



2023 CGBD 8-12 Christmas Champs
December 8-10, 2023
SANCTION NO. VS-24-44



Sponsored by Goodman & Sons Jewelers

SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-44 • USA Swimming, Inc., Virginia Swimming, Inc., and Hampton Virginia Aquaplex, shall be held free and harmless from 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, Coast Guard Blue Dolphins agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and The City of Hampton.
LOCATION:	Hampton Virginia Aquaplex 1908 Coliseum Drive, Hampton, VA 23666 (757) 263-0999
FACILITY:	<ul style="list-style-type: none"> • 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, 3 feet 6 inches deep at one end and 4 feet 6 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 seating is available for spectators. Only swimmers, coaches and officials are allowed on the pool deck. • The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming • There will be lifeguards and additional Aquatics staff along with 2 AED located on the opposite sides of the pool deck in both the competition and teaching pools. The Aquatics staff uses 2-way radios for communication. • 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: Ray Jock Email: meetdirector@CGBDswim.org Phone: 803-468-0458
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes registered before the first day of the meet. • No on deck Virginia Swimming athlete registration will be permitted. • Age on December 8th, 2023 • Based on the number of entries received, the Meet Director reserves the right to adjust start times and warm up schedules. Entries may close if timelines are determined to run longer than allowed. • Entry to the meet is open to swimmers 9-12 years old regardless of time. Swimmers 8-year-old must have at least a "BB" time in each entered event. • 2021-2024 NAG time standards are in effect.
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.

<p>FORMAT:</p>	<p>The meet will be prelims and finals each day, Friday, Saturday, and Sunday.</p> <ul style="list-style-type: none"> ● The following swimmers will advance to the final in each individual event except the 400 IM and 500 Free which will be timed final events swum during the preliminary sessions. <ul style="list-style-type: none"> ○ The fastest eight (8) 9-year-olds and 11-year-olds. ○ The fastest sixteen (16) 10-year-olds and 12-year-olds. ○ 8-year-old swimmers will swim in preliminary sessions only. They are not eligible for finals. ● The 400 IM and 500 Free will be timed finals and all heats will be swum during the preliminary sessions. ● The session order will be: <ul style="list-style-type: none"> ○ 11-12 Girls & Boys Preliminary Session ○ 8-10 Girls & Boys Preliminary Session ○ 9-12 Girls & Boys Finals Session <p>If a Preliminary Session length is 2 ½ hours or less, it may be run using one course. If the session length is longer than 2 1/2 hours; it may be run using a dual course format. Teams will be notified as to the number of courses that will be utilized not later than Monday, December 4th, 2023.</p>
<p>ENTRIES:</p>	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday, November 27th, 2023.</p> <ul style="list-style-type: none"> ● Swimmers may enter a maximum of 9 individual event(s). No more than 3 individual events and 2 relays per day. ● Entries must be submitted in Short Course 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. ● “No Time” (NT) entries will be accepted. ● Coach Times (CT) will not be accepted. ● Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. ● Email entries to: Ray Jock at meetdirector@CGBDswim.org ● Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added. Late entries close 40 minutes prior to start of each session. \$20.00/event.
<p>FEES:</p>	<p>Individual events: \$10.00 Relay events: \$20.00 Swimmer surcharge \$2.50</p> <ul style="list-style-type: none"> ● Checks should be made payable to: Coast Guard Blue Dolphins ● Mail payment to: CGBD 35 Stratford Road, Newport News, VA 23601 ● Payment must be received by December 5th, 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. ● Late entries close 40 minutes prior to the start of each session. \$20.00/event
<p>SEEDING:</p>	<ul style="list-style-type: none"> ● Swimmers in all sessions should report directly to the blocks for their events. ● All events will be pre-seeded, slowest to fastest, EXCEPT 400IM, 500 FREE where positive check in is provided. Check in closes 30 minutes before the days’ event starts. ● Coaches will be asked to submit scratches for relays to possibly condense the heats at the referee’s discretion.

