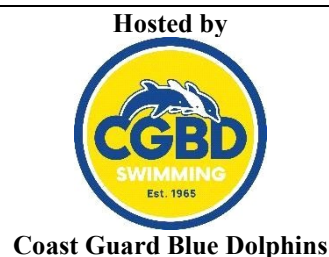




**CGBD 8 & UNDER TOP BANANA
AND DISTANCE MEET**
October 15, 2022
SANCTION NO. VS-23-14



We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Brittingham-Midtown Aquatic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-14 • USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphin Swim Team and Brittingham-Midtown 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. • USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphins Swim Team and Brittingham-Midtown Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Center for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.
LOCATION:	Brittingham-Midtown Aquatic Center, 570 McLawhorne Drive, Newport News, Va, 23601. Phone: (757) 591-4573
FACILITY:	• 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. • Configured for 8-lane 25 yard 6-14 feet in depth for the competition portion of the pool swimming from the deep end of the pool into a bulkhead • 9 continuous warm-up / cool down lanes (4-6 feet in depth) in the non competition portion of the pool. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). • 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:	Name: Dave Henderson Email: coachdaveh@cgbdswwim.org Phone: (757) 897-6127	Name: Sarah Browning Email: coachsarahb@cgbdswwim.org Phone: (804) 316-6228
ELIGIBILITY:	• 8 & Under Meet: Open to all athletes eight (8) years old and younger registered by the first day of the meet. • Distance Meet: Open to all athletes nine (9) years old and older registered by the first day of the meet. • No on deck Virginia Swimming athlete registration will be permitted. • Age on October 15, 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 swimmers will compete in one session. • All events will be time finals. • 8 & Under Meet: 4-minute breaks after each set of events; 10-minute break before the relays.	
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 5, 2022 • Entries must be submitted in Short Course times using Commlink-2 software. • Teams submit entries via email. • Coaches Times (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. • 8 & Under Meet: Swimmers may enter up to a maximum of 4 individual events and 1 relay. • 8 & Under Meet: Relay teams must be designed A, B, C, etc., if more than one relay is entered per event. • Distance Meet: Swimmers may enter a maximum of one (1) individual event. • Email entries to: Dave Henderson (coachdaveh@cgbdswwim.org)	
FEES:	Individual Events – 8 & Under Meet: \$5.00. Individual Events – Distance Meet: \$15.00 Relay Entries: \$14.00 Swimmer Fee: \$2.50 per person • Checks should be made payable to: CGBD • Mail payment to: CGBD Team Office 607 Lotz Drive Yorktown, Va. 23692 • Payment must be received by Friday, October 14, 2022 for all entries. Failure to pay entry fees by this deadline may result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure the signature is NOT required for delivery.	
WARM-UP:	• 8 & Under Meet: Warm-ups from 9:30 am to 10:10 am. Meet Starts at 10:25 am • Distance Meet: Warm-ups for 9 to 12-Year-Olds Not Earlier than 12:30 pm to 12:55 pm. Meet Starts Not Earlier 1:05 pm • Distance Meet: Warm-ups for 13 & Older Not Earlier than 1:45 pm to 2:20 pm. Meet Starts Not Earlier 2:30 pm • Session start times, warm-up times and lane assignments will be posted on the CGBD web site no later than Monday, October 10, 2022 and will also be emailed to the contact person of the participating clubs. • If any session runs late, warm-up for the next session may be delayed 30 to 45 minutes to allow BMAC to clean between sessions.	
SEEDING:	• All swimmers will compete in one session. • All events will be pre-seeded and swum as time finals. • 8 & Under Meet: 4-minute breaks after each set of events; 10-minute break before the relays.	

AWARDS:	• 8 & Under Meet: Candy will be awarded to the top 8 swimmers in each event (6 & Under, 7 Year-Olds, 8 Year-Olds) and the top 3 relays. • Distance Meet: 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 re-scored and re-awarded.
COVID RULES:	• Mask use is optional inside the Brittingham-Midtown Community/Aquatic Center:
RULES:	• 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. • The Brittingham-Midtown Aquatic Center REQUIRES that showers are taken before entering the pool. Showers are available on the pool deck and in the locker rooms. • 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:	Meet Referees: Tommy Lovell Email: scoutmastertommy@gmail.com Phone: (757) 532-4378 • Officials will be needed for all positions and all sessions for this meet. • Training for Officials will be offered in accordance with Training Guidelines and Initial Certification Virginia Swimming Officials Handbook. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Carin Barber via email at barber.carin@gmail.com no later than Wednesday, October 12, 2022 • Officials meetings will be held in the Officials/Coaches hospitality room one 45 minutes prior to the start of the meet
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• 8 & Under Meet: • Two (2) timers will be required for each lane for the meet. • Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session.

