



**2015 Mike Willard Invitational
A/BB/B/C Meet
June 27 & 28, 2015
SANCTION NO. VS-15-99**



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-15-99• USA Swimming, Inc., Virginia Swimming, Inc., Williamsburg Aquatic Club and the Collegiate School Aquatic 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.
LOCATION:	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond. Va. 23234, Phone: (804) 447-2487
FACILITY:	<ul style="list-style-type: none">• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.• The 50-Meter competition pool offers a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swim wall to bulkhead.• Warm-up & Warm-down lanes will be available on the other side of the bulkhead.• Non-Turbulent Lane Markers in both pools.• Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.• There is Spectator Seating for 700 plus.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).
MEET DIRECTOR:	Harold Baker Email: coachharold2@cox.net Phone: (757) 229-8662
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.• Age on June 27, 2015, will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">• Athletes with a disability are welcomed 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.
FORMAT:	<ul style="list-style-type: none">• All 12 & under Girls and all 10 & under Boys swimmers will swim in the A.M. session.• All 13 & over swimmers and all 11 & 12 Boys will swim in the P.M. sessions.• Open Distance Sessions will start 15 minutes after the P.M. session.• All events will be timed finals.• Chase starts may be used at the discretion of the meet referee.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:30 A.M.; competition starts no earlier than 8:30 A.M.• Afternoon sessions: Warm-ups no earlier than 12:30 P.M.; Competition Starts no earlier than 1:30 P.M.• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the P.M. session(s), with the distance session competition starting 5 minutes thereafter.• The approximate start time for the distance sessions will be posted on the www.swimwac.com website no later than Wednesday June 24, 2015, and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.• Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than June 24, 2015, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY June 17th .

	<ul style="list-style-type: none"> • Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams submit entries via email. • A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. • Coach Time (CT) and “No Time” (NT) entries 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. • Swimmers may enter a maximum of 4 individual event(s). • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. • Email entries to: Harold Baker at coachharold2@cox.net. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Meet Director.
FEES:	<p>Individual events: \$6.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Williamsburg Aquatic Club. • Mail payment to: Williamsburg Aquatic Club 3013 South Court Williamsburg, Va. 23185 • Payment must be received by Wednesday June 24, 2015, 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 as this will delay the acceptance of your entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for First through Eight place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. • Relay events: Ribbons will be awarded for First through Eight place .
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded, except those that are 400 Meters or longer. • Events 31, 32, 41, 42, 50, 57, 58, 59, 70, 71, 72, 78, 79, and 80 (the events 400 Meters or longer) will require a positive check-in to swim. • Positive check-in will close at the end of the Session’s warm-ups for all the 400 Meter events. The Distance events #41-42 and #79-80 will close at 3:00 P.M. on the day of the event. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • All events will be swum slowest to fastest.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for the event swum illegally and the event shall be re-scored and awarded. • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. • Clubs entering swimmers not legally registered with USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event(s) swum • 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.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • 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

	<p>unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> • The overhead start procedure will be used for A.M. & P.M. sessions, and may be used for the Distance sessions at the discretion of the Referee. • 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 into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • In accordance with VSI Best Practices, swimmers should shower before entering the pool. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet <ul style="list-style-type: none"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Tommy Lovell Email: scoutmastertommy@gmail.com Phone: 757-532-4378</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 Ted Lynch, Email: Ted.Lynch03@gmail.com or Phone: (757) 813-5469 no later than Sunday June 20th, 2015. • Announce any meetings, place, and time. Officials meetings must be at least one hour prior to the start of the each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • 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 at www.swimwac.com no later than Wednesday June 24, 2015, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<p>Meet programs will be sold for \$7.00</p> <p>Concessions will be available during the meet, closing 1 hour before the end of the meet each day. Coaches and officials hospitality will be provided; breakfast & lunch on Saturday and Sunday. Overflow parking will be available at Martin's behind the Aquatic Center.</p>
FACILITY RULES:	<p>No glass containers of any kind are permitted in the facility.</p> <p>Lawn/deck chairs are not permitted in the grandstand.</p> <p>No spectators/parents will be allowed on deck unless working the meet.</p> <p>No Smoking is allowed anywhere on the Aquatic Center campus.</p> <p>Doors are not to be propped open and the front door is the only entry/exit door from the facility.</p>
DIRECTIONS:	Go to swimwac.com – Click on Meets & Events & then onto Meet Venues

**Williamsburg Aquatic Club Polar Plunge
ORDER OF EVENTS**

Saturday June 27, 2015

Morning Session Warm-up: 7:30 A.M.; Start: 8:30 A.M.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & 12 50 Breast	
2	10 & under 50 Breast	3
4	11 & 12 200 Breast	
5	10 & under 100 Free	6
7	11 & 12 100 Free	
8	10 & under 50 Fly	9
10	11 & 12 50 Fly	
11	10 & under 200 Free	12
13	11 & 12 200 Free	
14	10 & under 100 Back	15
16	11 & 12 100 Back	
17	10 & under 200 I.M.	18
19	11 & 12 200 I.M.	
20	11 & 12 200 Fly	

Afternoon Session Warm-up: 12:30 P.M.; Start: 1:30 P.M. (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
	11 & 12 50 Breast	21
22	13 & over 100 Breast	23
	11 & 12 200 Breast	24
25	13 & 14 200 Free	26
	11 & 12 200 Free	27
28	13 & over 100 Fly	29
	11 & 12 50 Fly	30
31	13 & over 400 Free	32
	11 & 12 100 Back	33
34	13 & over 200 Back	35
	11 & 12 100 Free	36
37	13 & over 200 I.M.	38
	11 & 12 200 I.M.	39
	11 & 12 200 Fly	40

<u>Distance Session</u> (15 Minute Break)		
41	OPEN 1500 Free	42

Sunday, June 28, 2015

Morning Session Warm-up: 7:30 A.M.; Start: 8:30 A.M.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
43	11 & 12 50 Back	
44	10 & under 50 Back	45
46	11 & 12 200 Back	
47	10 & under 100 Fly	48
49	11 & 12 100 Fly	
50	11 & 12 400 I.M.	
51	10 & under 100 Breast	52
53	11 & 12 100 Breast	
54	10 & under 50 Free	55
56	11 & 12 50 Free	
57	10 & under 400 Free	58
59	11 & 12 400 Free	

Afternoon Session Warm-up: 12:30 P.M.; Start: 1:30 P.M. (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
	11 & 12 50 Back	60
61	13 & over 100 Back	62
	11 & 12 200 Back	63
64	13 & over 200 Breast	65
	11 & 12 100 Fly	66
67	13 & over 50 Free	68
	11 & 12 50 Free	69
70	13 & over 400 I.M.	71
	11 & 12 400 I.M.	72
73	13 & over 200 Fly	74
	11 & 12 100 Breast	75
76	13 & over 100 Free	77
	11 & 12 400 Free	78

Distance Session (15 Minute Break)		
79	OPEN 800 Free	80