



Williamsburg Aquatic Club Summer Sizzle
A/BB/B/C
June 6-7, 2020
SANCTION NO. VS-20-98



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-98.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) 271-8271
FACILITY:	Competitive Pool: <ul style="list-style-type: none">The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). A copy of the certification is on file with USA Swimming.Indoor 8 lane 50 meter x 25 yard pool, has 9 ft. wide lanes with non-turbulent lane lines, a depth of 7'6" at the sides and 8'2" in the center.Omega starting blocks, CTS6 with Dolphin wireless stopwatches and full color LED scoreboard will be used.There is Spectator Seating for 700 Plus. Instructional Pool: <ul style="list-style-type: none">Indoor 6 lane 25 yard pool for continuous warm-up/warm-down.
MEET DIRECTOR:	Name: 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.No on-deck Virginia Swimming athlete registration will be permitted.Age on June 6th, 2020 will determine age for the entire meet.
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 responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none">12 & unders will swim in the Morning Sessions.13 & overs will swim in the Afternoon Sessions.Distance Sessions will start 15 minutes after the Afternoon Sessions.All events will be Timed Finals.Chase Starts could be used to ensure compliance with the 4 hour rule.
WARM-UP:	<ul style="list-style-type: none">Morning Sessions: Warm-ups at 7:30 A.M.; Competition starts at 8:30 A.M.Afternoon Sessions: Warm-ups at 12:30 P.M.; Competition starts at 1:30 P.M.Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the A.M. sessions, with the distance session competition starting 5 minutes thereafter.The approximate start time for the distance sessions will be posted on the Swimvac.com website no later than Tuesday, June 2, 2020 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 Swimvac.com website no later than Tuesday, June 2, 2020 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.
ENTRIES:	<p>THE DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY MAY 27, 2020.</p> <ul style="list-style-type: none"> • Entries must be submitted in Long Course Meter times using Hy-Tek Team Manager and Commlink-2 software. • 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) entries will be accepted for events in which a swimmer does not have a time of record. CT <u>must be slower than an "A" time</u>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. NT Entries will be accepted. • Swimmers may enter a maximum of 4 individual events and 1 relay event per day. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. Relays may be eliminated if necessary and relay fees will be refunded should this happen. • 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 Administrative Official on the provided forms.
FEES:	<p>Individual events: \$6.50 Relay events: \$14.00 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 3rd, 2020 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for 1st through 8th place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & over Age Groups. ○ 12 & Under events will award separate awards for 11-12, 9-10 and 8 & under Age Groups.
SEEDING:	<ul style="list-style-type: none"> • All events, except #37 & #38(13 & over 400 I.M.), 47 & 48(13 & over 1500 Free), #53 & #54(11 & 12 400 I.M.), #69 & #70 (10 & under 400 Free), #71 & #72 (11 & 12 400 Free), #87 & #88 (13 & over 400 Free) and #91 & #92 (13 & over 800 Free) will be pre-seeded. • Swimmers will report directly to the blocks for their events. • Events #37 & #38(13 & over 400 I.M.), #47 & #48 (13 & over 1500 Free), #53 & #54(11 & 12 400 I.M.), # 69 & #70(10 & under 400 Free), #71 & #72 (11 & 12 400 Free), #87 & #88(13 & over 400 Free), #91 & #92 (13 & over 800 Free) will require a positive check-in to swim. • Positive check-in will close at the end of warm-ups. • The Meet Director reserves the right to limit the number of heats in the 400's and above if the session exceeds the 4 hour rule. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • All Positive Check in events will be swum slowest to fastest in the normal # order.
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"> ○ Entries using fraudulent or non-verifiable times. ○ 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

