



2019 OCCS Fall Fest Invite

Hosted by:

November 16 & 17, 2019

Sanction # PVC-20-25

VSI Sanction # VS-20-26DS



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Aaron Dean MEETS@SwimOCCS.org	Dan Young writedanyoung@verizon.net	Jorge Zamora Officials@swimoccs.org

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-20-25 and Virginia Swimming Inc.: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Occoquan Swimming, and Freedom Aquatic & Recreation Facility shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
FACILITY	<p style="text-align: center;">Freedom Aquatic & Recreation Facility 9100 Freedom Center Blvd Manassas, VA 20110 (703) 993-8444</p> <ul style="list-style-type: none"> 10 lanes, 25 yard course Water depth of 12' at the starting end and 7.5' at the turning end. Four additional 25 yard lanes will be available for continuous warm-up and cool down. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, November 5 by 5:00pm</p> <p>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.</p>
SCHEDULE	<p style="text-align: center;">Updated 11/8/2019 Saturday, November 16</p> <p>Session 1 – 13 & Over Warm up 7:00-7:50am / Meet Start 8:00am</p> <p>Session 2 –12 & under Warm up 10:40am-11:20am / Meet Start 11:30am</p> <p>Session 3 – 13 & Over Warm up 3:30pm-3:20pm / Meet start 4:30pm</p> <p style="text-align: center;">Sunday, November 17</p> <p>Session 4 – 12 & under Warm up 7:00am-7:40am / Meet Start 7:50am</p> <p>Session 5 – 13 & over Warm up 11:00am-11:50am / Meet Start 12:00pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming members registered and in good standing with USA Swimming and their respective LSC. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>.

	<p><i>Regulations Article 302.</i></p> <ul style="list-style-type: none"> Swimmers will compete at the age on the first day of competition Entries will be limited to ensure the timelines and facility can accommodate. Preference will be given to teams that commit to the meet with numbers the earliest. Please contact the meet director before planning to attend.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> PVS and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic Timing (touch pads primary) will be used for this meet.
RULES	<ul style="list-style-type: none"> Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), shall govern this meet. In accordance with VSI best practices, all swimmers should shower before entering the pool. No on-deck USA-S registration is permitted. In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. 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. 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 or the swimmer's legal guardian to ensure compliance with this requirement. Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Dive-over starts will be used at this meet. 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.
EVENT RULES	<ul style="list-style-type: none"> All events are timed finals. 12 & under Events – swimmers may swim up to three events per session, but no more than six events in the meet. 13 & over Events – swimmers may swim up to two events per session, but no more than six events in the meet. Swimmers must swim in their assigned age group (no swim ups).
POSITIVE CHECK IN	<ul style="list-style-type: none"> The meet director will determine if any event needs to be set as a positive check in event. Update 11/8/19 – All events 200+ yards will require positive check in 30 minutes prior to the start of the session
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> All events will be pre-seeded unless after entries are received it is determined that a positive

	<p>check in system is needed (teams will be informed by November 10 if this is the case).</p> <ul style="list-style-type: none"> All events will be swum Fastest to Slowest based on seed times. Update 11/8/19 – the 400 IM, 500 free and 1000 free for all ages will be seeded fast to slow alternating 1 girls heat and 1 boys heat. Heats may be combined where available.
SCORING	<ul style="list-style-type: none"> No Team Scores will be kept.
AWARDS	<ul style="list-style-type: none"> No Awards will be given for this meet.
PROGRAMS	<ul style="list-style-type: none"> Programs will be available online and on Meet Mobile for free.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck other than in the spectator stands. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> None
OFFICIALS	<ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stoke & Turn Judge) per session if entering 25 or more splashes. Please have available officials contact the OCCS Official’s coordinator, Jorge Zamora at officials@swimoccs.org Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director, meets@SwimOCCS.org Include in the subject of the email, “2019 OCCS Fall Invite - ****” with the club’s initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. Include in entry email: entry file, report of entries by name, report of entries by event. In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	<p>Per Swimmer Surcharge: \$7.00 Deck entries: \$10.00 (plus \$10.00 surcharge if not in meet)</p> <p>Individual event fee: \$7.00</p> <ul style="list-style-type: none"> Make checks payable to Occoquan Swimming. Checks may be mailed to the below address or brought to the meet: <p style="text-align: center;">Occoquan Swimming 10371 Central Park Drive</p>

Suite A
Manassas, VA 20110

- Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

2019 Speedo Fall Fest

November 16 & 17

Swimmers must provide their own timers for all events and their own counter for the 500 yd Freestyle and 1000 yd Freestyle

Saturday

Girls	13 & Over Session 1	Boys
1	100 breast	2
3	200 free	4
5	100 fly	6
7	400 IM	8
	12 & Under Session 2	
9	50 breast	10
11	200 breast	12
13	100 fly	14
15	200 free	16
17	100 back	18
19	200 IM	20
21	50 free	22
23	500 free	24
	13 & Over Session 3	
25	200 fly	26
27	50 free	28
29	200 breast	30
31	100 back	32
33	500 free	34

Sunday

Girls	12 & Under Session 4	Boys
35	100 free	36
37	200 fly	38
39	50 fly	40
41	100 breast	42
43	200 back	44
45	50 back	46
47	100 IM	48
49	400 IM	50
	13 & Over Session 5	
51	200 back	52
53	100 free	54
55	200 IM	56
57	1000 free	58