WARM-UP:	<ul style="list-style-type: none"> ● Both courses in the 50-Meter pool (NORTH and SOUTH) will be used for warm-ups. The 8-lane instructional pool MAY be used for warm-ups during prelim sessions. The 8-lane instructional pool WILL NOT be used for warm-up during finals. If both North and South courses are used for prelims, the 8-lane instructional pool will be available for warm-up/warm-down. ● 11-12 Preliminary Sessions (Friday, Saturday, & Sunday): 7:00 am to 8:00 am (2-30-minute warm-up sessions) Meet Starts: 8:10 am ● 8-10 Preliminary Sessions (Friday, Saturday, & Sunday): Not before 10:00 am to 10:50 am (2-25-minute warm-up sessions). Meet Starts not before: 11:00 am ● 9-12 Final Sessions (Friday, Saturday, & Sunday): <ul style="list-style-type: none"> ○ 11-12 swimmers <ul style="list-style-type: none"> ▪ 4:30 pm to 4:50 pm (North and South Course: General Warm-Up) ▪ 4:50 pm to 5:00 pm (South Course: RACING STARTS ALL LANES, North Course: GENERAL WARM-UP ALL LANES.) ○ 9-10 swimmers <ul style="list-style-type: none"> ▪ 5:00 pm to 5:15 pm (North and South Course: General Warm-Up). ▪ 5:15 pm to 5:25 pm (South Course: RACING STARTS ALL LANES, North Course: GENERAL WARM-UP ALL LANES.) ○ Meet Starts: 5:40 pm ● Session Start time, warm-up times and lane assignments will be posted to the CGBD web site (www.cgbdswimming.org) no later than Monday, December 4th, 2023 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.
AWARDS:	<ul style="list-style-type: none"> ● Ribbons will be awarded 1st through 8th place, girls and boys, in each single age group 8 through 12 years old. ● Individual High Point Trophies will be presented to the top three scoring individuals, girls and boys, in each single age group 9 through 12 years old. ●
RULES:	<ul style="list-style-type: none"> ● The current USA Swimming Rules and Regulations 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 MAAPP 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 according with Virginia Swimming Best Practices, all athletes should shower before entering the pool. ● An athlete suspected of sustaining a concussion or exhibiting signs of 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 the Virginia Swimming 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.

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 a 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.
OFFICIALS:	<p>Meet Referee: Genny Kimbel Email: GennyKimbel@gmail.com Phone: 757-876-9134</p> <ul style="list-style-type: none"> • 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 Chris LaFlamme cdlafl@gmail.com no later than December 3th, 2023. • Officials' meetings must be at least one hour prior to the start of each session. TBD
SAFETY:	<p>MEET SAFETY OFFICER Name: Meredith Stevens Email: CGBDpresident@CGBDswim.org Phone: 832-215-0263</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> • We will use two timers per lane except for distance events. • 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 CGBD website no later than Monday, December 4th, 2023, and will also be emailed to the contact person of each of the individual clubs. • Athletes are responsible for providing their own timer and counter for 500 Free.
GENERAL:	<p>Hospitality will be available for coaches and officials. Snack Bar is open to the public. Each team is responsible for supervising the conduct of its swimmers and spectators. Heat sheets will be published in Meet Mobile and copies for coaches and officials. Aquawear will be on premises for the weekend. First Aid Room / Lifeguard room is on the first floor.</p>
FACILITY RULES:	<ul style="list-style-type: none"> • 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 deck unless working the meet. • NO SMOKING
DIRECTIONS:	<p>Go to: MapQuest.com</p>
	<p style="text-align: center;">2023 CGBD Winter Champs Meet Hotel Blocks</p> <p style="text-align: center;">Hilton Garden Inn Newport News 180 Regal Wy, Newport News, VA 23602 Phone: (757) 947-1080</p> <p>\$149.00 for 2 guests in a room \$154.00 for 3 to a room \$159.00 for 4 to a room</p>

2 Queen beds
King Bed with sofa bed
Breakfast included. This will be for a hot breakfast or a continental breakfast. Make sure you identify how many people will be in the room. **We will only give out coupons for the number of people listed in reservation.**

Group Name: Aqua-plex Swim
Booking Link: <https://group.hiltongardeninn.com/wwyrmy>

Group Code: HSM

Cut off date November 6, 2023

Call the hotel at 757-947-1080 to reserve their room or use the attached link to make their reservation, the link is the easiest way to book. Please make sure when you book the rooms to edit the dates of stay if you will only stay for Friday and Saturday, if not the reservation will be booked for Thursday to Sunday.

