



**2022 Williamsburg Aquatic Club
Start-up Classic
A/BB/B/C
October 15-16, 2022
SANCTION NO. VS-23-24**



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 SwimRVA – Collegiate School Aquatics 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-23-24 • USA Swimming, Inc., Virginia Swimming, Inc., WAC, and Greater Richmond Aquatics Partnership, DBA SwimRVA 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. • 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 of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., Virginia Swimming, Inc., and Greater Richmond Aquatics Partnership, DBA SwimRVA and Williamsburg Aquatic Club 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. • 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:	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, Va. 23234, Phone: (804) 271-8271
FACILITY:	• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom, and wireless internet. • The 50-Meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead. • This meet will be swum in the 25 yard course. • Warm-up & Warm-down lanes will be available on the other side of the bulkhead. • Non-Turbulent Lane Makers will be used in both Pools. • Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • There is Spectator Seating for 700 plus. • The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). • In participation in this Meet, I and my minor athlete, hereby acknowledge and agree that participation in SwimRVA and Williamsburg Aquatic Club programs or activities comes with

	inherent risks. I have full knowledge and understanding of the inherent risks associated with SwimRVA and Williamsburg Aquatic Club participation, including but in no way limited to: 1) slips, trips, and falls, 2) Aquatic injuries, and 3) illness including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with SwimRVA program participation and that said list in no way limits the operation of the agreement.
MEET DIRECTOR:	Name: Harold Baker Email: coachharold2@cox.net Phone: 757-229-8662
ELIGIBILITY:	• Open to all athletes registered with Virginia Swimming before the first day of the meet. • No on-deck USA Swimming athlete registration will be permitted. • 2021-2024 NAG time standards are in effect. • 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:	• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality. • Events will be swum with the 12 & unders in the morning and the 13 & overs in the afternoon. • Entries will be limited to 4 Hour Rule per Session. • All events will be timed finals • All events will be pre-seeded. • The Meet Director reserves the right to use the 2 Pool format if need be in to get all the swimmers into the meet. If 2 Pools are to be used, the Teams will be notified by Monday October 10th.
WARM-UP	• Morning Sessions: Warm-ups will start no earlier than 7:30 A.M. There will be two 25 minute warm-ups followed by an 8:30 A.M. Start time. • Afternoon Sessions: Warm-ups will start no earlier than 12:30 P.M. There will be two 25 minute warm-ups followed by a 1:30 P.M. Start time. Distance Sessions will start 15 After the conclusion of the Afternoon Sessions. • If the morning session runs late, the afternoon Warm-up will start 5 minutes after the conclusion of the morning session. • Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than Tuesday, October 11, 2022, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday October 4th. • Entries must be submitted in Short Course Yard times using Commlink-2 software. • Teams submit entries via email. • A 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) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. <u>CT 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. • Swimmers may enter a maximum of 4 individual events per day. • Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. • Email entries to: Harold Baker at coachharold2@cox.net.
FEES:	Individual events: \$7.50/per Swim Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Relay Fees: \$13.00/Relay

	• 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, October 12, 2022 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:	• Individual events: Ribbons will be awarded for 1st to 8th place. ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. ○ 8 & under events will be given separate awards for the 7-8 and the 6 & Under age groups. • Relay events: Ribbons will be awarded for first through 1st to 8th Place.
LAYOUT AND SEATING IN THE SWIMRVA FACILITY	• Swimmers will report directly to the Blocks • The seating in the stands will be available to both the Parents and the Swimmers • Only Swimmers, Coaches and Officials will be allowed on the Deck
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 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 not permitted. • 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. • 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.
VIDEO SERVICE	SwimRVA will be using our state-of-the-art video streaming system for this contest. Athlete's name, team and time will be displayed in an overlay of their lane, just like in the Olympics! Spectators will

	be able to go back and watch races over and over again. Visit our streaming site https://swimrva.vhx.tv/ for product information
OFFICIALS:	Meet Referee: Will Murphy Email: wlmurphy@aol.com Phone: 804-301-8529 • 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 the WAC officials chair Mike Burrows at Email: mburrows6@gmail.com or at (757)645-7640 no later than Sunday October 9 2022.. • The Officials meetings for Saturday & Sunday will start at 7:30 A.M. for the A.M. Sessions & 12:30 P.M. for the P.M. Sessions.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• There will be two timers assigned per lane. Timer shifts will be assigned based on entries and the length of each session. Timer briefing will take place 30 minutes prior to the start of the meet. • Swimmers must provide their own Timers and Lap Counters for events during the Distance Sessions.
GENERAL:	• The Swim and Tri Shop will be available in the Lobby • Hospitality will be in the Officials Room. • There will be a Concession Room available.
FACILITY RULES:	• No glass containers of any kind are permitted in the Facility. • Lawn/Deck Chairs are not permitted in the grandstand. • No spectators/parents will be allowed on the deck unless working the meet. • No smoking is allowed anywhere on the Aquatic Center campus.
DIRECTIONS:	Go to www.swimwac.com – Click on Meets & Events. Click onto Meet Venues for directions

**2022 WAC START-UP CLASSIC
ORDER OF EVENTS**

Saturday, October 15, 2022

Morning Session		
Warm-up: 7:30 A.M.; Start: 8:30 A.M.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 & under 25 Fly	2
3	11 & 12 200 Back	4
5	10 & under 50 Back	6
7	11 & 12 50 Back	8
9	10 & under 100 Fly	10
11	11 & 12 100 Fly	12
13	11 & 12 400 I.M.	14
15	10 & under 100 Breast	16
17	11 & 12 100 Breast	18
19	10 & under 100 I.M.	20
21	11 & 12 100 I.M.	22
23	10 & under 50 Free	24
25	11 & 12 50 Free	26
27	11 & 12 200 Fly	28
29	8 & under 25 Back	30
31	12 & under 500 Free	32
33	10 & under 200 Med. Relay	34
35	11 & 12 200 Med. Relay	36

Afternoon Session		
Warm-up: 12:30 P.M.; Start: 1:30 P.M.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	13 & over 100 Back	38
39	13 & over 200 Breast	40
41	13 & over 50 Free	42
43	13 & over 400 I.M.	44
45	13 & over 200 Fly	46
47	13 & over 200 Free	48
49	13 & over 200 Med. Relay	50

<u>Saturday Distance Session</u>		
51	13 & over 1650 Free	52

Sunday, October 16, 2022

Morning Session		
Warm-up: 7:30 A.M.; Start: 8:30 A.M.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	8 & under 25 Free	54
55	11 & 12 50 Breast	56
57	10 & under 50 Breast	58
59	11 & 12 200 Breast	60
61	10 & under 100 Free	62
63	11 & 12 100 Free	64
65	10 & under 50 Fly	66
67	11 & 12 50 Fly	68
69	10 & under 200 Free	70
71	11 & 12 200 Free	72
73	10 & under 100 Back	74
75	11 & 12 100 Back	76
77	10 & under 200 I.M.	78
79	11 & 12 200 I.M.	80
81	8 & under 25 Breast	82
83	10 & under 200 Free Relay	84
85	11 & 12 200 Free Relay	86

Afternoon Session		
Warm-up: 12:30 P.M.; Start: 1:30 P.M.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
87	13 & over 100 Breast	88
89	13 & over 200 Back	90
91	13 & over 100 Fly	92
93	13 & over 500 Free.	94
95	13 & over 100 Free	96
97	13 & over 200 I.M.	98
99	13 & over 200 Free Relay	100

<u>Sunday Distance Session</u>		
101	13 & over 1000 Free	102