



**Long Course Kick off Pentathlon  
Timed Finals Long Course  
April 18, 2026  
SANCTION NO.**

**Hosted by**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>USA Swimming Block Party Sanction</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Freedom Aquatic &amp; 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.</li> </ul>
<b>LOCATION:</b>	9100 Freedom Center Blvd, Manassas, VA 20110 (703) 993-8444
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>The pool at Freedom Aquatic &amp; Fitness Center is 50m x 25yd with two moveable bulkheads. Competition for all sessions may be held in one (1) 10 lane course, however if time permits, the course may be limited to 8 or 9 lanes to provide continuous warm up space.</li> <li>Warm up: 10 lanes (50m) will be used for warm up period. If time permits, one lane (50m) may be used for continuous warm up/warm down.</li> <li>Single Course Water depth range of 13' at the starting end and 4.5' at the turning end.</li> <li>The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.</li> <li>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.</li> <li>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.</li> <li>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.</li> </ul>
<b>MEET DIRECTOR:</b>	<p>Aaron Dean <a href="mailto:Meets@swimoccs.org">Meets@swimoccs.org</a></p>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>No on deck USA Swimming athlete registration will be permitted.</li> <li>All 18 &amp; over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18<sup>th</sup> birthday occurs during competition must complete the APT prior to that date.</li> <li>Age on Saturday, April 18, 2026 (first day of the meet) will determine age for the entire meet.</li> </ul>
<b>ATHLETES WITH DISABILITY:</b> A	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations/modifications to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition using the <a href="#">Disability Accommodation Form</a>.</li> </ul>
<b>ATHLETES WITH A SERIOUS MEDICAL CONDITION:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.</li> <li>The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All events will be timed finals and swum fastest to slowest in event order.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday, April 13, 2026 by 5:00 PM</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in <b>either SCY or LCM</b> times using Commlink-2 software.</li> <li>Teams submit entries via email.</li> </ul>

	<ul style="list-style-type: none"> <li>• A printout of entries with the name of the person to contact in case of questions must accompany the entries.</li> <li>• “No Time” (NT) entries will not be accepted, swimmers must have legal experience racing in an event prior to entering this meet.</li> <li>• Coach Time (CT) and will be accepted for events in which a swimmer does not have a time of record. <b>CT must be slower than an “A” time.</b> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Swimmers may enter a maximum of five events per session and <b>five individual event(s) for the meet.</b></li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• Email entries to: Aaron Dean, <a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a></li> <li>• <b>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.</b></li> </ul>
<b>FEES:</b>	<p>Individual events: \$7.00 Swimmer surcharge: \$15.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: Occoquan Swimming</li> <li>• Mail payment to: 10371 Central Park Drive, Suite A, Manassas, VA 20110</li> <li>• 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.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• Swimmers for all sessions should report directly to the blocks for their events.</li> <li>• Events will be pre-seeded the evening prior. Coaches are asked to send any scratches by 6:00pm the night prior to the preliminary events.</li> <li>• LCM times will be used for seeding, non conforming SCY times will be seeded last.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• <b>13 &amp; over sessions:</b> Warm-ups at no earlier than 7:00 AM; competition starts no earlier than 8:00 AM. At least a 50 minute warm up will be provided.</li> <li>• <b>10 &amp; under sessions:</b> Warm-ups not before 9:00 AM; competition starts not before 9:30 AM. At least a 30 minute warm up will be provided.</li> <li>• <b>11 &amp; 12 sessions:</b> Warm-ups not before 9:00 AM; competition starts not before 9:30 AM. At least a 30 minute warm up will be provided.</li> <li>• <b>The 11 &amp; 12 session and 10 &amp; under sessions may be combined if in the interest of time the meet director and meet referee approve.</b></li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the OCCS meet hosting website no later than Monday, April 13 and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Top ten swimmers in each age and gender category with the fastest combined time in the pentathlon (quadrathlon for 10&amp;U) will earn a special recognition award.</li> <li>• 9 &amp; under, 10, 11, 12, 13, 14, 15-16, 17 &amp; over</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing</li> </ul>

	<p>areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool.</li> <li>• 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.</li> <li>• 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.</li> <li>• The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to all heats of all events, excluding timed final events.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• 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"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• 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.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: John Avelis</b>  <b>Email: <a href="mailto:javelis3@gmail.com">javelis3@gmail.com</a></b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Officials are asked to submit their availability using this online form no later than Tuesday, April 21: LINK NEEDED</li> <li>• Officials briefing and more details will be provided by Monday, April 27.</li> </ul>
<b>SAFETY:</b>	<p><b>MEET SAFETY OFFICER: Aaron Dean</b>  <b>Email: <a href="mailto:gm@swimoccs.org">gm@swimoccs.org</a></b></p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<p>Two timers per lane will be assigned except for distance events where athletes provide their own timers.</p> <ul style="list-style-type: none"> <li>• Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the OCCS website no later than Monday, April 27 and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Athletes are responsible for providing their own timer and (if needed) counter for events 400 yards and longer.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Hospitality</b> will be provided for coaches and officials that are working multiple sessions throughout the meet.</li> <li>• <b>Concessions</b> will be available for swimmers and spectators throughout the meet.</li> <li>• <b>Heat sheets</b> will not be available for purchase; they will be posted on the OCCS meet website and on meet mobile for free.</li> <li>• <b>Swim shop</b> will be available throughout the meet offering suits, goggles and other swimming accessories.</li> <li>• <b>T-shirt Vendor</b>, Fine Designs will be on site to offer commemorative T-shirts for the meet participants.</li> </ul>
<b>FACILITY RULES:</b>	<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 Thursday, April 16.</p>

<b>Session 1 Saturday, April 18</b>		
	13 & over	
1	100 fly	2
3	100 back	4
5	100 breast	6
7	100 free	8
9	200 IM	10

<b>Session 2 Saturday, April 18</b>		
	10 & under	
11	50 fly	12
13	50back	14
15	50 breast	16
17	50 free	18

<b>Session 3 Saturday, April 18</b>		
	11 & 12	
19	50 fly	20
21	50back	22
23	50 breast	24
25	50 free	26
27	200 IM	28