Hampton Inn Newport News/Yorktown
151 Ottis St, Newport News, VA 23602
Phone: (757) 989-8977

20 Double Queens \$159 a night

15 Kings \$159 a night

Breakfast Included

Coast Guard Dolphins Block (Code CGB)

Cut off date Nov. 15, 2023

Call hotel to reserve

Homewood Suites Newport News/Yorktown
401 Commonwealth Dr, Yorktown, VA 23693
Phone: (757) 251-6644

10 Double Queens with Pullout sofa (sleeps 6) \$189 a night

10 King Studio with Pullout sofa (sleeps 4) \$149 a night

5 One bedroom King room with pullout sofa (sleeps 4) \$179 a night

Breakfast Included

Coast Guard Blue Dolphins Swim Team Block

Cut off date November 6, 2023

Call hotel to reserve

ORDER OF EVENTS

Friday, December 8, 2023

Session 1: 11-12 Prelims Warm-up: 7:00 am; Start: 8:10 am		
Girls	Events	Boys
7	11-12 100 Back	8
11	11-12 50 Breast	12
15	11-12 200 Free	16
19	11-12 50 Fly	20
10-minute Break		
23	11-12 400 Free Relay	24
5-minute Break		
25	11-12 400 Medley	26

Session 2: 8-10 Prelims Warm-up: 10:00 am; Start: 11:00 am (Times are not earlier than)		
Girls	Events	Boys
5	8-10 100 Backstroke	6
9	8-10 50 Breast	10
13	8-10 200 Free	14
17	8-10 50 Fly	18
10-minute Break		
21	8-10 400 Free Relay	22

Session 3: 9-12 Finals Warm-up: 4:30 pm; Start: 5:40 pm (Times are not earlier than)		
Girls	Events	Boys
1	9-10 200 Free Relay	2
3	11-12 200 Free Relay	4
5-Minute Break		
5	9-10 100 Back	6
7	11-12 100 Back	8
9	9-10 50 Breast	10
11	11-12 50 Breast	12
13	9-10 200 Free	14
15	11-12 200 Free	16
17	9-10 50 Fly	18
19	11-12 50 Fly	20

Saturday, December 9, 2023

Session 4: 11-12 Prelims Warm-up: 7:00 am; Start: 8:10 am		
Girls	Events	Boys
31	11-12 200 Fly	32
35	11-12 100 Breast	36
39	11-12 50 Back	40
43	11-12 100 Free	44
47	11-12 200 Medley	48
10-minute Break		
51	11-12 400 Medley Relay	52

Session 5: 8-10 Prelims Warm-up: 10:00 am; Start: 11:00 am (Times are not earlier than)		
Girls	Events	Boys
33	8-10 100 Breast	34
37	8-10 50 Back	38
41	8-10 100 Free	42
45	8-10 200 Medley	46
10-minute Break		
49	8-10 400 Medley Relay	50

Session 6: 9-12 Finals Warm-up: 4:30 pm; Start: 5:40 pm (Times are not earlier than)		
Girls	Events	Boys
27	11-12 200 Medley Relay	28
29	9-10 200 Medley Relay	30
5-minute Break		
31	11-12 200 Fly	32
33	9-10 100 Breast	34
35	11-12 100 Breast	36
37	9-10 50 Back	38
39	11-12 50 Back	40
41	9-10 100 Free	42
43	11-12 100 Free	44
45	9-10 200 Medley	46
47	11-12 200 Medley	48

Sunday, December 10, 2023

Session 7: 11-12 Prelims Warm-up: 7:00 am; Start: 8:10 am		
Girls	Events	Boys
55	11-12 200 Breast	56
59	11-12 100 Fly	60
63	11-12 50 Free	64
65	11-12 200 Back	66
69	11-12 100 Medley	70
10-minute Break		
72	11-12 Mixed 200 Free Relay	
5-minute Break		
75	11-12 500 Free	76

Session 8: 8-10 Prelims Warm-up: 10:00 am; Start: 11:00 am (Times are not earlier than)		
Girls	Events	Boys
57	8-10 100 Fly	58
61	8-10 50 Free	62
67	8-10 100 Medley	68
10-minute Break		
71	8-10 Mixed 200 Free Relay	
5-minute Break		
73	8-10 500 Free	74

Session 9: 9-12 Finals Warm-up: 4:30 pm; Start: 5:40 pm (Times are not earlier than)		
Girls	Events	Boys
53	11-12 Mixed 200 Medley Relay	
54	9-10 Mixed 200 Medley Relay	
5-minute Break		
55	11-12 200 Breast	56
57	9-10 100 Fly	58
59	11-12 100 Fly	60
61	9-10 50 Free	62
63	11-12 50 Free	64
65	11-12 200 Back	66
67	9-10 100 Medley	68
69	11-12 100 Medley	70