

Good Afternoon!

We are looking forward to welcoming you to the Freedom Center this weekend! Below are the final notes to get things rolling. The psych sheet and timelines have been updated online including the event sequence and numbering. Please make sure your parents/swimmers know the correct numbers.

## Important Deadlines

- Friday will be all **positive check** in (on deck)  
Friday 400 IM – 4:40 PM  
Friday 1000 Free – 5:00 PM  
Friday 500 Free – 5:20 PM
- Saturday prelims will be seeded on Friday night (please send any scratches no later than 5pm on Friday)  
Saturday 500 free **positive check** in deadline 8:00 AM on Saturday
- Sunday prelims will be seeded on Saturday night (please send any scratches no later than 5pm on Saturday)

Send changes to [meets@swimoccs.org](mailto:meets@swimoccs.org) or come to admin desk for any changes.

## Session Start times

The following are the confirmed start times, with the exception of Sunday finals. Unless there is objection, I would like to start the finals 30 minutes earlier than the meet allows. Please let me know no later than Friday, February 13 at noon if you do not support the early start and we'll move this to 5:00 PM start.

	Warm ups	Meet Start
<b>Friday (distance)</b>	4:30 PM – 5:15 PM	5:20 PM
<b>Saturday 13O Prelims</b>	7:00 AM – 7:50 AM	8:00 AM
<b>Saturday 12U prelims</b>	11:00 AM – 11:50 AM	12:00 PM
<b>Saturday Finals</b>	4:00 PM – 4:50 PM	5:00 PM
<b>Sunday 13O Prelims</b>	7:00 AM- 7:50 AM	8:00 AM
<b>Sunday 12U prelims</b>	10:30 AM – 11:20 AM	11:30 AM
<b>Sunday Finals</b>	3:30 PM – 4:20 PM	4:30 PM

## Volunteers

As of today, we are starting to fill up the needs for volunteers, however with two courses we do still have some opening that needs some help. Please note that swimmers in the 400 IM, 500 Free & 1000 Free will need to provide their own timer (and counter if necessary)

<https://www.signupgenius.com/go/10C094DA9A62EA3FA7-62199287-2026>

## Finals

If you do not wish to swim in the Finals on Saturday or Sunday, you may scratch from the event by following this procedure:

- You must complete the scratch request form at the administration desk within 30 minutes of the announcement that the results are posted.

If a qualified athlete fails to properly scratch from an event and does not appear for the “Final” event, they shall be barred from their next entered event.

We have a lot of finals to run through and we currently do not have an announcer so depending on what we can come up with, we may or may not be able to announce during finals. At a minimum, if we don't have an announcer we will run some music and make it fun. Medals will be ready to be distributed on the pool deck (SEE AWARDS DESK) shortly after each swim is done, **please have your swimmers pick up their awards that evening at the awards desk.**

- Saturday and Sunday will provide finals opportunity in the following 12 & under events (all other 12 & under events are timed finals swum in the prelims session):
  - 10 & under: top 8 finishers in 50 free, 50 fly, 50 back, 50 breast, 100 free & 100 IM
  - 11: top 8 finishers in the 50 free, 50 fly, 50 back, 50 breast, 100 free & 100 IM
  - 12: top 8 finishers in the 50 free, 50 fly, 50 back, 50 breast, 100 free & 100 IM
  - 12 year old: top 8 finishers in the 100 back, 100 breast, 100 fly
  - 11 & under: top 8 finishers in the 100 back, 100 breast, 100 fly
- Saturday and Sunday will provide finals opportunities in the following 13 & over events (the 500 free will be timed finals swum in the prelims session only on Saturday).
  - Top 16 13 & 14 year olds swimmers in the 50 free, 100 free, 50 back, 100 back, 50 breast, 100 breast, 50 fly, 100 fly & 100 IM A & B final for 13-14
  - Top 16 15 & over swimmers in the 50 free, 100 free, 50 back, 100 back, 50 breast, 100 breast, 50 fly, 100 fly & 100 IM A & B final for 15 & over
  - Top 8 13 & 14 year olds swimmers in the 200 free, 200 back, 200 breast, 200 fly and 200 IM
  - Top 8 15 & over swimmers in the 200 free, 200 back, 200 breast, 200 fly and 200 IM

## RELAYS

If you would like to enter any relays for the finals session (10U and 11/12 mixed) we will accept deck entries at the meet to fill one heat of each if you wish. Please have any relay entries to the admin table no later than 30 minutes after the conclusion of the 12U prelims so we can get them in the program. The cost for relay entry is \$26.00.

