

PVS November Open Meet (hosted by OCCS)
November 7-9, 2008
Mt. Vernon - 2017 Belle View Blvd., Alexandria, VA 22313



Warm ups will be conducted as assigned, split 30 minute sessions (see table below)

Session	Warm-up	Events Start
Friday Events	5:00-5:40 pm	5:50 pm
9-12 - Men and Women		
Saturday & Sunday	7:00-8:00 am	8:10 am
Warm up Session 1	7:00-7:30 am	
Warm up session 2	7:30-8:00 am	
13 & Over year old -- Men and Women		
Saturday	12:00 -1:00 pm	1:10 pm
Warm up Session 1	12:00-12:30 pm	
Warm up Session 2	12:30-1:00 pm	
Sunday	11:30 am-12:30 pm	12:40 pm
Warm up Session 1	11:30-12:00 pm	
Warm up Session 2	12:00-12:30 pm	

Note: Sunday afternoon's session will start earlier than previously announced in the meet sanction. This will provide less transition time, but conclude the meet at least 30 minutes earlier than the timeline indicates. Deadline changes are reflected in the check in procedures for Sunday. Please be sure to let your team members know of this change prior to Sunday.

Warm up Assignments

FRIDAY EVENING	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
5:00-5:40pm	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
Meet Start 5:50pm										
SATURDAY MORNING	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
7:00-7:30am	OCCS	OCCS	OCCS	OCCS	AAC	AAC	AAC	HACC	HACC	HACC
7:30-8:00am	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU
Meet Start 8:10am										
SATURDAY AFTERNOON	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
12:00-12:30pm	OCCS	OCCS	OCCS	OCCS	AAC	AAC	AAC	HACC	HACC	HACC
12:30-1:00pm	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU
Meet Start 1:10pm										
SUNDAY MORNING	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
7:00-7:30am	OCCS	OCCS	OCCS	OCCS	AAC	AAC	AAC	HACC	HACC	HACC
7:30-8:00am	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU
Meet Start 8:10am										
SUNDAY AFTERNOON	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
11:30am-12:00pm	OCCS	OCCS	OCCS	OCCS	AAC	AAC	AAC	HACC	HACC	HACC
12:00-12:30pm	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU	CUBU
Meet Start 12:40pm										

Positive Check-in Events

The following events will **REQUIRE** a positive check-in by the session deadlines described. Swimmers not positively checked in using the provided team check in sheets by the deadline **WILL BE SCRATCHED**. Swimmers positively checking in but not showing up to these events may be scratched from their next individual event.

Friday check-in Deadlines

9-12 200 fly	5:20pm
9-12 500 free	5:40pm
Open 1650 free	6:00pm

Saturday check in Deadlines

9-12 200 free	7:40am
9-12 200 breast	8:40am
13 & over 200 back	12:40pm
13 & over 200 free	12:40pm
13 & over 200 breast	12:40pm
13 & over 400 IM	1:40pm

Sunday check in Deadlines

9-12 200 IM	7:40am
9-12 200 back	8:40am
13 & over 200 fly	12:00pm
13 & over 200 IM	12:00pm
13 & over 500 free	1:00pm

Team Timing Assignments

Below are the team timing assignments for each team. We will just be running two timers per lane and have four back up timers to come and relieve timers at certain points of the meet. Please be sure to inform your attending parents they are responsible for filling these positions so we can start the meet on time and have all lanes covered. Be sure to emphasize the free food and drinks through the session for all volunteers ☺. Friday since we only need timers for the 200 fly and 50 fly, please have your parents that have swimmers in this event come down on deck to help with timing. **Swimmers in the 500 free and 1650 free and 400 IM need to provide their own timers and counters.**

Saturday Morning	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Backup
OCCS (HEAD)	OCCS	OCCS	OCCS	OCCS	OCCS	OCCS	OCCS	OCCS	HACC
	CUBU W	CUBU W	CUBU W	CUBU	CUBU	AAC	AAC	HACC	CUBU
									CUBU W
									AAC
Saturday Afternoon	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Backup
OCCS (HEAD)	OCCS	OCCS	OCCS	OCCS	OCCS	OCCS	OCCS	OCCS	HACC
	CUBU W	CUBU W	CUBU W	CUBU	CUBU	AAC	AAC	HACC	CUBU
									CUBU W
									AAC

Swimmers will need to provide their own timers for the following events: 400 IM

Sunday Morning	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Backup
OCCS (HEAD)	OCCS	OCCS	OCCS	OCCS	OCCS	OCCS	OCCS	OCCS	HACC
	CUBU W	CUBU W	CUBU W	CUBU	CUBU	AAC	AAC	HACC	CUBU
									CUBU W
									AAC
Sunday Afternoon	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Backup
OCCS (HEAD)	OCCS	OCCS	OCCS	OCCS	OCCS	OCCS	OCCS	OCCS	HACC
	CUBU W	CUBU W	CUBU W	CUBU	CUBU	AAC	AAC	HACC	CUBU
									CUBU W
									AAC

Swimmers will need to provide their own timers for the following events: 500 Free

Team Check-in

When your coaches arrive to the meet, please have them check in at the administration desk to pick up the following items that will be provided in a team packet:

1. Full meet program (one per club). This will have the entire weekend's events seeded (except deck seeded events) as well as timeline and other pertinent information.
2. At the start of each session's warm ups, individual session heat sheets will be available at the admin table. Positive check in events after seeded will be posted behind the starting blocks, given to the meet officials and then be provided to coaches.
3. Session check-in sheets – a full list of just your swimmers that you can check in as they arrive for positive check in events will be available for pick up prior to the start of warm ups for each session. By the deadlines, please turn your sheets into the meet administrator. Each event will be on a separate report so different deadline times can be used. **This takes the place of checking in on one sheet at the admin table and allows coaches to confirm which swimmers will be competing in each event.**
4. If you have scratches for events other than the positive check in events, we will take these using the forms included in your team packet.
5. If you have deck entries, we will accept these using the form included in your packet as well as payment at the time of signing up (\$10.00). The deadline for deck entries (provided there is space), is 45 minutes prior to the start of the session.
6. **Please be sure to note the change in session times for Sunday afternoon!**

If there is anything that I can provide for you at the meet, don't hesitate to ask. We're looking forward to a great meet.

Aaron M Dean
General Manager, OCCS
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