

2016 President's Day Classic

February 13 & 14, 2016



Hosted by Ocoquan Swimming

Sanctioned by USA Swimming, Potomac Valley Swimming, and Virginia Swimming
Sanction # PVI-16-57 and

- Meet Director** Aaron Dean (703) 309-3857, Aaron@swimoccs.org
- Meet Referee** Dan Young WriteDanYoung@verizon.net
- Officials Contact** Dean Schroeder eschroeder7647@aol.com
- Facility** **Warrenton Aquatic & Recreation Facility (WARF)**
Eight Lane 25 yard indoor pool, 4.5 (lane 1) to 11.8 feet in depth (lane 10); Non-Turbulent Lane Markers; Colorado Automatic Timing System. Two additional 25 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 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Location** 800 Waterloo Road, Warrenton, VA 20186
- Meet Format & Focus** 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 10 & under events). The meet is split into five separate sessions, however based on numbers the 11 & over session may be split into separate 11-12 and 13 & over sessions to accommodate the 4 hour limits.
- Saturday am is prelims for 11 & over events (events swum normal championship circle-seeding)
- Saturday afternoon is timed finals for 10 & under events; swimmers are encouraged to swim all five events offered to be eligible for the pentathlon awards.
- Saturday evening is finals for events swum Saturday morning (11 & over)
- Sunday sessions are timed final sessions (all heats swum fast to slow).
AM Session 10 & under
Late AM Session 11/12
PM Session 13 & over
- Prelims / Finals** All events 11 & over on Saturday will be swum as prelims/ finals format The following will qualify for the evening finals session in each gender:
Two fastest heats of 11-12 A/B
Two fastest heats of 13&14 A/B

Two fastest heats of 15&over A/B

Additional heats may be added based on the timeline and swimmers enrolled in the meet. Finals will be swum fast to slow A-B

10 & under Pentathlon

The 10 & under Saturday session will offer five events; swimmers entered in all five events will be eligible for the overall pentathlon recognition award that is based on the cumulative time of all five events being completed. The top 8 swimmers 8 & under and 9-10 in each gender will be awarded a special trophy. Swimmers that are disqualified in an event will have a 5 second penalty added (per 25 yards of event) for final pentathlon recognition. Swimmers will be disqualified from the pentathlon consideration for intentionally swimming the incorrect stroke to gain an advantage.

Schedule

Warm up sessions may be split and assigned lanes depending on the number of swimmers entered into each session. An earlier warm up start time may be required to provide split warm ups as needed.

The 11 & over Sunday session may be split to ensure the 11-12 year old swimmers adhere to the 4 hour USA Swimming/ PVS time limit.

Saturday, February 13

11 & over (prelims)

Warm up 7:00-8:10am

Events 8:15am

10 & under (timed finals)

Warm up TBD (not before 11am – exact time to be announced by February 8)

11 & over (finals)

Warm up TBD (not before 4pm – exact time to be announced by February 8)

Sunday, February 14

10 & under (timed finals)

Warm up 7:00-7:30am

Events 7:40am

11 & 12 (timed finals)

(exact time may vary based on finish of 10 & under session) Approximate Warm up 9:30am Events 10:30am

13 & over (timed finals)

Warm up TBD – based on finish time of 11-12 session (not before 12:30pm) // Meet Starts 1 hour after warm up start time.

Awards

Special awards will be presented to the top 8 finishers in each event on Saturday. Also special Pentathlon awards will be presented for the 10 & under top swimmers. There will not be any awards for Sunday's events.

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.

11 & over contestants may enter a maximum of six (6) individual events and no more than no more than three (3) individual events Saturday and three (3) individual events on Sunday. 10 & under contestants may enter and swim a maximum of eight (8) events, no more than five (5) events in Saturday's session and up to three (3) Sunday. 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. Sessions may be adjusted to adhere to the 4-hour time limit for 12 & unders.

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 if needed a 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.

In compliance with USA Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement.

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 the 12 &U sessions in Rule 205.3.1F.

Officials

All certified officials wishing to volunteer to work at this meet, please contact the Occoquan Swimming officials' chairperson & referee prior to February 3, 2016. 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 may be deck seeded with positive check in if needed (sign in due for all events will be designated by the meet director and may be done the day prior to the competition to allow for seeding to be done prior to session start)

Warm up

The prescribed PVS and Virginia Swimming 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 10.

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 2016 USA Swimming card.

Programs

Programs will be available for sale online using Meet Mobile and a limited number will be for sale at the meet.

- 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 Wednesday, January 27, 2016
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!!! Entry times may be updated prior to the start of the meet no later than Monday, February 1.
- 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 29 of their status.
- 11 & over contestants may enter a maximum of six (6) individual events and no more than three (3) individual events on Sunday and no more than three (3) individual events Saturday
10 & under contestants may enter and swim a maximum of eight (8) events, no more than five (5) events Saturday and three (3) events Sunday. Swimmers shall compete at the age attained on the first day of the meet.
- Swimmer Surcharge** There is a surcharge of \$35.00 per swimmer entered into the meet; swimmers may swim as many events as they wish within the daily limits (see above).
There are no individual or relay entry fees (except late/deck entries)
- 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. New swimmers to the meet will also be assessed a one-time surcharge of \$10.
- 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

14743 Gatwick Square
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 based on the number of entrants per team. 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.

NOTICE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, the WARF and OCCS 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 13, 2016

Warm ups 7:00am – 8:10am // Meet Starts 8:15am

All events prelims/ finals

Girls Event #	Description	Ages	Boys Event #
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

Saturday, February 13, 2016

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

All Events in this session will be swum fast to slow.

Girls Event #	Description	Ages	Boys Event #
25	50 fly	9 & 10	26
27	25 fly	8 & under	28
29	50 breast	9 & 10	30
31	25 breast	8 & under	32
33	50 back	9 & 10	34
35	25 back	8 & under	36
37	50 free	9 & 10	38
39	25 free	8 & under	40
41	100 IM	9 & 10	42
43	100 IM	8 & under	44

Sunday, February 14, 2016

Warm ups 7:00am -7:30am // Meet start 7:40am

Mixed Gender	Description	Ages
45	200 free	10 & under
46	50 free	8 & under
47	100 back	10 & under
48	50 back	8 & under
49	100 breast	10 & under
50	50 breast	8 & under
51	100 fly	10 & under
52	50 fly	8 & under
53	200 IM	10 & under
54	100 free	10 & under
55	500 free	10 & under

Swimmers 500 free will need to provide their own timer

Warm ups TBD – based on finish time of 10 & under session (not before 9:30am) // Meet Starts 1 hour after warm up start time.

All events are deck seeded/ timed finals check in will close 30 minutes after the start of warm ups

All events in this session will be swum FAST to SLOW

Mixed Gender	Description	Ages
56	200 free	11 & 12
57	400 IM	11 & 12
58	100 back	11 & 12
59	200 back	11 & 12
60	100 breast	11 & 12
61	200 breast	11 & 12
62	100 fly	11 & 12
63	200 fly	11 & 12
64	200 IM	11 & 12
65	500 Free	11 & 12

500 free swimmers will need to provide their own timer

Warm ups TBD – based on finish time of 11-12 session (not before 12:30pm) // Meet Starts 1 hour after warm up start time.

Mixed Gender	Description	Ages
66	400 IM	13 & over
67	200 free	13 & over
68	200 back	13 & over
69	200 breast	13 & over
70	200 fly	13 & over
71	500 Free	13 & over

500 free swimmers will need to provide their own timer