
	<div>Fall Festivus Invitational November 21-23, 2025 SANCTION NO. VS-26-058</div>	<div>Hosted by </div>
SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-058USA Swimming, Inc., Virginia Swimming, Inc., Freedom Aquatic & Fitness Center and Occoquan Swimming, Inc. 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.	
LOCATION:	9100 Freedom Center Blvd, Manassas, VA 20110 (703) 993-8444	
FACILITY:	<ul style="list-style-type: none">The pool at Freedom Aquatic & Fitness Center is 50m x 25yd with two moveable bulkheads. Competition for all sessions may be held in one (1) 10 lane course running lengthwise into a bulkhead or in two (2), eight (8) lane 25Y competitions running widthwise and separated by bulkheads.Warm up: up to 22 lanes, 25 yards. At least 4 lanes be available for continuous warm up and cool down.Single Course Water depth range of 13’ at the starting end and 6.5’ at the turning end.Dual Course:Deep Couse Water depth of 6.5’-13’Shallow course of 6.0’-6.5’.The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.The lifeguards of the facility will be the primary response for any incidents that may occur. Please report all incidents to meet staff, marshals or facility lifeguards.In order to provide parents/guardians who are outside of the facility with the ability to view their athletes’ events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.Spectator seating will be limited. Parents not working the meet as a deck official, volunteer timer or other position may not be permitted in the facility. It is the intent to offer some live viewing areas during the meet. If there is not space, 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.	
MEET DIRECTOR:	Aaron Dean Meets@swimoccs.org	
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming athletes registered before the first day of the meet.No on deck USA Swimming athlete registration will be permitted.All 18 & over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date.Age on Friday, November 21, 2025 (first day of the meet) will determine age for the entire meet.Based on the number of entries received, the Meet Director ,in consultation with the Meet Referee, reserves the right to configure the pool in two-25 yard course. Teams will be notified by Monday, November 17 if two courses will be used.	
DISABILITY SWIMMERS:	<ul style="list-style-type: none">Athletes with a disability are welcome and shall 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 using the Disability Accommodation Form.	

ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion. The swimmer/coach shall provide a Personal Assistant(s) as needed.
FORMAT:	<ul style="list-style-type: none"> All events are timed finals Swimmers must swim in their designated age group based on their age on November 21, 2025. Friday session is all ages distance session starting no earlier than 5:45 PM Saturday & Sunday 13 & over session will be in the morning starting no earlier than 8:00 AM Saturday & Sunday 12 & under session will follow the 13 & over session with a warm up of at least 30 minutes provided and a start time not earlier than 11:00 AM. Based on the number of entries received, the Meet Director, in consultation with the Meet Referee, reserves the right to configure the pool in two-25 yard course. Teams will be notified by Monday, November 17, 2025 if two courses will be used.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, November 11</p> <ul style="list-style-type: none"> Entries must be submitted in SCY times using Commlink-2 software. Teams submit entries via email to meets@swimoccs.org with the subject line: "OCCS Fall Fest - ****" 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. A printout of entries with the name of the person to contact in case of questions must accompany the entries. "No Time" (NT) entries will be accepted. Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an A time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. 12 & under swimmers may enter a maximum of 9 individual events. (4 max per session) 13 & over swimmers may enter a maximum of 7 individual events. (3 max per session) Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible without exceeding the 4-hour/session timeline limit. Email entries to: Aaron Dean meets@swimoccs.org Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.
FEES:	<ul style="list-style-type: none"> Swimmer entry surcharge: \$2.50 per person (entered in the meet in any capacity) Individual event entry fee: \$12.00 per event Checks should be made payable to: Occoquan Swimming Mail payment to: 10371 Central Park Drive, Suite A, Manassas, VA 20110 Payment must be received by the start of the meet for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	<ul style="list-style-type: none"> Swimmers in all sessions should report directly to the blocks for their events. All events will be pre-seeded except the 400IM, 500 free & 1000 free that will require positive check-in 30 minutes prior to the start of the session they are swum Coaches will be asked to submit scratches for all other events the day prior to the day they are swum. <ul style="list-style-type: none"> Saturday Scratches are due by 6:00pm on Friday Sunday Scratches are due by 6:00pm on Saturday All events will be swum fastest to slowest based on entry times.

WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups Not Before 7:00 AM • Afternoon sessions: Warm-ups Not Before 10:20 AM • Lane assignment and warm-up times for individual clubs will be posted on the OCCS Meet Host website no later than Monday, November 17 and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
AWARDS:	<ul style="list-style-type: none"> • Heat winner recognition awards will be awarded for all 12 & Under individual events.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet. • All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. • Any swimmer entered in the meet must be certified by a USA-S 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 apparatus, 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 without written USA Swimming approval. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. • In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool. • An athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • In accordance with Virginia Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area. • Dive over starts will be used.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. • Any event in which an athlete participated illegally will be rescored and re-awarded.
OFFICIALS:	<p>Meet Referee: John Avelis Email: javelis3@gmail.com</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair John Avelis javelis3@gmail.com no later than Monday, November 17, 2025. <p>Online Officials Sign up: Online Signup</p> <ul style="list-style-type: none"> • Officials briefing will be held on site at the start of the warm up sessions.

SAFETY:	<p>MEET SAFETY OFFICER: Aaron Dean</p> <p>Email: Meets@swimoccs.org</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> • Two timers per lane for all sessions except for the 1000 free, 400 IM and 500 free. • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the OCCS Meet Host Site no later than Monday, November 17 and will also be emailed to the contact person of each of the individual clubs. • Athletes are responsible for providing their own timer and counter for distance events 400 yards and longer.
GENERAL:	<ul style="list-style-type: none"> • Hospitality will be provided for all officials, coaches and volunteers working multiple sessions. • Concessions will be provided in the lobby for athletes and spectators. • Heat sheets will not be printed except for meet management. They will be posted on the OCCS Meet Host Website and using the Meet Mobile app. • The OCCS Swim Shop will provide swim suit and equipment sales during the meet.
FACILITY RULES:	<p>The pool deck and seating areas may be restricted to athletes, coaches, officials and meet management if space is limited. Notice of seating areas and restrictions will be provided on the OCCS Meet Website no later than Monday, November 17.</p>

Friday, November 21					
Warm Up 5:00-5:40pm					
Events 5:45pm					
Girls			Boys		
Session 1					
1		Open 1000 free		2	
3		12 U 500 free		4	
Saturday, November 22			Sunday, November 23		
Session 2			Session 4		
Warm up 7:00-7:55am			Warm up 7:00-7:55am		
Events 8:00am			Events 8:00am		
Girls	13 & Over	Boys	Girls	13 & Over	Boys
5	100 breast	6	35	200 fly	36
7	50 back	8	37	50 breast	38
9	200 free	10	39	100 back	40
11	100 fly	12	41	200 IM	42
13	200 back	14	43	200 breast	44
15	50 free	16	45	100 free	46
17	400 IM *	18	47	50 fly	48
			49	500 free *	50
Session 3			Session 5		
Warm up Not Before 10:20 *			Warm up Not Before 10:20 *		
Events Not Before 10:40am *			Events Not Before 10:40am *		
Girls	12 & Under	Boys	Girls	12 & Under	Boys
19	12 & under 100 free	20	51	12 & under 50 breast	52
21	12 &under 200 back	22	53	12 & under 200 free	54
23	12 & under 100 breast	24	55	12 & under 100 back	56
25	12 & under 200 fly	26	57	12 & under 200 breast	58
27	12 & under 50 back	28	59	12 & under 100 fly	60
29	12 & under 200 IM	30	61	12 & under 100 IM	62
31	12 & under 50 fly	32	63	12 & under 50 free	64
			65	12 & under 400 IM	66

*Session 3 & 5 warm up and start times are approximate