



Ococoquan Swimming Fall Festivus Invitational

Hosted by:



November 17-19, 2023

Sanction # PVI-24-28

VSI Sanction # VS-24-19DS

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| <p>MEET DIRECTOR Aaron Dean meets@swimoccs.org</p> | <p>MEET REFEREE Jorge Zamora zamjr4@gmail.com</p> | <p>CLUB OFFICIALS CHAIR Katie Simmons kedsimmons@gmail.com Online 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-24-28 and Virginia Swimming, Inc: VS-24-19DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Ococoquan 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 for all sessions may be held in one (1) 10 lane course running lengthwise into a bulkhead or in two (2), eight (8) lane 25Y competitions running widthwise and separated by bulkheads. Warm up: up to 22 lanes, 25 yards. At least 4 lanes be available for continuous warm up and cool down. Meet hosts shall ensure the required course dimensions. Single Course Water depth range of 13' at the starting end and 6.5' at the turning end. Dual Course: <ul style="list-style-type: none"> Deep Course Water depth of 6.5'-13' Shallow course of 6.0'-6.5' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENTRY DEADLINE | <p style="text-align: center;">Wednesday, November 8, 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="2" style="border-bottom: 1px solid black;">Friday, November 17</th> <th style="border-bottom: 1px solid black;">Warm Ups</th> <th style="border-bottom: 1px solid black;">Events</th> </tr> </thead> <tbody> <tr> <td style="border-right: 1px solid black;">Session 1</td> <td>Distance Session</td> <td style="text-align: center;">5:00pm</td> <td style="text-align: center;">5:50pm</td> </tr> <tr> <th colspan="2" style="border-bottom: 1px solid black;">Saturday, November 18</th> <th style="border-bottom: 1px solid black;">Warm Ups</th> <th style="border-bottom: 1px solid black;">Events</th> </tr> <tr> <td style="border-right: 1px solid black;">Session 2</td> <td>13 & over</td> <td style="text-align: center;">6:50am</td> <td style="text-align: center;">8:00am</td> </tr> <tr> <td style="border-right: 1px solid black;">Session 3</td> <td>11 & 12</td> <td style="text-align: center;">12:00pm</td> <td style="text-align: center;">1:00pm</td> </tr> <tr> <td style="border-right: 1px solid black;">Session 4</td> <td>10 & under</td> <td style="text-align: center;">3:30pm</td> <td style="text-align: center;">4:30pm</td> </tr> <tr> <th colspan="2" style="border-bottom: 1px solid black;">Sunday, November 19</th> <th style="border-bottom: 1px solid black;">Warm Ups</th> <th style="border-bottom: 1px solid black;">Events</th> </tr> <tr> <td style="border-right: 1px solid black;">Session 5</td> <td>13 & over</td> <td style="text-align: center;">6:50am</td> <td style="text-align: center;">8:00am</td> </tr> <tr> <td style="border-right: 1px solid black;">Session 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"> 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 best utilize the space and time limitations. | Friday, November 17 | | Warm Ups | Events | Session 1 | Distance Session | 5:00pm | 5:50pm | Saturday, November 18 | | Warm Ups | Events | Session 2 | 13 & over | 6:50am | 8:00am | Session 3 | 11 & 12 | 12:00pm | 1:00pm | Session 4 | 10 & under | 3:30pm | 4:30pm | Sunday, November 19 | | Warm Ups | Events | Session 5 | 13 & over | 6:50am | 8:00am | Session 6 | 12 & Under | 12:00pm | 1:00pm |
| Friday, November 17 | | Warm Ups | Events | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Session 1 | Distance Session | 5:00pm | 5:50pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturday, November 18 | | Warm Ups | Events | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Session 2 | 13 & over | 6:50am | 8:00am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Session 3 | 11 & 12 | 12:00pm | 1:00pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Session 4 | 10 & under | 3:30pm | 4:30pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sunday, November 19 | | Warm Ups | Events | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Session 5 | 13 & over | 6:50am | 8:00am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Session 6 | 12 & Under | 12:00pm | 1:00pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| ELIGIBILITY | <ul style="list-style-type: none"> Open to all registered and invited teams from USA Swimming. 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. Swimmers, age 13 & Over, may swim up to seven (7) events for the meet (1 event max on Friday, 3 events max Saturday and Sunday each). Swimmers, age 12 & Under, may swim up to nine (9) events for the meet (1 event max on Friday, 4 events max Saturday and Sunday each). Swimmers must swim in their designated age group based on their age on November 17, 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. Swimmers competing in the 400 IM, 500 free and 1000 free are required to provide their own timers. Swimmers competing in the 500 free and 1000 free are required to provide their own counters (if desired). Events 400+ yards may be limited to the top 48 swimmers based on entry times if timelines are over 4 hours. 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"> Friday's events will require positive check in: <ul style="list-style-type: none"> 1000 free deadline is 5:15pm 12&U 500 free deadline is 6:00pm or 1 hour prior to the anticipated start of the 500 free |

