

	CGBD PILGRIM'S TREAT 8 & UNDER/DEVELOPMENTAL and DISTANCE MEET November 19, 2022 APPROVED NO. VS-23-02A		Hosted by  Coast Guard Blue Dolphins
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: VS-23-02A - USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphin Swim Team and Hampton Virginia 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 will be certified before the meet date in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).		
MEET DIRECTOR:	Name: Sarah Browning Email: coachsarahb@cgbdswim.org Phone: (804) 316-6228	Name: Chris Rowe Email: coachchrisr@cgbdswim.org Phone: (843) 530-5661	
ELIGIBILITY:	- Open to swimmers registered with an area recreation team or Virginia Swimming registered athletes registered prior to the first day of the meet. Teams participating include: CGBD, CVAC, Riverside Cruisers and TIDE. - Additional teams may be included after consultation with the meet director. - No on deck Virginia Swimming athlete registration will be permitted. 8 & Under and Developmental Meet: 8 & Unders of any speed may enter any 10 & Under event. 8 & Unders must have at least a 10 & Under "B" time to enter any Open event. 9 to 18-year-old swimmers are eligible to enter events in which they have times that are slower than a "BB" time in their age group listed on the USA Swimming Motivational Time Standards. See "Time Standards" on CGBD website. www.cgbdswimming.org. Distance Meet: - Open to all 7 & Older swimmers. 13 & Older swimmers must have at least a "B" time in the 500 Free to enter the 1650 Freestyle. 2021 – 2024 NAG Time Standards are in effect. - Age on November 19, 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 sessions are timed finals. - The 8 & Under and Developmental Meet will be run in the South Course. - The Distance meet will be run in the North Course.		
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, NOVEMBER 8, 2022		

	• Entries must be submitted in Short Course Yard times using Commlink-2 software. Non-USA Swimming teams may submit entries on the entry sheets included with this meet announcement. • Teams submit entries via email. • A printout of entries must be included with the name, email address, and phone number of the person to contact in case of questions must accompany, regardless of how they are submitted. 8 & Under and Developmental Meet: • Swimmers may enter a maximum of four (4) individual events and one (1) relay for the meet. • Mixed relays must have at least one female and one male. • Relays teams must be designated A, B, C, etc., if more than one per club is entered per event. • Both "No Time" and Coaches Times will be accepted for events in which a swimmer does not have a time of record. CT entry times for 9 to 19-year-olds must be slower than an "BB" time. Distance Meet: • Swimmers may enter a maximum of one (1) individual event for this meet. • Both "No Time" and Coaches Times will be accepted for events in which a swimmer does not have a time of record. CT entry times must be slower than an "A" time. 8 & Under/Developmental/Distance Meets: • Entries will be accepted in the order received and accepted to the greatest extent possible without exceeding the 4-hour timeline limit. • Deck entries will be accepted in the order received for swimmers already 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 on the provided forms. • The Meet Director reserves the right to combine heats and events, if necessary, to prevent too lengthy a session. This may include combining heats and events; which may require reseeding. • Email entries to: Sarah Browning (coachsarahb@cgbdswwim.org)
FEES:	Entry Fee: (8 & Under and Developmental Meets) \$5.00 per event Entry Fee: (Distance Meet) \$15.00 per event • Checks should be made payable to: CGBD • Mail payment to: CGBD Team Office 607 Lotz Drive Yorktown, Va. 23692 • Payment must be received by Tuesday, November 15, 2022 for all entries. Teams with unpaid entry fees for entries received on or before the payment deadline could be removed 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 and Developmental Meet: • Warm-ups Start: 8:30 am. Meet starts at 9:25 am Distance Meet: • 7 to 12-Year-Old Session Warm-up: 8:00 am. Meet starts: 8:35 am • 13 & Older Session Warm-up: Not Earlier Than 9:15 am. Meet starts: Not Earlier Than 10:00 am • 2 or 3 lanes will be available in the instructional pool for warmUp and warm down. • Session start times, warm-up times and lane assignments will be posted on the CGBD web site no later than Monday, November 14, 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 will begin immediately after the present session ends.
SEEDING:	• All events will be pre-seeded, except 500 Free and 1650 Free. • The following are check-in deadlines for the events requiring a positive check-in: • #41 & 42 (7 to 12-Year-Old 500 Free) by 8:15 am on Saturday • #43 & 44 (13 & Older 1650 Free) by 15 minutes after the start of warm-up. . • Swimmers failing to positively check-in will not be seeded. • The 1650 Free will be swum slowest to fastest.
AWARDS:	8 & Under & Developmental Meet:

