



**Grand Illumination Invitational
December 1-3, 2023
SANCTION NO. VS-24-40**



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-40• USA Swimming, Inc., Virginia Swimming, Inc., and 757 Swimming 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.• In applying for this sanction, the Host, 757swim agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and James City County.
LOCATION:	757swim Aquatic Center 5720 Warhill Trail, Williamsburg, VA 23188
FACILITY:	<ul style="list-style-type: none">• The ten lane 25-meter by 25-yard indoor competition pool offers one 25-yard competition pool with a depth of six feet 7 inches. Also, offers a 20 x 40 feet small therapy pool.• Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.• Up to 10 lanes will be used for competition.• Non-Turbulent Lane Markers• Spectrum Starting Blocks, Colorado Timing System• The 757swim provides 1 indoor pool and wireless internet.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).• 757swim has an AED on site, lifeguards that will be staffed during the meet, and access to medical supplies should they be needed.• 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: Erin Roehrle Email: meetdirector@757swim.com Phone: 757.377.1532
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all athletes on 757swim, QUEST, PSDN, CGBD, NOVA, ODAC, TIDE, ECAT & 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 1, 2023 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 also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none">• All Friday events are Timed Finals.• All 8 & Under events will swim in the Afternoon sessions Saturday and Sunday as Timed Finals.• All 10 & Under Preliminary events will swim in the Afternoon sessions Saturday and Sunday.• All 11-12 Preliminary events will swim in the Afternoon session Saturday and Sunday with the exception of (#25, 26) 400 IM, (# 55, 56) 200 Fly, (#63, 64) 200 Breast, (#109, 110) 200 Back which will be swum as Timed Finals with the top 7 swimmers competing in Finals.• All 13 & Over Preliminary events will swim in the Morning session Saturday and Sunday.• 10 & Under Age Group: The top 7 finishers in preliminaries will return to compete in Finals Saturday and Sunday.• 11-12 Age Group:<ul style="list-style-type: none">○ The top 7 swimmers seeded in the Preliminary session will compete ONLY during Finals on Saturday and Sunday evening for events (#25, 26) 400 IM, (# 55, 56) 200 Fly, (#63, 64) 200 Breast, (#109, 110) 200 Back.○ For all other events, the top 14 finishers in preliminaries will return to compete in Finals on Saturday and Sunday evening.

	<ul style="list-style-type: none"> • 13-14 Age Group: All swimmers will compete in the preliminaries and the top 14 finishers in preliminaries will return to compete in Finals on Saturday and Sunday evening. • 15 & Over Age Group: All swimmers will compete in preliminaries and the top 14 finishers in preliminaries will return to compete in Finals Saturday and Sunday evening. • All relays will swim in the Preliminary session each day. • The Meet Director reserves the right to seed the preliminary sessions with up to 10 lanes for competition should it become necessary. Teams will be notified by Tuesday, November 28, 2023 • After the entry deadline, breaks may be added during the sessions and clubs will be notified when receiving their lane assignments and warm-up times as referenced under warm-up.
WARM-UP:	<ul style="list-style-type: none"> • Friday Distance Session: 13&O warm-ups not before 11:00am; competition not before 12:00pm. • Friday 12 & Under distance warm-ups not before 2:00pm; competition not before 3:00pm. • Morning sessions: Warm-ups not before 6:30am; competition starts not before 7:30am. • Afternoon sessions: Warm-ups not before 10:30am; competition starts not before 11:00am. • Saturday and Sunday finals: Warm-ups not before 4:00pm; competition not before 5:00pm. • Friday Distance Session and all Final warm-ups will be General followed by a specific period. • Warm-up and meet start times may be later based on the timeline of the meet after receiving all entries. Changes will be communicated to teams/coaches by Tuesday, November 28, 2023. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. • Lane assignment and warm-up times for individual clubs will be posted on the 757swim website (757swim.com) no later than Monday, November 27, 2023 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59PM, Tuesday, November 21, 2023.</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software. • Teams may 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) 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. • 13 & Over Swimmers may enter up to 2 individual events on Friday and 3 individual events and 1 relay each day on Saturday and Sunday. • 12 & Under Swimmers may enter up to 2 individual events on Friday and 3 individual events and 1 relay each day on Saturday and Sunday. • Teams may enter a maximum of two (2) relay teams per event. Relay teams must be designated A, B, etc. if more than one per club is entered per event. • 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.. • Additional entries will be allowed to the extent there is space in the meet for athletes already entered and in open lanes only. • Email entries to: Cassandra Lamerdin, calamerdin@gmail.com
FEES:	<p>Individual Events: \$11.00 Relay Events: \$20.00 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: 757swim • Mail payment to: 757swim 5720 Warhill Trail Williamsburg, VA 23188 • Payment must be received by Tuesday, November 28, 2023. 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. as this will delay the acceptance of your entries.
AWARDS:	<ul style="list-style-type: none"> • No awards will be given.

SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded except for Friday events (#1 & 2 – 400 IM, 3 & 4 – 13 & O 500 Free, 5 & 6 – 200 IM, 7, & 8 – 12 & U 500 Free) which will be deck seeded. A positive check-in is required to swim in events (#1 & 2 – 13 & O 400 IM, 3 & 4 – 13 & O 500 Free, 5 & 6 – 12 & U 200 IM, 7, & 8 – 12 & U 500 Free) Positive check-in will close 30 minutes prior to the start of the session. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Event #1, 2, 3, 4 will be swum fastest to slowest AND alternating heats of girls and boys. Event #5, 6, 7, & 8 will be swum fastest to slowest.
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 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:	<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 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) any time 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. 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. 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. The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E 1-3 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 timed final events.
OFFICIALS:	<p>Meet Referee: Jonathan Fauth Email: jefauth@gmail.com Phone: 804.316.8318</p> <ul style="list-style-type: none"> 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 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 28, 2023 Officials meetings will be held one hour prior to the start of each session.
SAFETY:	<p>Meet Safety Officer: Shannon Hartig Email: president@757swim.org</p>

	757-871-6578 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 757swim website (757swim.com) no later than Monday, November 27, 2023 and will also be emailed to the contact person of each of the individual clubs. • Swimmers competing in the 400 IM and 500 Free are responsible for providing their own timers and counters (500 Free).
GENERAL:	<ul style="list-style-type: none"> • Locker rooms will be available for changing. • 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 757swim Aquatic Center rules (posted at the pool) will be disqualified from the meet and escorted from the facility • Team Banners: Banners cannot be hung from any pipes that run over the team seating area. • First Aid: A staffed First Aid Station is located at the Front Desk near the entrance to locker rooms. • Lost and Found: Lost and Found will be located in the Front Lobby and next to the Announcer's Table. • By signing up for the meet you are agreeing for your swimmer to be live-streamed.
FACILITY RULES:	<ul style="list-style-type: none"> • Parking will be in the main lot out front of the Williamsburg Indoor Sports Complex. Parents and swimmers MUST walk around outside either side of the WISC to the separate 757swim Aquatic Center located behind Williamsburg Indoor Sports Complex. • No glass containers of any kind are permitted in the facility. • No lawn/deck chairs will be permitted in Spectator Seating Area. • No smoking is allowed on the campus.
DIRECTIONS:	Go to www.757swim.com for directions
HOTELS:	Go to www.757swim.com under Meet/Events for hotel information.

Grand Illumination Invitational

Order of Events

Friday, December 1, 2023

13 & Over Distance Session

Warm-up: not before 11:00am; Start not before 12:00pm

Girls	Event	Boys
1	13 & Over 400 IM	2
3	13 & Over 500 FR	4

Friday, December 1st, 2023

12 & Under Distance Session

Warm-up: not before 2:00pm; Start not before 3:00pm

Girls	Event	Boys
5	12 & Under 200 IM	6
7	12 & Year Old 500 FR	8

Saturday, December 2, 2023
 13 & Over Session
 Warm-up: not before 6:30am; Start not before 7:30am

Girls	Event	Boys
9	15 & Over 200 Free	10
11	13-14 200 Free	12
17	15 & Over 100 Fly	18
19	13-14 100 Fly	20
27	15 & Over 200 Breast	28
29	13-14 200 Breast	30
37	15 & Over 200 Back	38
39	13-14 200 Back	40
47	15 & Over 100 Free	48
49	13-14 100 Free	50
57	13 & Over 200 Medley Relay	58

