



**2023 CGBD Carl Warner Open**  
**November 10-12, 2023**  
**SANCTION NO. VS-24-30R**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-24-30R</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., 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.</li> <li>• 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.</li> </ul>
<b>LOCATION:</b>	Hampton Virginia Aquaplex 1908 Coliseum Drive, Hampton, VA 23666 (757) 263-0999
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• The 50-meter pool will be set up into 2 separate 25 yard courses.</li> <li>• 1500 second level seating is available for spectators. Only swimmers, coaches and officials are allowed on the pool deck.</li> <li>• 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</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Michelle Brewington Email: <a href="mailto:meetdirector@CGBDswim.org">meetdirector@CGBDswim.org</a> Phone: 757-243-3053
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>• No on deck Virginia Swimming athlete registration will be permitted.</li> <li>• 2021-2024 NAG time standards are in effect.</li> <li>• Age on November 10<sup>th</sup>, 2023</li> <li>• 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.</li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• Friday's events: 13 and older in the morning/afternoon and 12 and unders swim in the late afternoon.</li> <li>• Saturday and Sunday: 13 and older swim in the morning sessions and 12 and under athletes in the afternoon sessions.</li> <li>• All sessions will be timed finals.</li> </ul>

	<ul style="list-style-type: none"> <li>If entry numbers and timeline warrant, CGBD intends to run the meet in two courses (Girls and Boys). Teams will be notified NO LATER THAN Monday, November 6<sup>th</sup>, 2023 if two pools will be used.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday, October 30<sup>th</sup>, 2023.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in Short Course times using Commlink-2 software.</li> <li>Teams submit entries via email.</li> <li>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.</li> <li>"No Time" (NT) entries will be accepted.</li> <li>Coach Times (CT) will <b>not</b> be accepted.</li> <li>Swimmers may enter a maximum of 9 <b>individual event(s). No more than 3 per day.</b></li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>Email entries to: Chris Rowe at CoachChrisR@CGBDswim.org</li> <li><b>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.</b></li> </ul>
<b>FEES:</b>	<p>Individual events: \$10.00 Swimmer surcharge \$2.50</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: Coast Guard Blue Dolphins</li> <li>Mail payment to: CGBD 35 Stratford Road, Newport News, VA 23601</li> <li>Payment must be received by November 8<sup>th</sup>, 2023. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li><b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> <li>Late entries close 40 minutes prior to start of each session. \$20.00/event</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>Swimmers in all sessions should report directly to the blocks for their events.</li> <li>All events will be pre-seeded <b>SLOWEST to FASTEST. (Changed 10/21/23)</b></li> <li><b>Coaches will be asked to submit scratches for distance events (1000 Free, 500 Free and 400 IM.) At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received.</b></li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li><b>Friday Session 1:</b> Warm up at 10:45a. Session 1 will not start before 11:45a.</li> <li><b>Friday Session 2:</b> There will be a 60-minute warm up immediately following the 1000 free, not to start before 1:00p. Session 2 starts not before 2:00p.</li> <li><b>Friday Session 3:</b> Immediately following event 18 (Boys 200IM) there will be a minimum 45 minutes of open warm-ups, not to start before 4:15p. Session 3 will not start before 5:00p.</li> <li><b>Saturday / Sunday Morning sessions:</b> Warm-ups no earlier than 7:00a; competition starts no earlier than 8:00a.</li> <li><b>Saturday / Sunday Afternoon sessions:</b> Warm-ups no earlier than 12:00p; competition starts no earlier than 1:00p.</li> <li>The approximate start time for the distance sessions will be posted on the CGBD website no later than Monday, November 6<sup>th</sup>, 2023, and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than November 6<sup>th</sup>, 2023, and will also be emailed to the contact person of the participating clubs.</li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>AWARDS:</b>	<p>Ribbons will be awarded for first through eighth place for the 10 and under, 11-12 age groups.</p> <ul style="list-style-type: none"> <li>Heat winners will be awarded for all individual events.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> </ul>