	- The number of timers required by each club and their lane assignments will be posted to the CGBD website www.cgbdswimming.org no later than Tuesday, October 11, 2022 and will also be emailed to the contact person of each team entered. - The timers will meet 20 minutes prior to the start of the meet behind the diving boards at the start end of the pool. Distance Meet: Swimmers must supply at least one timer for their lane. Two timers if possible. Swimmers competing in the 500 Free and 1000 Free must supply a person to count their laps.
GENERAL:	Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Community/Aquatic Center rules (posted at the pool) will be disqualified from the meet and/or escorted from the facility. 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. Deck Access: Access to the pool deck strictly controlled. - No swimmers or spectators will be allowed on the pool deck until two Marshals and the Announcer is in place. - Everyone must stay behind the ropes on each side of the pool - Seating for all swimmers and coaches will be on the long bleacher side of the pool. Seating for spectators and swimmers will be on the short bleacher side of the pool. THE GYM WILL NOT BE AVAILABLE FOR SEATING. - SWIM BAGS will be allowed on the pool deck. - The City of Newport News prohibits coolers and chairs on the pool deck. - The City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes or sandals. Team Banners: Team Banners cannot be hung from a water return pipe that runs over the bleacher seating area. Heat Sheets: Heat Sheets will be made available to everyone on the Meet Mobile app and will be posted on the CGBD website in a pdf format that can be viewed or printed. Results: The meet results will be available on Meet Mobile, posted to the CGBD website and will be posted to the Virginia Swimming website after the conclusion of the meet. Snack Bar: There will NOT be a concession at this meet. Swim Supplies: There will NOT be an apparel vendor at this meet. First Aid: There is a First Aid room on the pool deck and will be staffed by facility lifeguards. If assistance is needed anywhere other than the pool deck, see a Meet Marshall or Facility Staff Member. Lost and Found: There will be a lost and found next to the announcer's table. Hospitality: Bottled water will be available for coaches, officials and volunteers on the pool deck in coolers near the Administration table. Officials and coaches will be served lunch at the end of the 8 & Under meet and before the 9 to 12-year-old Distance session starts. The room the lunch will be served will be announced at the meet.
FACILITY RULES:	- Park only in designated (marked) parking spots. Parents must park in the main lots. The Staff parking lot on the pool side of the building is off limits. Overflow parking is available at Hines Middle School (next door) - Parents are responsible for the conduct of their children. - 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. - No coolers in the pool area. - No personal chairs on the pool deck. - No shaving anywhere in the venue. - No running or horseplay in the facility. - Shoes/sandals must be worn by all in/around the recreation center, except for the pool area. - The Aquatic Center will be closed during electrical storms. NO SMOKING in the Aquatic Center (pool area) or the rest of the building.
DIRECTIONS:	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 McLawhorne Drive. Turn right at the light. Pool is on the left.

CGBD 8 & Under Top Banana Meet

October 15, 2022

Order of Events

Warm-up: 9:30 - 10:10 am; Start: 10:25 am

<u>GIRLS</u>	<u>EVENTS</u>	<u>BOYS</u>
1	8 & Under 50 Backstroke	2
	4 minute break	
3	6 & Under 25 Freestyle	4
5	7 - 8 25 Freestyle	6
	4 minute break	
7	7 & Under 25 Butterfly	8
9	8 Year Old 25 Butterfly	10
	4 minute break	
11	6 & Under 25 Backstroke	12
13	7 - 8 25 Backstroke	14
	4 minute break	
15	7 & Under 25 Breaststroke	16
17	8 Year Old 25 Breaststroke	18
	4 minute break	
19	8 & Under 50 Freestyle	20
	10 minute break	
21	100 Free Relay	22

9 & Older Distance Meet

Order of Events

9 – 12-Year-Old Distance Events

Warm-up: 12:30 - 12:55 pm; Start: 1:05 pm

Times are Not Earlier Than

23	200 Freestyle	24
25	500 Freestyle	26

13 & Older Distance Events

Warm-up: 1:45 - 2:20 pm; Start: 2:30 pm

Times are Not Earlier Than

27	400 Individual Medley (IM)	28
29	1000 Freestyle	30

