

Occoquan Swimming Presidents Day Classic

February 11-13, 2022



Sanction # PVI-22-62

VSI Sanction # VS-22-

MEET DIRECTOR Aaron Dean meets@swimoccs.org		MEET REFEREE Jorge Zamora zamjr4@gmail.com		Jorge	CIALS CHAIR Zamora gmail.com					
meets		<u>zamji 4@ginan.com</u>			ls Signup					
SANCTION	Virginia Swim	Virginia Swimming, Inc: VS-22- .								
	shall be held f	Swimming, Virginia Swimming, Inc., Occoquan Swimming, and Freedom Aquatic & Fitness Center 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		Freedom Aquatic & Fitness Center 9100 Freedom Center Blvd Manassas, VA 20110 (703) 993-8444								
		Competition will be held in 10 lanes, 25 yards running from wall to bulkhead at the western end of								
	• Warm up: up down.	• Warm up: up to 14-22 lanes, 25 yards. At least 4 lanes be available for continuous warm up and cool down.								
	Water depth	• Water depth range of 13' at the starting end and 6.5' at the turning end.								
	-	• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).								
ENTRY		Tuesday, February 1,	, 2022 by 5:00pr	n						
DEADLINE		above date is the deadline for clubs sually set an earlier deadline to rece nation.								
SCHEDULE	Session Fr	iday, February 11	Warm Ups	Events						
		iday Session	5:00pm	5:50pm						
	Sa	turday, February 12	Warm Ups	Events						
	2 13	& over Prelims	7:00am	8:10am						
	-	& 12 Prelims	11:00am	11:50am						
		& under Timed Finals	2:30pm	3:00 pm						
		& over Finals	5:30pm Warm Ups	6:20pm						
		nday, February 13 10 Pentathlon		Events 9:00am						
		& over and 8 & Under Quadrathlon	8:00am 11:30am	9:00am 12:40pm						
		-14	3:00pm	4:00pm						
		reserves the right to adjust times/se	-	-						

ELIGIBILITY	• Open to all registered and invited Occoquan Swimming members and other teams from Maryland
	Swimming, PVS, or VSI should there be space available. 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 USA Swimming Rules and Regulations Article 302.
	• Teams should request entry to the meet by email to the meet director <u>meets@swimoccs.org.</u>
DISABILITY	PVS and host clubs along with their meet directors are committed to the Inclusion Policy as adopted
SWIMMERS	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	Automatic Timing (touchpads primary) will be used.
COVID-19	• An inherent risk of exposure to COVID-19 exists in any public place where people are present.
CONSIDERATIONS	COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
	• USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
	• BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, VIRGINIA SWIMMING INC., OCCOQUAN SWIMMING, GEORGE MASON UNIVERSITY FREEDOM AQUATIC & FITNESS CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
	• We have taken enhanced health and safety for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.
	• By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Prince William County.
COVID-19 PROTOCOLS	• All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.
	• Swimmers should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming.
	• Athletes should arrive and depart in their suits. Locker room use should be minimized.
	• Spectators will not be permitted into the facility. The meet will be live streamed on <u>YouTube</u> .
	• Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently.
	• Each session will be limited to 528 swimmers. Teams will be assigned to a seating area.
	 Entry and exit for all participants, volunteers, and coaches will be through the patio side entrance. Before entering the facility participants, coaches, and volunteers are asked to assess their own health by answering the following questions and only enter the facility if they are confident they

