

**2011 Short Course Finale
Prelims/ Finals Competition**

Hosted by Occoquan Swimming

**Sanctioned by USA Swimming, Potomac Valley Swimming and Virginia Swimming
Sanction # PVC-11-61 and VS-11-07N**

- Meet Director** Aaron Dean (703) 309-3857, Aaron@swimoccs.org
- Meet Referee** Sergio Nirenberg snirenberg@cox.net
- Officials Contact** Dan Young youngforever@comcast.net
- Facility** Warrenton Aquatic and Recreation Facility
- Eight Lane 25 yard indoor pool, 8.5 feet deep at the start end and 4.5 feet deep at the turn end; Non-Turbulent Lane Markers; Colorado Automatic & Semi-Automatic Timing System. Two additional 20 yard lanes will be available for continuous warm-up and cool down.
- The competition course has been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2(C). The copy of such certification is on file with USA Swimming
- Location** 800 Waterloo Road, Warrenton, VA 20186
- Meet Format** This meet is provided to offer a final short course racing opportunity to swimmers of all ages and standards; there are not any disqualifying times for this meet. NT's are accepted.
- Prelims / Finals** All events on Friday evening are timed finals (swum once)
All 9 & over events on Saturday & Sunday are swum prelims & finals (top eight prelims finishers 9-10 years old and top 16 finishers 11 & over will return for finals)
- Schedule**
- Friday, April 1**
All Ages Warm up 4:30pm-5:20pm Events 5:30pm
- Saturday, April 2 & Sunday April 3**
*If the meet timeline requires it, the 9-10 year olds may swim the prelims portion in the afternoon following the 11&overs.
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| 9 & over (prelims)* | Warm up 7:30-8:20am | Events 8:30am |
| 8 & under (timed finals) | Warm up TBD (not before 11am – exact time to be announced by Monday, February 8) | |
| 9 & over (finals) | Warm up 4:00-4:45pm | Events 5:00pm |
- Awards** Awards will be provided to the top 8 finishers in each event
- 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.

Swimmers may compete in a maximum of eight events throughout the weekend but no more than three individual events per session.

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.

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 March 28. 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

All events on Friday will be deck seeded (sign in due for all events by 4:50pm) The meet director may require positive check in for all events or selected events throughout the weekend; an announcement will be made after all entries have been received.

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, March 30

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 Friday for \$8; this will include a free up to date copy of the deck seeded events on Friday & Saturday 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

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, March 15th

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 Friday night, Saturday prelims and Saturday timed finals & finals. Teams will be notified by March 16th of their status.

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.

Send Entry Fees To (Check Payable to Occoquan Swimming)

Occoquan Swimming

c/o Aaron Dean

6133 Early Autumn Drive

Centreville, VA 20120

In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the WARF 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.

Friday, April 1, 2011

Warm ups 4:30-5:20pm

Meet starts 5:30pm

1	12 & Under	500 free	2
3	Open	400 IM	4
5	12 & under	200 back	6
7	12 & under	200 breast	8
9	Open	1000 Free	10
11	12 & under	200 fly	12

Saturday, April 2, 2011

Warm ups 7:30-8:20am

Events start 8:30am

Girls #			Boys #
13	13 & over	200 free	14
15	11 to 12	100 free	16
17	13 & over	100 breast	18
19	11 to 12	100 breast	20
21	13 & over	200 fly	22
23	11 to 12	50 fly	24
25	13 & over	100 back	26
27	11 to 12	100 back	28
29	13 & over	50 free	30
31	11 to 12	200 IM	32

Saturday, April 2 2011

Warm ups TBD (Not before 11am)

Events start 1 hour after start of warm ups

33	9 to 10	100 free	34
35	8 & under	25 free	36
37	9 to 10	100 breast	38
39	8 & under	50 breast	40
41	9 to 10	50 fly	42
43	8 & under	25 fly	44
45	9 to 10	100 back	46
47	8 & under	50 back	48
49	9 to 10	200 IM	50
51	8 & under	100 free	52

Sunday, April 3, 2011

Warm ups 7:30-8:20am

Events start 8:30am

53	11 to 12	50 free	54
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55	13 & over	200 IM	56
57	11 to 12	100 IM	58
59	13 & over	100 free	60
61	11 to 12	200 free	62
63	13 & over	200 breast	64
65	11 to 12	50 breast	66
67	13 & over	100 fly	68
69	11 to 12	100 fly	70
71	13 & over	200 back	72
73	11 to 12	50 back	74
75	13 & over	500 free	76

Sunday, April 3 2011

Warm ups TBD (Not before 11am)

Events start 1 hour after start of warm ups

77	9 to 10	50 free	78
79	8 & under	50 free	80
81	9 to 10	100 IM	82
83	8 & under	100 IM	84
85	9 to 10	200 free	86
87	8 & under	25 breast	88
89	9 to 10	50 breast	90
91	8 & under	50 fly	92
93	9 to 10	100 fly	94
95	8 & under	25 back	96
97	9 to 10	50 back	98