

# 2019 President's Day Classic

February 8-10, 2019



Hosted by Occoquan Swimming

Sanctioned by USA Swimming, Potomac Valley Swimming, and Virginia Swimming  
Sanction # PVC-19-55

**Meet Director** Aaron Dean (703) 309-3857, [gm@swimoccs.org](mailto:gm@swimoccs.org)

**REFEREE** Dean Schroeder [eshroeder7647@aol.com](mailto:eshroeder7647@aol.com)

**Officials Contact** Jorge Zamora [officials@swimoccs.org](mailto:officials@swimoccs.org)

**LOCATION:** Freedom Aquatic and Fitness Center  
9100 Freedom Center Blvd.  
Manassas, VA 20110

**FACILITY:** 25 yard x 50 meter indoor pool. Ten (10) lanes will be used for competition. Automatic Colorado Timing System will be used. Depth of pool is 12 feet at the start end and 7 ½ feet at the turn end. The competition course has not been certified in accordance with USA Swimming rules and Regulations Article 104.2.2(C)

## **Meet Format & Focus**

The meet is split into eight separate sessions, however based time limitations, sessions may be combined or split to accommodate the 4 hour limits and/or adequate time between successive events.

Friday evening is a timed final session with longer races offered.

Saturday morning is prelims for 13 & over events (events swum normal championship circle-seeding) and later for 11-12 events (these sessions may be combined if the combined session can be done within 4 hours)

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 if they are legal in all four strokes. Events are swum fast to slow.

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 (top 20 finishers)

Two fastest heats of 13&14 A/B (top 20 finishers)

One fastest heat of 15&over A (top 10 finishers)

Additional heats may be added based on the timeline and swimmers enrolled in the meet.

Finals will be swum slow to fast B-A

## **Finals Scratches**

If you are qualified and do not want to swim in the Final, you may "scratch" from the event by following this procedure:

- You must fill out and sign the scratch form within 30 minutes of the announcement of qualifiers for finals is announced.
- You may declare intent to “scratch”. You must fill out and sign the scratch form within 30 minutes of the announcement of announcement of qualifiers, marking the appropriate space for “intent”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch on the scratch form within 30 minutes after the conclusion of your last preliminary event of the day or your will be automatically seeded into the event.
- If an athlete fails to properly scratch from an event and does not appear for the “Final” event, they shall be barred from further competition of the remainder of the meet.

**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: 7 & under, 8, 9 and 10 in each gender will be awarded a special trophy. **Swimmers that are disqualified in an event will be disqualified from contention in the pentathlon scoring.**

**Schedule**

Warm up lanes for Saturday & Sunday will be assigned based on the number of swimmers entered into the session. An earlier warm up start time may be required to provide two or more shifts as needed.

**Friday, February 8**

500 free and 400 IM

Warm up 5:00-5:40pm

Events 5:45pm

**Saturday, February 9**

13 & over (prelims)

Warm up 7:00-7:50am

Events 8:00am

11-12 (prelims)

Warm up 11:30-12:10pm

Events 12:20pm

10 & under (timed finals)

Warm up 2:40-3:10pm

Events 3:20pm

11 & over (finals)

Warm up 6:00-6:50pm

Events 7:00pm

**Sunday, February 10**

10 & under (timed finals)

Warm up 7:00-7:25am

Events 7:30am

11 & 12 (timed finals)

Warm up 9:30-10:10am

Events 10:15am

13 & over (timed finals)

Warm up 1:00-1:50pm

Events 1:55pm

*\*Session start times will be announced following the entry deadline before February 1.*

***All times and sessions are subject to change***

**Awards**

Special Pentathlon awards will be presented for the 10 & under top swimmers.

Ribbons will be provided for individual races on Saturday 10 & under.

The top 8 finishers 11-12, 13-14 and 15 & over will receive commemorative medals for Saturday’s events.

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.

No on deck USA-Swimming registrations will be permitted.

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

Swimmers shall compete at the age attained on the first day of the meet.

Dive-over starts will be used at this meet at the preliminary sessions and distance session.

Swimmers must provide their own timer and if needed a lap counter for the 500 free & 400 IM as well as any event that there are not enough timers present.

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, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

Deck changes are prohibited.

Operation of a drone or other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) anytime athletes, coaches, officials and/or spectators are present.

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 sessions that include 12 & U events per Rule 205.3.1F.

In accordance with VSI best practices, all swimmers should shower before entering the pool.

#### **Officials**

All certified officials wishing to volunteer to work at this meet, please contact the Occoquan Swimming officials' chairperson & referee prior to February 5, 2018. 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**

##### **Friday's event Check in Deadlines:**

400 IM – 5:15pm

13 & over 500 free – 5:30pm

12 & under 500 free – 6:30pm

**Saturday's events will be pre-seeded on Friday, February 8 at noon – all scratches and changes must be sent to the meet director by this time.**

##### **Sunday's event Scratch Deadlines:**

All events scratches are due no later than 6pm on Saturday, February 10; seeding will be done then.