	have not been in contact with anyone or are themselves feeling any of the symptoms of COVID-19 as described by the US CDC.
	 Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?
	 Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days? Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days?
	 All attendees are required to complete the <u>Mason COVID Healthê</u> prior to each visit.
	 Two timers will be assigned to each lane as backup timers.
	• Prior to each race, athletes will leave their assigned spot, walk along the turn end of the pool, down the lane 1 side of the pool, and continue behind the blocks.
	 For warm-ups, swimmers for each session may be assigned to one of two warmup groups, no more than 264 swimmers in each group (12 swimmers/lane). Each group will be assigned an arrival time. Swimmers may not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines.
	• During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool.
	 Staging for swimmers during competition will be: Heat 1 is at the blocks and will swim Heat 2 is behind the timers and will approach the blocks once heat 1 begins Heat 3 is along the race course on deck spaced by 6 feet and will remain there until Heat 1 is done swimming, exits the pool, and exits the area behind the blocks. Heat 4 is staging under the scoreboard/warm up pool until directed to move to where Heat 3 is standing (after Heat 1 is done swimming and out of the way and Heat 3 proceeds to the starting blocks).
	• During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area.
	• For the 25y events, masks will be delivered from the start end to the finish end.
	 Timers and counters for 1000y and 500y free will be provided by anyone that is willing to help and can enter the facility following the above protocols.
	 Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.
	 Chlorine is used to disinfect the water and adjacent surfaces constantly.
	 We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.
RULES	Current USA Swimming rules shall govern this meet.
	• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <u>Minor Athlete Abuse Prevention Policy</u> ("MAAPP 2.0"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
	No on-deck USA Swimming registration is permitted.
	 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. Per PVS policy, the use of equipment capable of taking pictures (e.g., 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 may be used. 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	 All events will be swum as timed finals and seeded fastest to slowest heats except the 13 & over events on Friday and the 11 & over events on Saturday which will be circle seeded for prelims swum slow to fast. Finals will swim slowest heat to fastest heat C-B-A or B-A. Friday 13 & over 50s will be swum as preliminary race (all entries) swum in championship circle seeding, semi-finals race (top 24: as 3 heats of 8 swimmers in each circle seeded), finals (top 8: as 2 heats of 4 swimmers in each B final/ A final).
	 Saturday 11 & over races will provide a finals opportunity for the following swimmers: Top 20 11-12 swimmers in each event (10 swimmers in each B final & A final) Top 30 13 & over swimmers in each event (10 swimmers in each C, B, A) The A final will be for all age swimmers 13 & over top 8 finishers. The B final will be for the next fastest 13 & over finishers. The C final will be for the next fastest 13-14 swimmers only.
	 The 500 free & 400 IM on Friday will be swum fastest to slowest. All swimmers must provide their own timer and counter (if desired) for the 500y free The 12 & Under and 13 & Over 500 free on Friday will be limited to 5 heats for each gender and age group total (top 50 in each) based on entry times. If space permits, genders may be combined to provide maximum number of swimming opportunities.
	 The 400 IM on Friday will be limited to 5 heats for each gender (top 50 in each) based on entry times. If a swimmer is removed from a distance event, they will be provided the opportunity to enter an alternate event.
	• The 9-10 Pentathlon Sunday 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: 9 year old and 10 year old 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.
	 The 8 & under Quadrathlon Sunday will offer four events; swimmers entered in all four events will be eligible for the overall quadrathlon recognition award that is based on the cumulative time of all four events being completed. The top 8 swimmers in 7 & under and 8 year old 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.
	 Swimmers may enter and compete in up to three (3) events each day except on Sunday, 10 & under swimmers may enter and compete in all four (8 & under) or five (9-10) events offered. Swimmers aged 12 & under may only enter one (1) session per day.
	 Swimmers must swim in their designated age group based on their age on February 11, 2022. Events will be seeded using SCY times. Entering with NT is allowed but coaches are encouraged to provide a coach's time if possible.

	• Deck entries will be accepted in empty lanes only. No new heats will be created. Deck entries are
	\$20 per entry.
	• Time Trials may be provided on Sunday if time permits following the conclusion of sessions 7 and/or 8 on Sunday
	• Swimmers may enter one time trial event in addition to the max 3 events per day.
	\circ Time trial entry fee is \$10.00 per swim paid in cash at the time of entry
	 Time trials entry will close 1 hour prior to the anticipated finish time of session 7/8
	 12 & under swimmers may only swim one session per day, so swimmers this age may not
	swim in another session on Sunday.
WITHDRAWING	FRIDAY Prelims/Finals
FROM FINALS	• If you do not wish to swim in the semi finals or finals on Friday, you may scratch from the event by
	following this procedure:
	 You must email meets@swimoccs.org within 30 minutes of completion of the event,
	otherwise the next round will be seeded.
	 Email must include:
	CC: Coach's Email
	Subject: (event #) scratch
	Body of email:
	Swimmer's Name
	Swimmer's Age
	Swimmer's Club
	Event(s) being scratched
	• If an athlete fails to properly scratch from an event and does not appear for the semi-final or final
	event, they shall be barred from their next individual event.
	SATURDAY
	 If you do not wish to swim in the Finals on Saturday, you may scratch from the final event by
	following this procedure:
	 You must email <u>meets@swimoccs.org</u> within 30 minutes of completion of the last
	preliminary event of the prelims session
	• Email must include:
	CC: Coach's Email
	Subject: (event #) scratch
	Body of email:
	Swimmer's Name
	Swimmer's Age
	Swimmer's Club
	Event(s) being scratched
	• If an athlete fails to properly scratch from an event and does not appear for the Final event, they shall be barred from their next individual event.
POSITIVE CHECK IN	• Check in for positive check in distance events (400y+) is done at the entrance of the facility and
	athletes will be required to acknowledge that they plan to swim before entering the facility.
	 If needed additional events may require positive check in to ensure the lanes are full.
	• There will not be a penalty for missing a positive check in event, however coaches are asked to
	please ensure their swimmers are checked in prior to the deadline.
	Positive check in deadline is 30 minutes prior to the start of the session unless a later time is
	provided in the meet notes prior to the meet.
WARM-UP	• The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director
	may determine the structure of warm-up, including times/lane assignments.
	No more than 12 swimmers per lane (264 total) will be permitted and warm up protocol will be
	provided prior to the meet for coaches.
	• At least 4 lanes will be available throughout the meet for warm up and cool down. No more than 12 swimmers may be in any lane at any time.

