sunday's 500 free will require positive check in online no later than 3:00pm on Saturday, October 7. Seeding will be done following the positive check in deadline and a timeline with heat start times will be posted.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> ● Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
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. ● Meet Marshals will be used to patrol the facility as well as help with crowd control.
SEEDING	<ul style="list-style-type: none"> ● All events except for the 500 Freestyle will be pre-seeded. All events will be swum fastest to slowest based on entry time. Coach entered times are permitted.

	<ul style="list-style-type: none"> ● The meet director may determine if combining or splitting sessions is needed to provide additional competitive opportunities and time between events. ● The 500 Freestyle seeding will be done and the top 17 heats (136 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 (up to an additional 120 swimmers).
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 Saturday, October 7.
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 unless space permits. 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 Signup or contact Katie Simmons (officialscontact@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 & VOLUNTEERS	<ul style="list-style-type: none"> ● Two timers per lane for Saturday. ● One Timer per lane for Sunday provided by each swimmer. ● Timers and volunteers will be required to adhere to all MAAPP 2.0 policies. ● Volunteer briefings will take place just prior to the sessions start times. ● Swimmers competing in the 500 Freestyle will be required to provide their own timer and counter (if desired).
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 Deck entry fee: \$20.00</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 7 & 8, 2023

Saturday, October 7

Session 1

Girls #	EVENT	Boys #
1	13 & Over 50 free	2
3	13 & Over 100 free	4
5	13 & Over 200 free	6

Session 2

Girls #	EVENT	Boys #
7	8 & U 25 free	8
9	12 & U 50 free	10
11	12 & U 100 free	12
13	12 & U 200 free	14

Sunday, October 8

Session 3 (A flight)

Mixed	EVENT
15	Open 500 free
Fastest 136 entered swimmers	

Session 4 (B flight)

Mixed	EVENT
16	Open 500 free
Up to 120 additional swimmers	

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