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| | <ul style="list-style-type: none"> • Events 400y and longer on Saturday and Sunday will require positive check in. The deadline is 30 minutes prior to the start of the session. • The meet director may determine if any events will need positive check in and will inform attending team administrators/ coaches no later than Monday, November 13 |
| 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 for cleaning up 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 will be seeded and swum fastest to slowest based on entry time. • Events 15 & 16 (13 & Over 500 free) and 63 & 64 (13 & Over 400 IM) will be seeded in the following manner: 3 fastest heats of girls, 3 fastest heats of boys then the remaining heats will be combined genders and swum fast to slow. • All events 200y and less will be pre-seeded the night prior to the session. Scratches are requested before this time to be sent to the meet director. (meets@swimoccs.org) <ul style="list-style-type: none"> ○ All Saturday events will be pre-seeded on Friday, November 17 at 7:00pm. All changes must be submitted to the meet director (meets@swimoccs.org) no later than 5:00pm on Friday, November 17. ○ All Sunday events will be pre-seeded on Saturday, November 18 at 4:00pm. All changes must be submitted to the meet director (meets@swimoccs.org) no later than 2:00pm on Saturday, November 18. • Events 400y 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"> • 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, November 17. |
| 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. |
| 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. It is the intent to offer some live viewing areas during the meet. If there is not space, 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. |
| OFFICIALS | <ul style="list-style-type: none"> • Officials interested in volunteering should complete the Online Signup or contact Katie Simmons(kedsimmons@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 for all sessions except Friday Distance Session. • 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, 500 free and 1000 free are required to provide their own timers. • Swimmers competing in the 500 free and 1000 free are required to provide their own counters (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, "OCCS Fall Fest - ****" 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. |

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| | <ul style="list-style-type: none"> • 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 data-bbox="381 436 1328 508"> <tr> <td>Per Swimmer Facility Surcharge:</td> <td>\$10.00</td> <td>Individual event fee:</td> <td>\$10.00</td> </tr> <tr> <td>VSI Per Swimmer Surcharge:</td> <td>\$2.50</td> <td>Deck entry fee:</td> <td>\$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, Suite A 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 | | | | | | |

Occoquan Swimming Fall Festival Invitational November 17-19, 2023

Friday, November 17

| Combined Genders | Friday |
|---------------------|------------------|
| | Session 1 |
| 1 | 1000 free |
| 2 | 12 U 500 free |

| Saturday, November 18 | | | Sunday, November 19 | | |
|-----------------------|-----------------------|-------------|---------------------|-----------------------|-------------|
| Session 2 | | | Session 5 | | |
| Girls | 13 & Over | Boys | Girls | 13 & Over | Boys |
| 5 | 100 breast | 6 | 53 | 200 fly | 54 |
| 7 | 200 free | 8 | 55 | 200 breast | 56 |
| 9 | 100 fly | 10 | 57 | 100 back | 58 |
| 11 | 200 back | 12 | 59 | 200 IM | 60 |
| 13 | 50 free | 14 | 61 | 100 free | 62 |
| 15 | 400 IM * | 16 | 63 | 500 free * | 64 |
| Session 3 | | | Session 6 | | |
| Girls | 11 & 12 | Boys | Girls | 12 & Under | Boys |
| 17 | 200 free | 18 | 65 | 200 back | 66 |
| 19 | 100 back | 20 | 67 | 100 free | 68 |
| 21 | 200 fly | 22 | 69 | 200 breast | 70 |
| 23 | 100 breast | 24 | 71 | 100 fly | 72 |
| 25 | 50 fly | 26 | 73 | 50 breast | 74 |
| 27 | 100 IM | 28 | 75 | 200 IM | 76 |
| 29 | 50 free | 30 | 77 | 50 back | 78 |
| 31 | 400 IM | 32 | | | |
| Session 4 | | | | | |
| Girls | 10 & Under | Boys | | | |
| 33 | 25 free | 34 | | | |
| 35 | 100 back | 36 | | | |
| 37 | 25back | 38 | | | |
| 39 | 100 breast | 40 | | | |
| 41 | 25 breast | 42 | | | |
| 43 | 50 fly | 44 | | | |
| 45 | 25 fly | 46 | | | |
| 47 | 200 free | 48 | | | |
| 49 | 100 IM | 50 | | | |
| 51 | 50 free | 52 | | | |

*Events 15 & 16 (13 & over 500 free) and 63 & 64 (13 & over 400 IM) will be seeded in the following manner: 3 fastest heats of girls, 3 fastest heats of boys then the remaining heats will be combined genders and swum fast to slow.

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