	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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>.</li> <li>• 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.</li> <li>• In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• 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"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• 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.</li> <li>• Any event in which an athlete participated illegally will be re-scored and re-awarded.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Jeff Ward</b>  <b>Email: JeffWard0331@gmail.com</b>  <b>Phone:(757)234-1900</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• 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 <a href="mailto:cdlafl@gmail.com">cdlafl@gmail.com</a> no later than November 8<sup>th</sup>, 2023..</li> <li>• Officials meetings must be at least one hour prior to the start of each session. TBD</li> </ul>
<b>SAFETY:</b>	<p><b>MEET SAFETY OFFICER</b>  <b>Name: Meredith Stevens</b>  <b>Email: CGBDpresident@CGBDswim.org</b>  <b>Phone: 832-215-0263</b></p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• We will use two timers per lane except for distance events.</li> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the CGBD website no later than Monday, November 6<sup>th</sup>, 2023, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>

	<ul style="list-style-type: none"> <li>Athletes are responsible for providing their own timer and counter for distance events. (1000 Free and 500 Free an 400IM.)</li> </ul>
<b>GENERAL:</b>	<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>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>No glass containers of any kind are permitted in the facility.</li> <li>Lawn/deck chairs are not permitted in the grandstand.</li> <li>No spectators/parents will be allowed on deck unless working the meet.</li> <li>NO SMOKING</li> </ul>
<b>DIRECTIONS:</b>	Go to: <a href="http://MapQuest.com">MapQuest.com</a>

**2023 CGBD Carl Warner Open  
ORDER OF EVENTS**

**Friday, November 10, 2023**

<b>Morning SESSION 1</b> Warm-up 10:45a Start 11:45a			<b>Afternoon SESSION 2</b> Warm-up not before 1:00p Start not before 2:00p		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 and older 1000 Free	2	3	13-14 50 Free	4
			5	15-18 50 Free	6
			7	13-14 200 Breast	8
			9	15-18 200 Breast	10
	<b>** Afternoon SESSION 3**</b>		11	13-14 100 Back	12
	<b>Warm up not before 4:00p</b> <b>Start not before 5:00p</b>		13	15-18 100 Back	14
19	12 and under 50 Free	20	15	13-14 200 IM	16
21	12 and under 500 Free	22	17	15-18 200 IM	18

**Saturday, November 11, 2023**

<b>Morning SESSION 4</b> Warm-up 7:00a Start 8:00a			<b>Afternoon SESSION 5</b> Warm-up not before 12:00 Start not before 1:00p		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
23	13-18 200 Fly	24	37	9-10 100 Free	38
25	13-14 100 Free	26	39	11-12 100 Free	40
27	15-18 100 Free	28	41	9-12 200 Fly	42
29	13-14 200 Back	30	43	9-10 100 IM	44
31	15-18 200 Back	32	45	11-12 100 IM	46
33	13-14 400 IM	34	47	9-10 50 Breast	48
35	15-18 400 IM	36	49	11-12 50 Breast	50
			51	9-10 100 Back	52
			53	11-12 100 Back	54
			55	9-12 200 Breast	56
			57	9-10 50 Fly	58
			59	11-12 50 Fly	60

**Sunday, November 12, 2023**

<b>Morning SESSION 6</b> Warm-up 7:00a Start 8:00a			<b>Afternoon SESSION 7</b> Warm-up not before 12:00p Start not before 1:00p		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
61	13-14 100 Fly	62	77	9-12 200 Back	78
63	15-18 100 Fly	64	79	9-10 100 Fly	80
65	13-14 200 Free	66	81	11-12 100 Fly	82
67	15-18 200 Free	68	83	9-10 200 IM	84
69	13-14 100 Breast	70	85	11-12 200 IM	86
71	15-18 100 Breast	72	87	9-10 100 Breast	88
73	13-14 500 Free	74	89	11-12 100 Breast	90
75	15-18 500 Free	76	91	9-10 200 Free	92
			93	11-12 200 Free	94
			95	9-10 50 Back	96
			97	11-12 50 Back	98
			99	9-12 400 IM	100