



**CGBD SUMMER MADNESS LC INVITATIONAL**  
**June 21-23, 2019**  
**SANCTION NO. VS-19-120**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-19-120</b>.</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Brittingham-Midtown Aquatic Center, and the Coast Guard Blue Dolphins Swim Team, 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>	Brittingham-Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, Phone: (757) 591-4573						
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>8-lane, 50-meter indoor pool 14 feet deep at the start end and 4 feet deep at the turn end; overflow gutters; non-turbulent lane markers; Colorado Timing System.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4)</li> </ul>						
<b>MEET DIRECTOR:</b>	<table border="0"> <tr> <td>Joe Kimbel</td> <td>Steve Hennessy</td> </tr> <tr> <td>Phone: (757) 876-9082</td> <td>Phone: (757) 450-0706</td> </tr> <tr> <td>Email: <a href="mailto:cgbdmeetchief@gmail.com">cgbdmeetchief@gmail.com</a></td> <td>Email: <a href="mailto:coachsteve2423@gmail.com">coachsteve2423@gmail.com</a></td> </tr> </table>	Joe Kimbel	Steve Hennessy	Phone: (757) 876-9082	Phone: (757) 450-0706	Email: <a href="mailto:cgbdmeetchief@gmail.com">cgbdmeetchief@gmail.com</a>	Email: <a href="mailto:coachsteve2423@gmail.com">coachsteve2423@gmail.com</a>
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming registered swimmers registered before the first day of the meet.</li> <li>No on deck USA Swimming athlete registration will be permitted.</li> <li>Age on June 21, 2019 will determine age for the entire meet.</li> </ul>						
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations 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.</li> </ul>						
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>Friday and Saturday: <ul style="list-style-type: none"> <li>13&amp;O swimmers will swim a preliminary session in the morning session. There will be five separate Final heats. Finals will be swum in the following order: <ul style="list-style-type: none"> <li>A Final - fastest 8 athletes regardless of age</li> <li>B Final - fastest 8 remaining 13-year-olds</li> <li>C Final - fastest 8 remaining 14-year-olds</li> <li>D Final - fastest 8 remaining 15-year-olds</li> <li>E Final - fastest 8 remaining 16 &amp; over</li> </ul> </li> <li>There will be a 10-minute break following each series of events to allow for warm-up/warm-down of swimmers.</li> </ul> </li> <li>Sunday: <ul style="list-style-type: none"> <li>All 13&amp;O swimmers will swim in the morning open session. All events are timed finals except for Event 37-38 (50 Free Shoot-out) <ul style="list-style-type: none"> <li>The 50 Free Shoot-out will be a prelim/semi-final/final event</li> <li>Semi-finals (top 16 13-14 and Top 16 senior) held following Events 41-42 (200 Breast)</li> <li>Finals held following Events 43-44 (200 Back)</li> </ul> </li> <li>There will be a distance session following the 13&amp;O morning session and prior to the afternoon session.</li> </ul> </li> <li>All 12&amp;U swimmers will compete in the afternoon session on Friday, Saturday, and Sunday. All events for 12 &amp; U swimmers are timed finals.</li> </ul>						
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Morning 13&amp;O sessions: Warm-ups at 7:00 am; competition starts at 8:15 am.</li> <li>Afternoon 12&amp;U sessions: <ul style="list-style-type: none"> <li>Friday: Warm-ups start no earlier than 11:00 am; competition start no earlier than 12:00 pm</li> <li>Saturday: Warm-ups no earlier than 11:00 am; competition starts no earlier than 12:00 pm</li> <li>Sunday: Warm-ups no earlier than 12:00 pm; competition starts no earlier than 1:00 pm.</li> </ul> </li> <li>13 &amp; Over distance sessions (Sunday):</li> </ul>						

