



757swim Meet
Grand Illumination Invitational
December 2-4, 2022
SANCTION NO. VS-23-37R

Hosted by
757swim

SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-37R - USA Swimming, Inc., Virginia Swimming, Inc., 757swim, and Hampton Aquaplex 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:	Hampton Virginia Aquaplex, 1908 Coliseum Drive, Hampton, Va, 23666. Phone: (757) 263-0999
FACILITY:	8-lane, 50-meter indoor pool 6 feet 8 inches deep at one end and 13 feet deep at the diving board end; lanes are 8 feet 2 inches wide; overflow gutters; non-turbulent lane markers; Colorado Timing System. - Warm-up/Warm-down Pool: 8-lane, 25-yard indoor pool three feet six inches at one end and four feet six inches at the other end. No Diving is allowed in this pool. - The 50-meter pool will be set up into two 25-yard courses. 1500 second level seats are available for spectators. Only swimmers, coach's officials and meet staff/volunteers will be allowed on the pool deck. - The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4) - In order to provide parents/guardians who are outside of the facility 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.
MEET DIRECTOR:	Erin Roehrle meetdirector@757swim.com 757.377.1532
ELIGIBILITY:	- Open to all athletes on 757swim, ODAC, OBX, QUEST, PSDN, CGBD, NOVA, & CVAC who are registered with USA Swimming before the first day of the meet. - Teams not listed wishing for an invite must receive confirmation from the Meet Director prior to entries being accepted. - No on-deck USA Swimming athlete registration will be permitted 2021-2024 NAG time standards are in effect. - Age on December 2, 2022 will determine age for the entire meet.
DISABILITY SWIMMERS:	- 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 also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	- All 8 & Unders will swim in session 7 as Timed Finals or may elect to swim in the 12 & U events in the other sessions. 8 & U athletes may only enter events in one session per day. Grand Format + Illuminate Format: - All 10 & Unders will swim in sessions 1, 5, & 10 as prelims and finals. - All 11-12 year olds will swim in sessions 1, 5, 10 as prelims and finals. - All 13 & Overs in Grand Format will swim in sessions 1, 5, 10 as prelims and finals. Illumination Format: - All 13 & Overs will swim in sessions 2, 6, 11 as prelims and finals. - All swimmers will enter either the Grand Format (no qualifying times) or the Illumination Format (swimmers with 1 or more A times) for 13 & Over swimmers. With the exception of the 8 & Under session which will be offered only for the Grand Format. Relays can incorporate swimmers from either format and will be swum in the Illumination Format.

	• 10 & Under Age Group: ○ Events #47-48, 147-148 (500 FR) will be swum as timed final events with the top 8 seeded swimmers competing ONLY during Finals on Saturday evening. ○ For all other events, the top 8 finishers in preliminaries will return to compete in Finals on Friday, Saturday, and Sunday evening. • 11-12 Age Group: ○ Events # 13-14, 113-114 (400 IM), 31-32, 131-132 (200 Fly),39-40, 139-140 (200 Breast), 47-48, 147-148 (500 FR), and #79-80, 179-180 (200 Back) will be swum as timed final events with the top 8 seeded swimmers competing ONLY during Finals on Friday, Saturday, and Sunday evening. ○ For all other events, the top 16 finishers in preliminaries will return to compete in Finals on Friday, Saturday, and Sunday evening. • 13-14 Age Group: ○ Events #15-16, 115-116 (400 IM), #49-50, 149-150 (500 FR) will be swum as a timed final event with the top 8 seeded swimmers from the Grand track and the top 8 seeded swimmers from the Illumination track competing ONLY during Finals on Friday, Saturday, and Sunday evening. ○ Events #95-96, 195-196 (1650 FR) will be swum as a timed final event with the top 8 seeded swimmers from the Grand track and the top 8 seeded swimmers from the Illumination track competing ONLY during Finals on Friday, Saturday, and Sunday evening. ○ All other events will be swum as prelims and finals with the top 24 finishers in preliminaries from the Grand track and the top 24 finishers in preliminaries from the Illumination track competing at Finals • 15 & Over Age Group: ○ Events #15-16, 115-116 (400 IM), 49-50, 149-150 (500 FR) will be swum as a timed final event with the top 8 seeded swimmers from the Grand track and the top 8 seeded swimmers from the Illumination track competing ONLY during Finals on Friday, Saturday, and Sunday evening ○ Events #95-96, 195-196 (1650FR) will be swum as a timed final event with the top 8 seeded swimmers from the Grand track and the top 8 seeded swimmers from the Illumination track competing ONLY during Finals on Sunday. ○ All other events will be swum as prelims and finals with the top 24 swimmers in preliminaries from the Grand track and the top 24 finishers in preliminaries from the Illumination track competing at Finals • All relays will be timed finals. The top 8 relays for each age group will swim at finals. • After the entry deadline, breaks may be added during the sessions. Clubs will be notified about breaks when receiving their lane assignments and warm-up times as referenced under warm-up. • Events may be run in two courses. Teams will be notified by Wednesday, November 23, 2022.
WARM-UP:	• Morning sessions: Warm-ups not before 6:00 am; competition starts not before 7:00 am. • Subsequent Prelims Sessions each day: Warm-up and competition start times will be announced after entries have been received. Teams will be notified no later than Monday, November 28, 2022, with the warm-up and start times for the sessions. Warm-ups not before 10:00 am; competition not before 10:15 am. • Finals sessions (Friday & Saturday): Warm-ups not before 3:00 pm, competition starts not before 4:00 pm. Sunday: Warm-ups not before 2:00pm, competition starts not before 3:00pm.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES is 11:59 pm, Monday, November 21st, 2022. Email entries to: coachmorgan@757swim.com • 8 & Under swimmers may enter up to 4 individual events on Saturday. • 9 & Over swimmers may enter up to 3 individual events on Friday and 3 individual events on Saturday and Sunday. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines.