SUPERVISION	• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.								
	 Meet Marshals will be used to patrol the facility as well as help with crowd control and COVID regulation compliance. 								
SEEDING	• All events 200y and less will be pre-seeded seeded by 7pm the night prior to the session. Scratches are requested before this time to be sent to the meet director. (meets@swimoccs.org)								
	• Events 400y and longer will be seeded following the check in deadline which is 30 minutes prior to the start of the session.								
	• The meet director may determine if combining or splitting sessions is needed to provide additional competitive opportunities and time between events.								
SCORING	Team Scores will not be kept.								
AWARDS	 Individual awards will be presented for the top 3 finishers in the final events on Saturday evening. High point (pentathlon/quadrathlon low time) trophies will be awarded for the 10 & under races 								
PROGRAMS	• Programs will not be sold, however the meet will be available on Meet Mobile and a meet program will be posted on the OCCS website after the scratch deadlines.								
CREDENTIALS	 Parents not working the meet as a deck official, volunteer timer or other position are not permitted in the facility. 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. 								
OFFICIALS	 Officials interested in volunteering should complete the online <u>Officials Signup</u> or contact Jorge Zamora (<u>zamjr4@gmail.com</u>). 								
	• Officials' briefing may be done virtually via Zoom prior to the meet. The meet referee will provide meeting details to all officials.								
	• Only limited officials will be allowed in the facility. Early pre-meet sign-up is encouraged if you plan to help. Walk-on officials may not be accommodated.								
TIMERS &	Up to two timers per lane will be asked to volunteer.								
VOLUNTEERS	• Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to all COVID-19 mitigation processes as well as MAAPP policies.								
	Volunteer brief recording will be available.								
ENTRY	 Entries should be submitted by email to the Meet Director, <u>meets@swimoccs.org</u>. 								
PROCEDURES	• Include in the subject of the email, "Presidents Day Classic - ****" 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	Per Swimmer Surcharge:\$10.00Individual event fee:\$10.00VSI Per Swimmer Surcharge:\$2.50Deck Entries:\$20.00								
	 Make checks payable to OCCS. Checks may be mailed to: 10371 Central Park Drive 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.								

Friday, February 11

1	13 & over	50 fly	2	Prelims
3	13 & over	50 breast	4	Prelims
5	13 & over	50 back	6	Prelims
7	Open	400 IM	8	
Semi Finals	13 & over	50 fly	Semi Finals	top 24
Semi Finals	13 & over	50 breast	Semi Finals	top 24
Semi Finals	13 & over	50 back	Semi Finals	top 24
9	13 & over	500 free	10	
Finals	13 & over	50 fly	Finals	top 8
Finals	13 & over	50 breast	Finals	top 8
Finals	13 & over	50 back	Finals	top 8
11	12 & under	500 free	12	

Saturday, February 12

		Saturday 13 &				Saturday 11 &				Saturday 10 & under Timed	
Girls		over Prelims	Boys	Girls		12 Prelims	Boys	Girls		Finals	Boys
13	13 & over	100 free	14	25	11 & 12	100 free	26	37	10U	200 free	38
15	13 & over	200 IM	16	27	11 & 12	50 back	28	39	8U	50 free	40
17	13 & over	100 back	18	29	11 & 12	50 breast	30	41	10U	100 back	42
19	13 & over	100 breast	20	31	11 & 12	50 fly	32	43	8U	50 back	44
21	13 & over	100 fly	22	33	11 & 12	100 IM	34	45	10U	100 breast	46
23	13 & over	50 free	24	35	11 & 12	50 free	36	47	8U	50 breast	48
								49	10U	100 fly	50
								51	8U	50 fly	52
								53	10U	200 IM	54
								55	8U	100 IM	56
								57	10U	100 Free	58

Finals Order

	1 1114		
Girls			Boys
13	13 & over	100 free	14
25	11 & 12	100 free	26
15	13 & over	200 IM	16
27	11 & 12	50 back	28
17	13 & over	100 back	18
29	11 & 12	50 breast	30
19	13 & over	100 breast	20
31	11 & 12	50 fly	32
21	13 & over	100 fly	22
33	11 & 12	100 IM	34
23	13 & over	50 free	24
35	11 & 12	50 free	36

Sunday, February 13

				04		cordary	ΞŪ					
		Sunday 10 & Unde	r	Sunday 8 & under and 15 & over						Sunday 11-14	nday 11-14	
59	9 & 10	100 IM	60	69	8 & under	25 free	70	85	11 to 14	200 breast	86	
61	9 & 10	50 fly	62	71	15 & over	200 free	72	87	11 to 14	100 fly	88	
63	9 & 10	50 breast	64	73	8 & under	25 back	74	89	11 to 14	200 back	90	
65	9 & 10	50 back	66	75	15 & over	200 back	76	91	11 to 14	100 breast	92	
67	9 & 10	50 free	68	77	8 & under	25 breast	78	93	11 to 14	200 fly	94	
				79	15 & over	200 breast	80	95	11 to 14	200 IM	96	
				81	8 & under	25 fly	82	97	11 to 14	100 back	98	
				83	15 & over	200 fly	84	99	11 to 14	200 free	100	

TIME TRIALS – if there is time available on Sunday following session 7 & 8 a short time trial opportunity will be provided. A decision on time trials will be determined by February 7. All events included in this will be allowed during time trials in addition up to one heat of combined 1000 free or 1650 free will be offered if requested and time permits.