	<ul style="list-style-type: none"> <li>○ There will be a 10-minute warm-up starting no earlier than 11:00 am and the 13 &amp; over distance session will start no earlier than 11:15 am.</li> <li>○ If there are more than four total heats (boys and girls) there will be an additional 10-minute warm-up period, every third heat</li> <li>● Finals sessions (Friday &amp; Saturday): Warm-ups no earlier than 4:00 pm; competition starts no earlier than 5:00 pm.</li> <li>● Friday and Saturday morning sessions will have 10-minute breaks following each series of events to allow for warm-up/warm-down of swimmers. If the meet director feels the meet session timeline is too long the breaks may be curtailed and if so, will notify the teams.</li> <li>● Lane assignment and warm-up times for individual clubs will be posted on the CGBD website (<a href="http://www.cgbdswimming.org">http://www.cgbdswimming.org</a>) no later than Monday, June 17, 2019, and will also be emailed to the contact person of the participating clubs.</li> <li>● If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 11, 2019</b></p> <ul style="list-style-type: none"> <li>● Entries must be submitted in long course times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>● Teams submit entries via e-mail.</li> <li>● A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>● Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT <b>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>● <b><u>"No Time" (NT) entries will not be accepted.</u></b></li> <li>● Swimmers may enter a maximum of <i>three (3) individual events</i> per day.</li> <li>● Entries for 12&amp;U swimmers 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>● 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 may require reseeding.</li> <li>● Email entries to: <a href="mailto:coachsteve2423@gmail.com">coachsteve2423@gmail.com</a></li> </ul>
<b>FEES:</b>	<p>Individual events: \$8.50 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> <li>● <b>Checks should be made payable to: CGBD</b></li> <li>● Mail payment to: CGBD Team Office 607 Lotz Drive Yorktown, VA 23692</li> <li>● Payment must be received by Tuesday, June 18, 2019 for all entries. <b>Teams with unpaid entry fees for entries received on or before the entry deadline could be removed from the meet.</b></li> <li>● 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 receipt of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>● 13&amp;O session events will be awarded medals for first through third place; ribbons fourth through eighth place. All events will be awarded separately in the following age groups: Overall Top 8, 13, 14, 15, and 16 &amp; Over</li> <li>● Sunday Morning and Distance 13&amp;O Events will be awarded medals for first through third place; ribbons fourth through eighth place. The event will be awarded separately as 13-14 and 15&amp;O</li> <li>● Afternoon 12&amp;U session events will be awarded medals for first through third place; ribbons fourth through eighth place for events. Each event will be given awards separately for the 10&amp;U and 11-12 age groups</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>● All events will be pre-seeded with the exception of the following events that will require a positive check-in with the Administrative Official: <ul style="list-style-type: none"> <li>○ Event #7-8 (400 13&amp;O Free), 17-18 (12&amp;U 400 Free), 25-26 (13&amp;O 400 Medley), and 55-56 (12&amp;U 400 Medley) by the end of warm-up on the day the event is to be swum.</li> <li>○ Event #45-46 (13 &amp; Over 800 Free) by 9:30 am Sunday</li> </ul> </li> <li>● <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE</b></li> </ul>

	<p><b>EVENT.</b></p> <ul style="list-style-type: none"> <li>Events #7-8 (400 13&amp;O Free), #25-26 (13&amp;O 400 Medley), and #45-46 (13 &amp; Over 800 Free) will be swum fastest to slowest, alternating girls then boys.</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>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations will apply.</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>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>The scratch procedures listed in <i>current USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E will apply with the following modifications: <b>The scratch rule will apply to all heats in finals.</b></li> <li>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>.</li> <li>Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED.</li> <li>In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>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. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: John Squires</b>  <b>Email: <a href="mailto:jpswmm1@yahoo.com">jpswmm1@yahoo.com</a></b>  <b>Phone: (757) 642-4113</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>Team Officials' Chairperson should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Genny Kimbel, CGBD Officials Chair, email: <a href="mailto:gennykimbel@gmail.com">gennykimbel@gmail.com</a>, no later than June 18, 2019</li> <li>There will be an officials' pre-session briefing one hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs will 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 CGBD website (<a href="http://www.cgbdswwimming.org">http://www.cgbdswwimming.org</a>) no later than Monday, June 17, 2019 and will also be emailed to the contact person of each of the individual clubs.</li> <li>Swimmers are expected to provide their own timers and lap counters for the Sunday distance session, events 45-46 (800 Freestyle)</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li><b>Swimmer / Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers / spectators. <ul style="list-style-type: none"> <li>Any swimmer / spectator who violates Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility.</li> <li>Please note that the City of Newport News prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed, plastic containers.</li> </ul> </li> <li><b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and</li> </ul>