	• Deck entries will be accepted for athletes already in the meet to the extent that open lanes are available. No extra heats will be added.
FEES:	Individual Events: \$9.50 Relay Events: \$20.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) • Checks should be made payable to: 757swim • Mail payment to: 757swim 5720 Warhill Trail Williamsburg, VA 23188 • Payment must be received by Tuesday, November 29th, 2022. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
SEEDING:	• All events will be pre-seeded. • Events may be reseeded at the discretion of the meet referee due to unforeseen circumstances i.e. weather.
AWARDS:	• No awards will be given.
PENALTIES:	• A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as ○ 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 swimmer is unattached, the fine will be levied on the swimmer. • Any event in which an athlete participated illegally will be rescored and re-awarded.
RULES:	• The scratch procedures listed in the current USA Swimming Rules and Regulations, 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 both heats (final and consolation), of all events, excluding Events #13-14, 15-16, 31-32, 39-40, 47-48, 49-50, 79-80, 95-96 (timed final events). • The current USA Swimming Rules and Regulations 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. • 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. • 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. • 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 Virginia Swimming Best Practices, athletes should shower before entering the pool. • 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. • 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:	Meet Referee: Dan Demers Email: ddemers3@cox.net Phone: 757.434.3342 - 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 (host team officials chair) Jose Aponte, officialchair@757swim.com, no later than Tuesday, November 22, 2022. - Officials' meetings will be held one hour prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	- 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 757swim website no later than Monday, November 28, 2022, and will also be emailed to the contact person of each of the individual clubs. - These assignments will also be posted throughout the venue. - Swimmers will need to provide their own timers and counters for 500 Free and 1650 Free
GENERAL:	Programs: Meet Mobile will be available Swimmers/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Hampton Aquaplex rules (posted at the pool) will be removed from the meet and escorted from the facility. Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain in the stands at all times. Snack Bar: The Hampton Aquaplex will operate a Concessions Stand during the meet in south corner of the building Team Banners: Permission must be obtained from Aquaplex Management to hang/post team banners or signs. First Aid: There is a First Aid room on the pool deck and will be staffed by facility lifeguards. If assistance is needed anywhere off the pool deck, see a Meet Marshall or Facility Staff Member Lost and Found: The lost and found will be located next to the announcer's table. - Hospitality: 757swim will operate a Hospitality Room for all coaches and officials during the meet. Drinks and light snacks will be available between meals. - Only Coaches, officials and meet staff are allowed in the Hospitality Room
FACILITY RULES:	- Park only in designated (marked) parking spots. See overflow parking information below. - No glass containers of any kind are permitted in the facility. - No lawn/deck chairs will be permitted in Spectator Seating Area. - No spectators/parents will be allowed on deck unless working the meet. - No smoking is allowed on the campus. - All rules are posted pool side.
DIRECTIONS:	From the EAST, take exit 263B off of I-64 towards Rt. 258 North/Rt. 134 South onto Mercury Blvd. Make a right turn onto Coliseum Drive. From the WEST, take exit 263B off of I-64. When exiting stay to the right and take the flyover towards Rt. 258 North/Rt. 134 South - Coliseum onto Mercury Blvd. Make a right turn onto Coliseum Drive. Aquaplex Entrance: Make a left turn onto Pine Chapel Road. The Aquaplex entrance driveway will be on your left. Overflow Parking: Will be available within a short walking distance. More information on the specific location will be emailed to all participating teams.

