



Winter Wonderland Invitational

Hosted by:



January 13-14, 2024

Sanction # PVI-24-49

VSI Sanction # VS-24-21DS

| | | |
|--|---|---|
| MEET DIRECTOR Aaron Dean meets@swimoccs.org | MEET REFEREE Jorge Zamora zamjr4@gmail.com | CLUB OFFICIALS CHAIR Katie Simmons officialscontact@swimoccs.org Officials Sign Up |
|--|---|---|

| SANCTION | <ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-24-49 and Virginia Swimming, Inc: VS-24-21DS. 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 meet hosts will ensure the required course dimensions. | | | | | | | | | | | | | | | | | | | | | | | | |
| ENTRY DEADLINE | <p style="text-align: center;">Tuesday, January 2, 2024, 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 14</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Age Group</th> <th>#</th> <th>Warm Up</th> <th>Meet Start</th> </tr> </thead> <tbody> <tr> <td>12 & Under</td> <td>1</td> <td>11:00am</td> <td>12:00pm</td> </tr> <tr> <td>13 & Over</td> <td>2</td> <td>3:00pm</td> <td>4:00pm</td> </tr> </tbody> </table> <p style="text-align: center;">Sunday, January 15</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Age Group</th> <th>#</th> <th>Warm Up</th> <th>Meet Start</th> </tr> </thead> <tbody> <tr> <td>13 & Over</td> <td>3</td> <td>7:00am</td> <td>8:00am</td> </tr> <tr> <td>12 & Under</td> <td>4</td> <td>11:00am</td> <td>12:00pm</td> </tr> </tbody> </table> <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. | Age Group | # | Warm Up | Meet Start | 12 & Under | 1 | 11:00am | 12:00pm | 13 & Over | 2 | 3:00pm | 4:00pm | Age Group | # | Warm Up | Meet Start | 13 & Over | 3 | 7:00am | 8:00am | 12 & Under | 4 | 11:00am | 12:00pm |
| Age Group | # | Warm Up | Meet Start | | | | | | | | | | | | | | | | | | | | | | |
| 12 & Under | 1 | 11:00am | 12:00pm | | | | | | | | | | | | | | | | | | | | | | |
| 13 & Over | 2 | 3:00pm | 4:00pm | | | | | | | | | | | | | | | | | | | | | | |
| Age Group | # | Warm Up | Meet Start | | | | | | | | | | | | | | | | | | | | | | |
| 13 & Over | 3 | 7:00am | 8:00am | | | | | | | | | | | | | | | | | | | | | | |
| 12 & Under | 4 | 11:00am | 12:00pm | | | | | | | | | | | | | | | | | | | | | | |
| ELIGIBILITY | <ul style="list-style-type: none"> Open to all registered and invited teams. 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. • 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. • All events are swum fast to slow based on entry times • 8 events max for the meet (4 events max Saturday, 4 event max Sunday). • Swimmers must swim in their designated age group based on their age on January 13, 2024. • Swimmers must provide their own timer and counter (if desired) for the 500 Freestyle. Swimmers must provide their own timer for the 400 IM. • The meet director reserves the right to change the format of the meet to best accommodate the space and time for each session. • Deck entries will be permitted if space is available. |
| POSITIVE CHECK IN | <ul style="list-style-type: none"> • Unless the meet director determines that a positive check in system needs to take place, all events will be pre-seeded on Saturday, January 11 at 9:00am. All changes must be submitted no later than 8:00am on Saturday, January 11. |
| 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. • At least 2 lanes in the training pool will be available for warm up and cool down throughout the meet. Up to five lanes may be available after 12pm on Saturday and at all times on Sunday. |
| SUPERVISION | <ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. • Meet Marshals will be used to patrol the facility as well as help with crowd control. |
| 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. |
| SEEDING | <ul style="list-style-type: none"> • All events, except those that may be determined by the meet director to require positive check in, will be pre-seeded. • All events will be seeded fastest to slowest. • 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"> • 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, January 11. | | | | |
| CREDENTIALS | <ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position may not be permitted in the facility due to limited space. 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. | | | | |
| OFFICIALS | <ul style="list-style-type: none"> Officials interested in volunteering should complete the Online Signup or contact Jorge Zamora (zamjr4@gmail.com). 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 will be used. 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 400 IM and 500 free 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, "Winter Wonderland - ****" 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: none;"> <tr> <td style="width: 50%;">Per Swimmer Facility Surcharge: \$10.00</td> <td style="width: 50%;">Individual event fee: \$10.00</td> </tr> <tr> <td>VSI Per Swimmer Surcharge: \$2.50</td> <td>Deck entry fee: \$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 Facility Surcharge: \$10.00 | Individual event fee: \$10.00 | VSI Per Swimmer Surcharge: \$2.50 | Deck entry fee: \$20.00 |
| Per Swimmer Facility Surcharge: \$10.00 | Individual event fee: \$10.00 | | | | |
| VSI Per Swimmer Surcharge: \$2.50 | Deck entry fee: \$20.00 | | | | |

Winter Wonderland Invitational

Saturday, January 13, 2024

Session 1: 12 & Under
Warm Up: 11:00 a.m. – 11:50 a.m.
Meet Start: 12:00 p.m.

| Mixed Gender Event # | Event |
|-------------------------|-----------------------|
| 1 | 8 & Under 25 Free |
| 2 | 12 & Under 100 Back |
| 3 | 12 & under 50 Free |
| 4 | 12 & under 200 Breast |
| 5 | 12 & under 50 Fly |
| 6 | 8 & Under 25 Back |
| 7 | 12 & under 200 Fly |
| 8 | 12 & Under 200 Free |
| 9 | 12 & Under 50 Breast |
| 10 | 12 & Under 500 Free |

Session 2: 13 & Over
Warm Up: 3:00 – 3:50 p.m.
Meet Start: 4:00 p.m.

| Mixed Gender Event # | Event |
|-------------------------|----------------------|
| 11 | 13 & over 50 Breast |
| 12 | 13 & over 200 Back |
| 13 | 13 & over 100 Fly |
| 14 | 13 & over 100 IM |
| 15 | 13 & over 200 Breast |
| 16 | 13 & over 200 Free |
| 17 | 13 & over 50 Back |
| 18 | 13 & over 400 IM |

Swimmers must provide their own timer for the 400 IM.
Swimmers must provide their own timer and counter, if desired, for the 500 Free

Winter Wonderland Invitational

Sunday, January 14, 2024

Session 3: 13 & Over

Warm Up: 7:00 – 7:50 a.m.

Meet Start: 8:00 a.m.

| Mixed Gender Event # | Event |
|---------------------------------|----------------------|
| 19 | 13 & over 200 IM |
| 20 | 13 & over 50 Fly |
| 21 | 13 & over 100 Free |
| 22 | 13 & over 200 Fly |
| 23 | 13 & over 100 Breast |
| 24 | 13 & over 100 Back |
| 25 | 13 & over 50 Free |
| 26 | 13 & over 500 Free |

Session 4: 12 & Under

Warm Up: 11:00 –11:50 a.m.

Meet Start: 12:00 p.m.

| Mixed Gender Event # | Event |
|---------------------------------|-----------------------|
| 27 | 8 & Under 25 Fly |
| 28 | 12 & Under 200 IM |
| 29 | 12 & under 100 Free |
| 30 | 12 & under 200 Back |
| 31 | 12 & Under 100 Fly |
| 32 | 12 & Under 50 Back |
| 33 | 8 & Under 25 Breast |
| 34 | 12 & Under 100 Breast |
| 35 | 12 & under 100 IM |
| 36 | 12 & under 400 IM |

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