	<p>swimmer is unattached, the fine will be levied on the swimmer.</p> <ul style="list-style-type: none"> Any event in which an athlete participated illegally will be rescored and re-awarded.
RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations will apply, including the Minor Athlete Abuse Protection Policy, will govern this meet. All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition. 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) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval. 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. Chase starts maybe used at the Meet Director and Referee's discretion to keep the sessions within the 4 hour time frame. 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 VSI best practices, all swimmers should shower before entering the pool. Any 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 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.
OFFICIALS:	<p>Meet Referee: Phil Gibb Email: Phil.Gibb@Honeywell.com Phone: T804-536-5160</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 Mike Burrows at email: m.burrows@cox.net no later than Sunday May 31st, 2020. The Officials Meetings will Start at 7:30 A.M. for the Morning Sessions and 12:30 P.M. for the Afternoon Sessions. These meetings will be held in the Hospitality Room right off of the Pool Deck.
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 on the swimvac.com no later than Tuesday, June 2, 2020, and will also be emailed to the contact person of each of the individual clubs. Swimmers must provide their own Timer and Lap Counter for the Distance Sessions at the end of the P.M. Sessions.
GENERAL:	<p>Hospitality will be provided for Coaches and Officials. Food & Drink concession will be provided. Heat Sheets will be sold. Tri & Swim will provide for your Swimming needs in the Entrance Lobby. If necessary, overflow parking will be available at Martin's behind the Aquatics Center.</p>
FACILITY RULES:	<ul style="list-style-type: none"> All Participants, Volunteers, workers and spectators are expected to follow the posted rules of the CSAC as well as follow the directions/rules given by the Lifeguards, the Pool Staff and/or

	<p>Management.</p> <ul style="list-style-type: none">• No Spectators/Parents will be allowed on the deck unless they are working the Meet.• Shoes are required in all areas of the Facility except when on the Pool Deck.• No Lawn/Deck Chairs are permitted in the grandstand.• Only Painters tape can be used to hang Posters, Meet Programs, Results, or Banners.• No Glass containers will be allowed in the Aquatic Center.• Doors will not be propped open (HVAC) and the front door is the only entry/exit door from the facility.• No items should block any of the 4 HVAC vents on the Pool Decks.• No Smoking is permitted on the CSAC/SwimRVA campus, including all Parking lots.• The Aquatic Center strongly encourages showering prior to entering the Pool.• CSAC is not responsible for any lost or stolen items.
DIRECTIONS:	Go to Swimwac.com . Click onto "Meets & Events". Click onto Meet venues.

**WILLIAMSBURG AQUATIC CLUB SUMMER SIZZLE
ORDER OF EVENTS**

Saturday June 6, 2020

Morning Session Warm-up: 7:30 A.M.; Start: 8:30 A.M.			Afternoon Session Warm-up: 12:30 P.M.; Start 1:30 P.M.		
Girls	Events	Boys	Girls	Events	Boys
1	11 & 12 100 Free	2	33	13 & over 200 Free	34
3	10 & under 100 Free	4	35	13 & over 100 Breast	36
5	11 & 12 50 Breast	6	37	13 & over 400 I.M.	38
7	10 & under 50 Breast	8	39	13 & over 100 Fly.	40
9	11 & 12 200 Breast	10	41	13 & over 200 Back	42
11	10 & under 50 Fly	12	43	13 & over 100 Free	44
13	11 & 12 50 Fly	14	45	13 & over 200 Free Relay	46
15	10 & under 200 Free	16			
17	11 & 12 200 Free	18			
19	10 & under 100 Back	20			
21	11 & 12 100 Back	22			
23	10 & under 200 I.M.	24			
25	11 & 12 200 I.M.	26			
27	11 & 12 200 Fly	28		<u>Distance Session</u>	
29	10 & under 200 Free Relay	30			
31	11 & 12 200 Free Relay	32			
			47	13 & over 1500 Free	48

Sunday June 7, 2020

Morning Session Warm-up: 7:30 A.M.; Start: 8:30 A.M.			Afternoon Session Warm-up: 12:30 P.M.; Start 1:30 P.M.		
Girls	Events	Boys	Girls	Events	Boys
49	11 & 12 50 Back	50	77	13 & over 200 Fly	78
51	10 & under 50 Back	52	79	13 & over 100 Back	80
53	11 & 12 400 I.M.	54	81	13 & over 200 Breast	82
55	10 & under 100 Fly	56	83	13 & over 50 Free	84
57	11 & 12 100 Fly	58	85	13 & over 200 I.M.	86
59	10 & under 100 Breast	60	87	13 & over 400 Free	88
61	11 & 12 100 Breast	62	89	13 & over 200 Medley Relay	90
63	10 & under 50 Free	64			
65	11 & 12 50 Free	66			
67	11 & 12 200 Back	68			
69	10 & under 400 Free	70			
71	11 & 12 400 Free	72		<u>Distance Session</u>	
73	10 & under 200 Medley Relay	74	91	13 & over 800 Free	92
75	11 & 12 200 Medley Relay	76			