Grand Invitational

Order of Events

Friday, December 2, 2022

Prelims Session 1: Warm-ups not before 6:00am,
Meet Starts not before 7:00am

Girls	Event	Boys
1	12 & Under 200 FR	2
3	13 & Over 200 FR	4
5	12 & Under 50 Backstroke	6
7	12 & Under 100 Breaststroke	8
9	13 & Over 100 Breaststroke	10
11	12 & Under 100 Fly	12
13	13 & Over 100 Fly	14
15	11-12 400 IM @	16
17	13 & Over 400 IM @	18
19	12 & Under 100 IM	20

@ Timed Final Event.

Finals Session 3: Warm-up's not before 3:00pm,
Meet Starts not before 4:00pm

Girls	Event	Boys
1	12 & Under 200 FR	2
3	13 & Over 200 FR	4
5	12 & Under BK	6
7	12 & Under 100 BR	8
9	13 & Over 100 BR	10
11	12 & Under 100 Fly	12
13	13 & Over 100 Fly	14
15	11-12 400 IM	16
17	13 & Over 400 IM	18
19	12 & Under 100 IM	20

Saturday, December 3rd, 2022

Prelims Session 5: Warm-ups not before 6:00am,
Meet Starts not before 7:00am

Girls	Event	Boys
33	11-12 200 Butterfly @	34
35	13 & Over 200 Butterfly	36
37	12 & Under 50 Free	38
39	13 & Over 50 Free	40
41	11-12 200 Breast @	42
43	13 & Over 200 Breast	44
45	12 & Under 100 Backstroke	46
47	13 & Over 100 Backstroke	48
49	12 & Under 500 Free@	50
51	13 & Over 500 Free @	52

@ Timed Final Event.

8 & U Session 7: Warm-ups not before 10:00am,
Meet Starts not before 10:30am

Girls	Event	Boys
59	8 & Under 25 Free @	60
61	8 & Under 100 Free @	62
63	8 & Under 25 Backstroke @	64
65	8 & Under 25 Breaststroke @	66
67	8 & Under 50 Free	68
69	8 & Under 25 Butterfly	70
71	8 & Under 50 Backstroke	72
73	8 & Under 100 IM	74

Finals Session 8: Warm-ups not before 3:00pm, Meet Starts not before 4:00pm

Girls	Event	Boys
33	11-12 200 Butterfly	34
35	13 & Over 200 Butterfly	36
37	12 & Under 50 Free	38
39	13 & Over 50 Free	40
41	11-12 200 Breast	42
43	13 & Over 200 Breast	44
45	12 & Under 100 Backstroke	46
47	13 & Over 100 Backstroke	48
49	12 & Under 500 Free	50
51	13 & Over 500 Free	52

Sunday, December 4th

Prelims Session 10: Warm-ups not before 6:00am,
Meet Starts not before 7:00am

Girls	Event	Boys
75	12 & Under 50 Breaststroke	76
77	12 & Under 100 Freestyle	78
79	13 & Over 100 Freestyle	80
81	11-12 200 Backstroke @	82
83	13 & Over 200 Backstroke	84
85	12 & Under 200 IM	86
87	13 & Over 200 IM	88
89	12 & Under 50 Butterfly	90

Finals Session 14: Warm-ups not before 2:00pm,
Meet Starts not before 3:00pm

Girls	Event	Boys
97	13 & Over 1650 Free	98
75	12 & Under 50 Breaststroke	76
77	12 & Under 100 Free	78
79	13 & Over 100 Free	80
81	11-12 200 Backstroke	82
83	13 & Over 200 Backstroke	84
85	12 & Under 200 IM	86
87	13 & Over 200 IM	88
89	12 & Under 50 Butterfly	90

