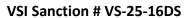


## 2024 Medley Series 3

November 2-3, 2024

Sanction # PVI-25-20





Hosted by:

MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Aaron Dean	Jorge Zamora	John Avelis
meets@swimoccs.org	zamir4@gmail.com	iavelis3@gmail.com

	Aaron Dean		Jorge Zamora			John Avens		
meets	@swimoccs.org	zar	mjr4@gmail.com		jav	elis3@gmail.co	<u>m</u>	
SANCTION	Held under the s     Virginia Swimmii		•	ıgh Potomad	Valley Swim	nming: PVI-25-2	<b>0</b> and	
	<ul> <li>In granting this s</li> </ul>	anction it is un	derstood and ag	reed that US	A Swimming	, Potomac Valle	У	
	Swimming, Virgin	nia Swimming,	Inc., Occoquan S	wimming, aı	nd Central Pa	ark Aquatic Cent	er shall be	
	held free and ha	rmless from ar	ny and all liabilitie	s or claims f	or damages	arising by reaso	n of injuries	
	to anyone during	g the conduct o	of this event.					
FACILITY			Occoquan S		•			
		10371 Central Park Drive						
				s, VA 20110				
			, ,	93-2632				
	The competition	pool at Occoq	uan Swim Acadei	my is 8 lanes	, 25 yards.			
	Water depth ran	ige of 7.0' at th	e starting end an	d 6' 7" at th	e turning end	d.		
	-	Varm up and cool down lanes (5) will be available during the 13 & over sessions on Saturday and						
	during all session	ns on Sunday.						
	The meet hosts s		•					
ENTRY		Thursday, October 24, 2024, 8:00pm						
DEADLINE	IMPORTANT: The ab	IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director.						
	Therefore, clubs usu	•	ier deadline to re	ceive entrie	s from their s	swimmers. Chec	k with you	
	club for this informa	tion.						
SCHEDULE								
		Saturday			Si	unday		
	Age Group #	WARM UP	Meet Start	Age Gı	oup #	WARM UP	Meet Star	
	Sr Sel, NTG, PN 1	11:30am	12:10pm	12 &ur	nder 2	12:00-12:20pm	12:30pm	
	Start times are a	pproximate.						
	Meet Director re	• Meet Director reserves the right to adjust times/sessions after entries are received. This may include						
	combining session	ons, splitting ag	ge groups, splittin	g genders, c	hanging sess	sion order or oth	ner measur	
	to maximize the	•						
ELIGIBILITY	Open to all regis				-			
	•		e swimmer is regi			nber of USA Swi	mming as	
			es and Regulation					
DISABILITY SWIMMERS		_	their meet directo			•		
SWIIWIIWIEKS	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							
			any disability pri		-	coacii) is also re	sporisible i	
TIMING SYSTEM			primary) will be us	· ·	.cicion.			
RULES	Current USA Swi	· · · · · · · · · · · · · · · · · · ·	* *					
		Ū	9		noot ookses	10dg0 +b0+ +b 5	are subject	
		• 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						
	· ·		ce with the MAA				-	
	of this competiti	•	CC WITH THE WIAA	i i policy is c	a condition o	i participation ii	T THE COHOL	
	or this competiti	U11.						

	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.
	<ul> <li>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.</li> </ul>
	<ul> <li>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.</li> </ul>
	• 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	All events are timed finals.
	Swimmers may swim up to two (2) events for the meet
	Swimmers must swim in their designated age group based on their age on November 2, 2024.
	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 Mark Director was the distributed by the County of the coun
	• 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	All Saturday events will be pre-seeded on Saturday, November 2 at 6am. All changes must be submitted no later than 12am on Saturday, November 2
	All Sunday events will be pre-seeded on Sunday, November 3 at 6am. All changes must be submitted no later than 12am on Sunday, November 3.
MEDICAL ASSISTANCE	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	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	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
	<ul> <li>Meet Marshals will be used to patrol the facility as well as help with crowd control as well as safety regulation compliance.</li> </ul>
SEEDING	<ul> <li>All events will be pre-seeded and swum fastest to slowest based on entry time. Coach entered times are permitted.</li> </ul>
	The Meet Director may determine if combining or splitting sessions is needed to provide additional competitive opportunities and time between events.
SCORING	No team scores will be kept.
AWARDS	No awards will be given.
PROGRAMS	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 the morning of the meet once events are seeded.
CREDENTIALS	<ul> <li>Parents not working the meet as a deck official, volunteer timer or other position may not be permitted in the facility. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on deck unless space permits to allow spectators. Coaches and Officials should have proof of active USA Swimming membership with them.</li> </ul>

OFFICIALS	Each participating club is requested to provide at least one table worker or official (Referee Starter,			
	Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes.			
	Officials interested in volunteering should complete the Online Signup Form or contact Jorge Zamora			
	at <u>zamjr4@gmail.com</u> . 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> <li>Two timers per lane on Saturday, one timer per lane is required for Sunday's events.</li> <li>Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to</li> </ul>			
VOLUNTEENS	Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to all MAAPP 2.0 policies.			
	Volunteer briefing will be available prior to the start of the sessions.			
	Swimmers competing in the 400 IM & 500 Free may be required to provide their own timers.			
	Swimmers competing in the 500 Free need to provide their own counter if they desire one.			
ENTRY	Entries should be submitted by email to the Meet Director, <u>meets@swimoccs.org</u> .			
PROCEDURES	Include in the subject of the email, Medley 3 Series"- ****" 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.			
	<ul> <li>Include in entry email: entry file, report of entries by name, report of entries by event.</li> </ul>			
	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	Per Swimmer Facility Surcharge: \$16.00 Individual event fee: \$5.00			
	Deck Entry: \$20.00			
	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 a the conclusion of the meet.			

## Medley Series #3 November 2-3

## Saturday, November 2

Session 1 (NTG/PN/SRSel)

Warm up 11:30am-12:00pm

Meet Start 12:10pm

Mixed	EVENT	
1	13 & over 400 IM	
2	13 & over 500 Free	

## Sunday, November 3

Session 2 (12 & Under 400 IM)

Warm up 12:30-12:50pm

Meet start 1:00pm

Mixed Gender	EVENT
113	12 & under 400 IM

Sessions may be altered, combined, split or changed with breaks based on maintaining meaningful timelines.