	<p>competition. Spectators must remain behind the ropes while moving to/from their seats.</p> <ul style="list-style-type: none"> <li>• <b>Team Areas:</b> Team seating will be available in the pool and gym area. Please note that the City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes (or sandals).</li> <li>• <b>Spectator Seating:</b> Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area.</li> <li>• <b>Team Banners:</b> Team Banners can not be hung from a water return pipe that runs over the team seating areas.</li> <li>• <b>Programs:</b> Meet Programs will be sold for \$10.00.</li> <li>• <b>Snack Bar:</b> CGBD will operate a Concessions Stand during the meet.</li> <li>• <b>Swim Supplies:</b> CGBD will operate a Swim Shop during the meet.</li> <li>• <b>First Aid:</b> A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms.</li> <li>• <b>Lost and Found:</b> Lost and Found will be located next to the Announcer's Table.</li> <li>• <b>Hospitality:</b> CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided both days.</li> </ul>
<p><b>FACILITY RULES:</b></p>	<ul style="list-style-type: none"> <li>• Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door).</li> <li>• Each team is responsible for the conduct of its athletes. Parents are responsible for any siblings brought to the meet. Please chaperone them closely.</li> <li>• No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable.</li> <li>• No coolers in the pool area. They are allowed in the Gym.</li> <li>• No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym.</li> <li>• Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.).</li> <li>• No shaving anywhere in the venue.</li> <li>• No running or horseplay in the facility.</li> <li>• Shoes/sandals must be worn by all in/around the recreation center, except for the pool area.</li> <li>• Clean up your area when you leave after each session. Trashcans are located throughout the facility. Lost and Found is located next to the Announcer.</li> <li>• Officials only inside the ropes.</li> <li>• Coaches, officials, and meet staff only in the Hospitality Room.</li> <li>• The Aquatic Center will close during electrical storms.</li> <li>• NO SMOKING in the Aquatic Center (pool area) or the rest of the building.</li> </ul>
<p><b>DIRECTIONS:</b></p>	<p>From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to MacLawhorne Drive. Turn right at the light. Pool is on the left.</p>

# CGBD SUMMER MADNESS LC INVITATION

## Order of Events

**June 21-23, 2019**

**Friday 13&O Session (Prelims)**  
Warm-up: 7:00 am; Start 8:15 am

G	Events	B
1	13 & O 100 Freestyle 10-minute Break	2
3	13 & O 200 Medley 10-minute Break	4
5	13 & O 100 Butterfly 10-minute Break	6
7	13 & O 400 Freestyle	8

**Saturday 13&O Session (Prelims)**  
Warm-up: 7:00 am; Start 8:15 am

G	Events	B
19	13 & O 200 Freestyle 10-minute Break	20
21	13 & O 100 Backstroke 10-minute Break	22
23	13 & O 100 Breaststroke 10-minute Break	24
25	13 & O 400 Medley	26

**Sunday 13&O Session**  
(Timed Finals except 50 Free)  
Warm-up: 7:00 am; Start 8:15 am

G	Events	B
37	13 & O 50 Freestyle Shoot-out	38
39	13 & O 200 Butterfly	40
41	13 & O 200 Breaststroke	42
37	13 & O 50 Freestyle (Semifinals)	38
43	13 & O 200 Backstroke	44
37	13 & O 50 Freestyle (Finals)	38

**Friday 12&U Session**  
(Timed Finals)

Warm-up: 11:00 am; Start: 12:00 pm  
(Times are approximate)

G	Events	B
9	12 & U 50 Backstroke	10
11	12 & U 50 Breaststroke	12
13	12 & U 200 Ind. Medley	14
15	12 & U 100 Butterfly	16
17	12 & U 400 Freestyle	18

**Saturday 12&U Session**  
(Timed Finals)

Warm-up: 11:00 am; Start: 12:00 pm  
(Times are approximate)

G	Events	B
27	12 & U 50 Butterfly	28
29	12 & U 100 Freestyle	30
31	12 & U 100 Backstroke	32
33	12 & U 100 Breaststroke	34
35	12 & U 50 Freestyle	36

**Sunday 13 & Over Distance Session**  
Warm-up: Not earlier than 11:00 am

G	Events	B
45	13&O 800 Freestyle	46

**Sunday 12&U Session**  
(Timed Finals)

Warm-up: 12:00 pm; Start: 1:00 pm  
(Times are approximate)

G	Events	B
47	12 & U 200 Freestyle	48
49	12 & U 200 Butterfly	50
51	12 & U 200 Breaststroke	52
53	12 & U 200 Backstroke	54
55	12 & U 400 Individual Medley	56

**Friday 13&O Session (Finals)**  
Warm-up: 4:00 pm; Start: 5:00 pm  
(Time are approximate)

G	Events	B
1	100 Freestyle	2
3	200 Individual Medley	4
5	100 Butterfly	6
7	400 Freestyle	8

**Saturday 13&O Session (Finals)**  
Warm-up: 4:00 pm; Start: 5:00 pm  
(Times are approximate)

G	Events	B
19	200 Freestyle	20
21	100 Backstroke	22
23	100 Breaststroke	24
25	400 Ind. Medley	26

**Note: Finals on Friday & Saturday will have 5 heats:**

- A Final - fastest 8 athletes regardless of age
- B Final - fastest 8 remaining 13 year-olds
- C Final - fastest 8 remaining 14 year-olds
- D Final - fastest 8 remaining 15 year-olds
- E Final - fastest 8 remaining 16 & over