Session 12: Warm-ups not before 10:00am,
Meet Starts not before 10:15am

Girls	Event	Boys
97	13 & Over 1650 @	98

ILLUMINATION Invitational

Order of Events

Friday, December 2, 2022

Prelims Session 2: Warm-ups not before 6:00am,
Meet Starts not before 7:00am

Girls	Event	Boys
101	12 & Under 200 FR	102
103	13 & Over 200 FR	104
105	12 & Under 50 Backstroke	106
107	12 & Under 100 Breaststroke	108
109	13 & Over 100 Breaststroke	110
111	12 & Under 100 Fly	112
113	13 & Over 100 Fly	114
115	11-12 400 IM @	116
117	13 & Over 400 IM @	118
119	11-12 100 IM	120
121	9-10 200 Medley Relay@	122
123	11-12 200 Medley Relay @	124
125	13 & Over 200 Medley Relay @	126

@ Timed Final Event.

Finals Session 4: Warm-up's not before 3:00pm,
Meet Starts not before 4:00pm

Girls	Event	Boys
101	12 & Under 200 FR	102
103	13 & Over 200 FR	104
105	12 & Under 50 Backstroke	106
107	12 & Under 100 BR	108
109	13 & Over 100 BR	110
111	12 & Under 100 Fly	112
113	13 & Over 100 Fly	114
115	11-12 400 IM	116
117	13 & Over 400 IM	118
119	11-12 100 IM	120
123	11-12 200 Medley Relay	124
125	13 & Over 200 Medley Relay	126

Saturday, December 3rd, 2022

Prelims Session 6: Warm-ups not before 6:00am,
Meet Starts not before 7:00am

Girls	Event	Boys
127	9-10 200 Free Relay @	128
129	11-12 200 Free Relay @	130
131	13 & Over 200 Free Relay @	132
133	11-12 200 Butterfly @	134
135	13 & Over 200 Butterfly	136
137	12 & Under 50 Free	138
139	13 & Over 50 Free	140
141	11-12 200 Breast @	142
143	13 & Over 200 Breast	144
145	12 & Under 100 Backstroke	146
147	13 & Over 100 Backstroke	148
149	12 & Under 500 Free@	150
151	13 & Over 500 Free @	152
153	9-10 400 Medley Relay @	154
155	11-12 400 Medley Relay @	156
157	13 & Over 400 Medley Relay@	158

@ Timed Final Event.

Finals Session 9: Warm-ups not before 3:00pm,
Meet Starts not before 4:00pm

Girls	Event	Boys
129	11-12 200 Medley Relay	130
131	13 & Over 200 Medley Relay	132
133	11-12 200 Butterfly	134
135	13 & Over 200 Butterfly	136
137	12 & Under 50 Free	138
139	13 & Over 50 Free	140
141	11-12 200 Breast	142
143	13 & Over 200 Breast	144
145	12 & Under 100 Backstroke	146
147	13 & Over 100 Backstroke	148
149	12 & Under 500 Free	150
151	13 & Over 500 Free	152
155	11-12 400 Medley Relay	156
157	13 & Over 400 Medley Relay	158

Sunday, December 4th

PrelimsSession 11: Warm-ups not before 6:00am,
Meet Starts not before 7:00am

Girls	Event	Boys
175	12 & Under 50 Breaststroke	176
177	12 & Under 100 Freestyle	178
179	13 & Over 100 Freestyle	180
181	11-12 200 Backstroke @	182
183	13 & Over 200 Backstroke	184
185	12 & Under 200 IM	186
187	13 & Over 200 IM	188
189	12 & Under 50 Butterfly	190
191	9-10 400 Freestyle Relay @	192
193	11-12 400 Freestyle Relay @	194
195	13 & Over 400 Freestyle Relay @	196

Finals Session 15: Warm-ups not before 2:00pm,
Meet Starts not before 3:00pm

Girls	Event	Boys
197	13 & Over 1650 Free	198
175	12 & Under 50 Breaststroke	176
177	12 & Under 100 Free	178
179	13 & Over 100 Free	180
181	11-12 200 Backstroke	182
183	13 & Over 200 Backstroke	184
185	12 & Under 200 IM	186
187	13 & Over 200 IM	188
189	12 & Under 50 Butterfly	190

Session 13: Warm-ups not before 10:00am,
Meet Starts not before 10:15am

Girls	Event	Boys
197	13 & Over 1650 @	198