

2011 President's Day Classic  
February 12 & 13, 2011



Hosted by Occoquan Swimming

Sanctioned by USA Swimming, Potomac Valley Swimming and Virginia Swimming Inc.

Sanction # PVC-11-44

Sanction # VS-11-05N

<b>Meet Director</b>	Aaron Dean (703) 309-3857, <a href="mailto:Aaron@swimoccs.org">Aaron@swimoccs.org</a>									
<b>Meet Referee</b>	Sergio Nirenberg <a href="mailto:snirenberg@cox.net">snirenberg@cox.net</a>									
<b>Officials Contact</b>	Dan Young <a href="mailto:youngforever@comcast.net">youngforever@comcast.net</a>									
<b>Facility</b>	<p><b>Claude Moore Recreation Center</b> One eight, (8) lane, 25-yard course will be used during each session. Warm-up / warm-down lane will be available throughout the meet. Water depth ranges from 6'8" to 12'6" at both the starting end and turning end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)</p>									
<b>Location</b>	46105 Loudoun Park Lane Sterling, VA 20164									
<b>Meet Format &amp; Focus</b>	<p>This meet is provided to offer a racing opportunity to all levels of swimmers. As a tune up for swimmers already qualified for March Championships meets and as a final opportunity to qualify for those that don't have qualifying times yet for March Championship meets. We will recognize new PVS JO qualifiers as well as provide an exciting prelim/finals format for Saturday's events (except the 8 &amp; under events). The meet is split into four separate sessions. Saturday am is prelims for 11 &amp; over events (events swum normal championship seeding), Saturday afternoon is timed finals for 8 &amp; under events (all heats swum fastest to slowest) and prelims for 10 &amp; under (heats swum normal championship circle seeding), Saturday evening is finals (A final for 10 &amp; under events – top 8; A &amp; B final for 11 &amp; over events – top 16 return for finals in each event except 500 free which is timed finals swum in the morning session only). Sunday is a timed final session (all heats swum fast to slow).</p>									
<b>Prelims / Finals</b>	<p>All events on Saturday will be swum as prelims/ finals format (except the 500 free which will be timed finals and only swum in the morning session and all 8 &amp; under events) Finals format will provide the top 16 finishes from the prelims session an opportunity to compete in the evening finals session. The 'A' finals (top 8) will swim first followed by the 'B' finals (places 9-16)</p>									
<b>Schedule</b>	<p>Warm up sessions may be split and assigned lanes depending on the number of swimmers entered into each session.</p> <p><b>Saturday, February 12</b></p> <table><tr><td>11 &amp; over (prelims)</td><td>Warm up 7:30-8:20am</td><td>Events 8:30am</td></tr><tr><td>10 &amp; under</td><td>Warm up TBD (not before 11am – exact time to be announced by Monday, February 8)</td><td></td></tr><tr><td>(8 &amp; U timed finals 9-10 prelims)</td><td></td><td></td></tr></table>	11 & over (prelims)	Warm up 7:30-8:20am	Events 8:30am	10 & under	Warm up TBD (not before 11am – exact time to be announced by Monday, February 8)		(8 & U timed finals 9-10 prelims)		
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9 & over (finals)

Warm up 4:00-4:45pm

Events 5:00pm

### **Sunday, February 13**

All Ages (timed finals)

Warm up 8:00-9:00am

Events 9:10am

#### **Awards**

Special awards will be presented at the meet for heat winners and the top 8 finishers in each event on Saturday

#### **Eligibility**

Open to all registered USA Swimming athletes and clubs.

#### **Rules**

Current USA Swimming rules will govern this meet.

A contestant may participate in only his or her own age group events or in open events which are open to all ages.

9 & over contestants may enter a maximum of eight (8) individual events and no more than five (5) individual events on Sunday and no more than three (3) individual events Saturday. 8 & under contestants may enter and swim a maximum of ten (10) events, no more than five (5) per day. Swimmers shall compete at the age attained on the first day of the meet.

It may be necessary to limit entries in certain events due to time constraints.

Dive-over starts will be used at this meet at the preliminary sessions and distance session. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

Swimmers must provide for their own timer and lap counter for the 500 free

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces as per USA Swimming rules.

The use of equipment capable of taking pictures (i.e. cell phones, cameras, PDS's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy

Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.

#### **Officials**

All certified officials wishing to volunteer to work at this meet, please contact the Occoquan Swimming officials chairperson & referee prior to February 8, 2011. Please include your club affiliation, certifications held and sessions you desire to work. Officials' check in will be at the starting end of the pool by the computer table.