Saturday, December 2, 2023
 12 & Under Session
 Warm-up: not before 10:30am; Start not before 11:00am

Girls	Event	Boys
13	11-12 200 Free	14
15	10 & Under 200 Free	16
21	11-12 50 Fly	22
23	10 & Under 50 Fly	24
25	11-12 400 IM **	26
31	11-12 100 Breast	32
33	10 & Under 100 Breast	34
35	8 & Under 25 Breast	36
41	11-12 100 Back	42
43	10 & Under 100 Back	44
45	8 & Under 25 Back	46
51	11-12 50 Free	52
53	10 & Under 50 Free	54
55	11-12 200 Fly **	56
59	10 & Under 200 Medley Relay	60
61	11-12 200 Medley Relay	62

** Timed Final Event. Top 7 Swimmers swim in Finals.

Saturday, December 2, 2023
Finals Session
Warm-up: not before 4:00pm; Start not before 5:00pm

Girls	Event	Boys
9	15 & Over 200 Free	10
11	13-14 200 Free	12
13	11-12 200 Free	14
15	10 & Under 200 Free	16
17	15 & Over 100 Fly	18
19	13-14 100 Fly	20
21	11-12 50 Fly	22
23	10 & Under 50 Fly	24
25	11-12 400 IM	26
27	15 & Over 200 Breast	28
29	13-14 200 Breast	30
31	11-12 100 Breast	32
33	10 & Under 100 Breast	34
37	15 & Over 200 Back	38
39	13-14 200 Back	40
41	11-12 100 Back	42
43	10 & Under 100 Back	44
47	15 & Over 100 Free	48
49	13-14 100 Free	50
51	11-12 50 Free	52
53	10 & Under 50 Free	54
55	11-12 200 Fly	56

Sunday, December 3, 2023
 13 & Over Morning Session
 Warm-up not before 6:30am; Start not before 7:30am

Girls	Event	Boys
65	15 & Over 200 IM	66
67	13-14 200 IM	68
73	15 & Over 100 Back	74
75	13-14 100 Back	77
81	15 & Over 200 Fly	82
83	13-14 200 Fly	84
91	15 & Over 100 Breast	92
93	13-14 100 Breast	94
99	15 & Over 50 Free	100
101	13-14 50 Free	102
111	13 & Over 200 Free Relay	112

Sunday, December 3, 2023
 12 & Under Afternoon Session
 Warm-up: not before 10:30am; Start not before 11:00am

Girls	Event	Boys
63	11-12 200 Breast **	64
69	11-12 100 IM	70
71	10 & Under 100 IM	72
77	11-12 50 Back	78
79	10 & Under 50 Back	80
85	11-12 100 Fly	86
87	10 & Under 100 Fly	88
89	8 & Under 25 Fly	90
95	11-12 50 Breast	96
97	10 & Under 50 Breast	98
103	11-12 100 Free	104
105	10 & Under 100 Free	106
107	8 & Under 25 Free	108
109	11-12 200 Backstroke **	110
113	10 & Under 200 Free Relay	114
115	11-12 200 Free Relay	116

** Timed Final Event. Top 7 Swimmers swim in Finals.

Sunday, December 3, 2023

Finals Session

Warm-up not before 4:00pm; Start not before 5:00pm

Girls	Event	Boys
63	11-12 200 Breast	64
65	15 & Over 200 IM	66
67	13-14 200 IM	68
69	11-12 100 IM	70
71	10 & Under 100 IM	72
73	15 & Over 100 Back	74
75	13-14 100 Back	76
77	11-12 50 Back	78
79	10 & Under 50 Back	80
81	15 & Over 200 Fly	82
83	13-14 200 Fly	84
85	11-12 100 Fly	86
87	10 & Under 100 Fly	88
91	15 & Over 100 Breast	92
93	13-14 100 Breast	94
95	11-12 50 Breast	96
97	10 & Under 50 Breast	98
99	15 & Over 50 Free	100
101	13-14 50 Free	102
103	11-12 100 Free	104
105	10 & Under 100 Free	106
109	11-12 200 Back	110