## AWARDS

- Individual awards will be presented for the top 8 finishers in the 12 & under races on Saturday and Sunday (10&under, 11, 12 for those events that offer three heats of finals).
- Individual awards will be presented for the top 3 finishers in the finals for all 13-14 and 15 & over events Saturday and Sunday.

## TIMELINE

The planned timeline is attached; we are planning the following configurations:

### **Friday**

Boys (shallow 6 lane course) – may swim the slowest two heats of the 500 free in the girls course.  
Girls (deep 10 lane course)

### **Saturday 13 & over prelims:**

Girls will swim in deep 8 lane course (we will not use lane 1 or 10) with 5 minute breaks between after the following events: 200 back, 200 fly, 200 IM.

Boys will swim in shallow 6 lane course (Saturday we WILL swim the fastest boys heat of 500 free in the DEEP COURSE in 8 lanes following the last heat of girls 500 free)

### **Sunday 13 & over prelims:**

Girls will swim in deep 8 lane course (we will not use lane 1 or 10) with 5 minute breaks between after every event.

Boys will swim in shallow 6 lane course

### **Saturday & Sunday 12 & under prelims:**

Boys will swim in shallow 6 lane course with no breaks

Girls will swim in deep 8 lane course with no breaks

### **Finals**

All events in the deep 8 lane course

(note we will not use the outside lanes 1 & 10 for prelims or finals, only for Friday distance)

## Warm ups

### **Friday**

Sprint lanes and pace lanes may be requested starting at 5:00 PM

Open Warm ups 4:30-5:20pm/ Meet start 5:30pm

### **Saturday**

Teams may open sprint lanes as needed ensuring lanes are clear for one way swims.

D= Deep Course

S=Shallow Course

W=Warm up Course

### **13 & over Prelims Warm up assignment**

7:00-7:25 AM – OCCS (D 1-10/W 1-5), St. James (S 4-6), Hydra (S 1-3)

7:25-7:50 AM – NCAP (D 1-10/S 1-3/W1-5) I, MAKO (S5-6), PGPR (S4)

### **12 & under Prelims Warm up assignment**

11:00-11:25 AM – OCCS (D1-10, W1-2), St. James (S5-6), Hydra (S1-2), PGPR (S3-4)

11:25-11:50 AM – NCAP (D1-10,W 1-5, S1), MAKO (S2-6)

### **Sunday**

Teams may open sprint lanes as needed ensuring lanes are clear for one way swims.

### **13 & over Prelims Warm up assignment**

7:00-7:25 AM – NCAP (D 1-10/S 1-3/W1-5) I, MAKO (S5-6), PGPR (S4)

7:25-7:50 AM – OCCS (D 1-10/W 1-5), St. James (S 4-6), Hydra (S 1-3)

### **12 & under Prelims Warm up assignment**

11:00-11:25 AM – NCAP (D1-10,W 1-5, S1), MAKO (S2-6)

11:25-11:50 AM – OCCS (D1-10, W1-2), St. James (S5-6), Hydra (S1-2), PGPR (S3-4)

### **Finals - Open Warm up**

Saturday 4:00-4:30pm general warm up/ 4:30-4:50pm specific warm up in competition course only (push pace 1&10, dives 2&9) 5:00pm meet start

Sunday 3:30-4:00pm general warm up/ 4:00-4:20pm specific warm up in competition course only (push pace 1&10, dives 2&9) / 4:30pm meet start

## **Time Trials**

If there are requests for time trials, we will offer these at the conclusion of the FINAL sessions on Saturday & Sunday very small break of 2-3 minutes. No more than 30 minutes of time trials will be offered and they are on a first come first serve basis. Only 13 & over athletes may participate in time trials and each attempt is \$20 for individual swims and \$30 for relays.

Time trial entries are due no later than 5:00 PM each evening.

## **Vending**

The following will be provided on site:

- Concessions: snacks and drinks throughout the meet.
- Swim Shop: grab bag specials, goggles, caps, performance suits and much more.
- Meet shirts: commemorative PDC 2026 shirts and more will be available through Fine Designs.

## **Live Stream & Website**

We will live stream ([YouTube.com/occoquanswimming](https://YouTube.com/occoquanswimming)) both courses

All meet programs and notes will be available on our meet website:

<https://www.team.swimoccs.org/page/about1/occs-hosted-swim-meets>

Meet mobile will be updated regularly.