#### **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 Monday, February 5.

#### **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 2019 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 sent 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 Hy-Tek**

**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.**

**Please contact Aaron Dean if you need other avenues of entry. Entries not submitted via an export from Team Unify or Hy-Tek will be charged a \$50 team surcharge.**

Friday's distance events will be limited to a 3-hour session. One hour will be allowed for each event (approximately 9 heats each – 90 swimmers) If the session is longer, cuts will be made to events to stay within 1-hour event timelines based on the fastest seed times. Coaches times are allowed but must be verifiable with another time i.e. 200 free or 200 IM extrapolation.

## Entry Deadline

All entries must be submitted for this meet no later than:

**5:00pm Wednesday, January 23, 2019**

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 no later than Monday, February 5.

Entries may be adjusted before Monday, February 5; however any late entries that affect the timelines significantly will not be accepted.

**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 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 25 of their status.

11 & over contestants may enter a maximum of seven (7) individual events and no more than one (1) event Friday, three (3) individual events on Saturday and no more than three (3) individual events Sunday

10 & under contestants may enter and swim a maximum of (9) events, no more than one (1) event Friday, five (5) events Saturday and three (3) events Sunday. Swimmers shall compete at the age attained on the first day of the meet.

## Entry Fees

<b>Swimmer Surcharge</b>	\$10.00 per swimmer
<b>Individual Event Fee</b>	\$8.00 per event
<b>Deck Entry</b>	\$10.00 per event

## 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 deck entries. Deck entries must be paid at the time of submitting. 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.

**(Check Payable to Occoquan Swimming)**

**Occoquan Swimming**

c/o Aaron Dean  
10371 Central Park Drive  
Manassas VA, 20110

**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 Freedom Center, George Mason University, 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.

**Friday February 8, 2019**  
**Warm ups 5:00pm // Meet Starts 5:45pm**

Timed Finals

Mixed Gender Event #	Description	Ages
1	400 IM	Open
2	500 free	13 & over
3	500 free	12 & under

*Friday's distance events will be limited to a 3-hour session. One hour will be allowed for each event (approximately 9 heats each – 90 swimmers) If the session is longer, cuts will be made to events to stay within 1-hour event timelines based on the fastest seed times. Coaches times are allowed but must be verifiable with another time i.e. 200 free or 200 IM extrapolation.*

**Saturday February 9, 2019**

**13 & over Prelims**

**Warm ups 7:00am – 7:50am // Meet Starts 8:00am**

Two twenty-five minute warm up periods

All events prelims/ finals

Girls Event #	Description	Ages	Boys Event #
5	200 IM	13 & over	6
7	100 free	13 & over	8
9	100 fly	13 & over	10
11	100 breast	13 & over	12
13	100 back	13 & over	14
15	50 free	13 & over	16

**11-12 Prelims**

**Warm ups 11:30am – 12:10pm // Meet Starts 12:20pm**

Two twenty minute warm up periods

All events prelims/ finals

Girls Event #	Description	Ages	Boys Event #
17	100 free	11 & 12	18
19	50 fly	11 & 12	20
21	50 breast	11 & 12	22
23	50 back	11 & 12	24
25	100 IM	11 & 12	26
27	50 free	11 & 12	28

**Saturday, February 9, 2019**

**Warm ups 2:40pm – 3:10pm // Meet Starts 3:20pm**

Two fifteen minute warm up periods

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

Girls Event #	Description	Ages	Boys Event #
29	50 fly	9 & 10	30
31	25 fly	8 & under	32
33	50 breast	9 & 10	34
35	25 breast	8 & under	36
37	50 back	9 & 10	38
39	25 back	8 & under	40
41	50 free	9 & 10	42
43	25 free	8 & under	44
45	100 IM	9 & 10	46
47	100 IM	8 & under	48

**Sunday, February 10, 2019**

**Warm ups 7:00am -7:25am // Meet start 7:30am**

**One warm up period**

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

All events in this session will be swum FAST to SLOW

<b>Mixed Gender</b>	<b>Description</b>	<b>Ages</b>
49	200 free	10 & under
50	50 free	8 & under
51	100 back	10 & under
52	50 back	8 & under
53	100 breast	10 & under
54	50 breast	8 & under
55	100 fly	10 & under
56	50 fly	8 & under
57	200 IM	10 & under
58	100 free	10 & under

**Warm ups 9:30am -10:10am // Meet start 10:15am**

**Two 20 minute warm up periods**

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

All events in this session will be swum FAST to SLOW

<b>Mixed Gender</b>	<b>Description</b>	<b>Ages</b>
59	200 free	11 & 12
60	100 back	11 & 12
61	200 back	11 & 12
62	100 breast	11 & 12
63	200 breast	11 & 12
64	100 fly	11 & 12
65	200 fly	11 & 12
66	200 IM	11 & 12

**Warm ups 1:00pm-1:50pm // Meet start 2:00pm**

**Two twenty five minute warm up periods**

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

All events in this session will be swum FAST to SLOW

<b>Mixed Gender</b>	<b>Description</b>	<b>Ages</b>
68	200 free	13 & over
69	200 back	13 & over
70	200 breast	13 & over
71	200 fly	13 & over

**TIME TRIALS** – if there is time available on Sunday evening and at the discretion of the meet referee time trials of any event may be offered. No more than one heat of each distance will be offered and priority will be given for time available for short events over the longer distances. Each attempt is \$10 payable at the time of entering on deck.

A decision on the option for time trials will be made by Monday, February 4