	- Ribbons will be awarded for first through eight place in the individual events and first through third in the relay events. - Heat Winner awards will be given for all ages. Distance Meet: - No awards will be given at this meet.
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.
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. - In accordance with VSI best practices, all swimmers should shower 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 Referee: Freddie Persinger Email: freddie4x2@gmail.com Phone: (757) 897-0787 - 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 Tuesday, November 15, 2022 - Officials meetings will be held in the Officials briefing room, 30-45 minutes prior to the start of the first session in each course. A meeting may or may not be held before the 1650 Free events.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	8 & Under and Distance Meet: Two (2) timers will be required for each lane used during the meet

	- Clubs may be required to provide timers in proportion to the number of swimmers they have entered in the meet. - The number of timers required per club and their lane assignments will be posted on the CGBD web site no later than Monday, November 14, 2022, and will also be emailed to the contact person for each of the individual clubs. - The timers will meet 20 minutes prior to the start of each session in the behind the starting blocks near the announcer's table. Distance Meet: - Swimmers must supply at least one timer for their lane. - Swimmers must supply a person to be their lap counter for the 500 Free and 1650 Free events.
GENERAL:	Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquaplex rules (posted at the pool) may be disqualified from the meet and required to leave 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 will be strictly controlled. - Only coaches, officials, swimmers and meet volunteers will be allowed on the pool deck. - Seating for spectators is available in the 1500 seat above deck seating area. - No seating will be allowed behind the blocks for each course. - Everyone must stay behind the ropes on each side of the pool. - The Hampton Virginia Aquaplex does NOT allow coolers and personal chairs in the facility. 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: The Hampton Aquaplex will operate a Concessions Stand during the meet in south corner of the building. Swim Supplies: There will Not be a swim shop operating during the 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 off of 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: CGBD will operate a Hospitality Room for all coaches and officials during the meet. A box lunch, drinks and light snacks will be served. - Only Coaches, officials and meet staff are allowed in the Hospitality Room.
FACILITY RULES:	- Park only in designated (marked) parking spots. Overflow parking will be available at location to be determined. Signage will be provided. - 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 facility. - No shaving anywhere in the venue. - No running or horseplay in the facility. - NO SMOKING in the anywhere inside the Aquaplex.
DIRECTIONS:	From the EAST, take exit 263B off of I-64 onto Mercury Blvd. Make a right turn onto Coliseum Drive. From the WEST, take exit 263B off of I-64. When exiting go to the right and take the flyover 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: Overflow parking will be available at location to be determined. Signage will be provided.
--

CGBD Pilgrim's Treat 8 & Under and Developmental Meet
November 19, 2022
Order of Events

Warm-Up: 8:30 am; Meet Starts Not Before 9:25 am

Mixed	Relay Events	
1	Open 200 Freestyle Relay	
2	14 & Under 100 Free Relay	
3	12 & Under 100 Free Relay	
4	10 & Under 100 Free Relay	
Girls	Individual Events	Boys
5	Mixed Open 200 Individual Medley (IM)	
6	11 – 14 100 Individual Medley (IM)	7
8	10 & Under 100 Individual Medley (IM)	9
10	Mixed Open 50 Freestyle	
11	11 – 14 50 Freestyle	12
13	10 & Under 50 Freestyle	14
15	10 & Under 25 Freestyle	16
17	Mixed Open 100 Breaststroke	
18	11 – 14 50 Breaststroke	19
20	10 & Under 50 Breaststroke	21
22	10 & Under 25 Breaststroke	23
24	Mixed Open 100 Backstroke	
25	11 – 14 50 Backstroke	26
27	10 & Under 50 Backstroke	28
29	10 & Under 25 Backstroke	30
31	Mixed Open 100 Butterfly	
32	11 – 14 50 Butterfly	33
34	10 & Under 50 Butterfly	35
36	10 & Under 25 Butterfly	37
38	Mixed Open 100 Freestyle	

CGBD Distance Meet
Order of Events

7 to 12-Year-Olds Distance Events
Warm-up: 8:00 am; Meets Starts at 8:35 am

39	200 Individual Medley (IM)	40
41	500 Freestyle	42

13 & Older Distance Events
Warm-Up: Not Earlier Than 9:15 am; Meet Starts: Not Earlier Than 10:00 am

43	1650 Freestyle	44
-----------	-----------------------	-----------