#### **Inclusion**

PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

- Positive Check-In** The 500 free on Saturday will be positive check in  
All events on Sunday will be deck seeded (sign in due for all events by 7:50am)
- Warm up** The prescribed PVS warm up procedures and safety policies will be followed. The meet director may determine the structure of warm ups times and lane assignments. An announcement about warm up times will be sent out to the attending coaches prior to Wednesday, February 9<sup>th</sup>.
- Supervision** Coaches are responsible for the conduct of their Swimmers and Families and for cleaning up their team areas. Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials permitted on the pool deck. Coaches & deck officials are required to display their current 2010-2011 USA Swimming card.
- Programs** Programs will be available for sale on Saturday for \$8; this will include a free up to date copy of the deck seeded events on Sunday as well as a finals program. Individual session programs will also be available for \$3 each.
- Entries** The preferred method of team entries is via email send to the meet director Aaron Dean: [gm@swimoccs.org](mailto:gm@swimoccs.org)  
**Entries must arrive by the due date**  
**Include a meet entry export from Team Unify or HyTek**  
**Include a report in Word or a PDF by name**  
**In the body of your email, please indicate the number of swimmers (male and female) number of individual events entered (male and female) and the total amount of entry fees you plan to submit.**
- Entry Deadline** All entries must be submitted for this meet no later than:  
**5:00pm Tuesday, January 26<sup>th</sup>**  
Entries received after this date may only be accepted on a case by case basis if there is room in the meet.  
Note that the entry deadline is earlier than most meets!!!  
**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.  
Note, It may be necessary to limit entries therefore, entries will be accepted on a first-come, first-entered basis until the meet fills up.  
Upon receipt of your entry via email, the meet director will acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt
- Entry Limits** The Meet Director will determine when the event is fully subscribed based on maintaining 4 hour sessions for Saturday prelims and Sunday timed finals. Teams will be notified by January 27<sup>th</sup> of their status.  
9 & over contestants may enter a maximum of eight (8) individual events and no more than five (5) individual events on Sunday and no more than three (3) individual events Saturday. 8 & under contestants may enter and swim a maximum of ten (10) events, no more than five (5) per day. Swimmers shall compete at the age attained on the first day of the meet.

**Swimmer Surcharge** There is a surcharge of \$6.00 per swimmer entered into the meet.

**Entry Fees** \$5.00 per event entered.

**Late/ Deck Entry** Late or deck entries will be available in open lanes after the entry deadline. Deck entries must be submitted no later than 40 minutes prior to the start of the session. If the meet is oversubscribed, the meet director reserves the right to not accept late (deck) entries. Deck entries must be paid at the time of submitting; each deck entry is \$10.00.

**Payment** You may send your check for entry fees to the below address prior to the meet; or bring a check with you to the meet. Once swimmers are entered, there will not be any refund for any reason and unpaid fees must still be submitted; weather related, health related, etc.

**(Check Payable to Occoquan Swimming)**

**Occoquan Swimming**

c/o Aaron Dean

6133 Early Autumn Drive

Centreville, VA 20120

**Timers/ Volunteers** All teams entering in this meet are expected to help provide timers for the meet sessions and/or volunteers for officiating or computer management. Please be prepared to schedule your volunteers to help with running a smooth and fair competition. Refreshments will be provided to all volunteers of the meet.

In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Claude Moore Recreation Center and Occoquan Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Saturday February 12, 2011**

**Warm ups 7:30am – 8:20am // Meet Starts 8:30am**

All events prelims/ finals (top 16 return for finals)

(except #25 & 26 which will be timed finals swum in the prelim session only)

<b>Girls Event #</b>	<b>Description</b>	<b>Ages</b>	<b>Boys Event #</b>
1	200 IM	13 & over	2
3	100 free	11 & 12	4
5	100 free	13 & over	6
7	50 fly	11 & 12	8
9	100 fly	13 & over	10
11	50 breast	11 & 12	12
13	100 breast	13 & over	14
15	50 back	11 & 12	16
17	100 back	13 & over	18
19	100 IM	11 & 12	20
21	50 free	13 & over	22
23	50 free	11 & 12	24
25	500 free	11 & over	26

\*There may be a 10 minute break prior to the start of event #25

Swimmers in event #25 & #26 must supply their own timer and counter

**Saturday, February 12, 2011**

**Warm ups To be Determined – watch website for details Warm ups will not start before 11am**

All events are pre-seeded; no check in required.

All Events in this session will be swum

<b>Girls Event #</b>	<b>Description</b>	<b>Ages</b>	<b>Boys Event #</b>
27	100 free*	10 & under	28
29	50 free	8 & under	30

31	50 fly*	10 & under	32
33	25 fly	8 & under	34
35	50 breast *	10 & under	36
37	25 breast	8 & under	38
39	50 back *	10 & under	40
41	25 back	8 & under	42
43	50 free *	10 & under	44
45	25 free	8 & under	46
47	100 IM *	10 & under	48
49	100 IM	8 & under	50

\* 10 & under year old events are prelims/ finals (top 8 will swim in the finals in the evening)

### Saturday, February 12, 2011

#### Finals Session Order

Warm ups 4:00pm – 4:45pm // Meet starts 5:00pm

Girls Event #	Description	Ages	Boys Event #
1	200 IM	13 & over	2
27	100 free	10 & under	28
3	100 free	11 & 12	4
5	100 free	13 & over	6
31	50 fly	10 & under	32
7	50 fly	11 & 12	8
9	100 fly	13 & over	10
35	50 breast	10 & under	36
11	50 breast	11 & 12	12
13	100 breast	13 & over	14
39	50 back	10 & under	40
15	50 back	11 & 12	16
17	100 back	13 & over	18
47	100 IM	10 & under	48
19	100 IM	11 & 12	20
21	50 free	13 & over	22
43	50 free	10 & under	44
23	50 free	11 & 12	24

### Sunday, February 13

Warm ups 8:00am – 9:00am // Meet Starts 9:10am

All events are deck seeded/ timed finals – check in closes at 8:40pm for all events

All events in this session will be swum FAST to SLOW

Girls Event #	Description	Ages	Boys Event #
51	200 free	13 & over	52
53	200 free	12 & under	54
55	200 back	Open	56
57	100 back	12 & under	58
59	200 breast	Open	60
61	100 breast	12 & under	62
63	200 fly	Open	64
65	100 fly	12 & under	66
67	200 IM	12 & under	68
69	400 IM	Open	70
71	500 Free	10 & under	72

Events #69, #70, #71 and #72 swimmers will need to provide their own timer