



CGBD- SE District B/C Meet
October 14-15, 2023
SANCTION NO. VS-24-25

Hosted by



SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-25 • USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphin and Midtown Aquatics Center 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, Coast Guard Blue Dolphins agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and City of Newport News.
LOCATION:	Brittingham-Midtown Aquatics Center 570 McLawhorne Dr, Newport News, VA 23601 (757) 591-4573
FACILITY:	<ul style="list-style-type: none"> • 8-lane, 50-meter indoor pool 14 feet deep at the start end and 4 feet deep at the turn end; overflow gutters; non-turbulent lane markers; Colorado Timing System. • Configured for 8-lane 25 yard 6-14 feet in depth for the competition portion of the pool swimming from the deep end of the pool into a bulkhead • 9 continuous warm-up / cool down lanes (4-6 feet in depth) in the non-competition portion of the pool. • The competition course has been certified in accordance with current USA Swimming Rules and Regulations, 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 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: Chris Rowe Email: CoachChrisR@CGBDSwim.org Phone: 843-530-5661
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes registered before the first day of the meet with B/C times. • No on deck Virginia Swimming athlete registration will be permitted. • 2021-2024 NAG time standards are in effect. • Age on October 14, 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 8-Under swimmers will swim in the Saturday AM session. • All 9–12-year-old swimmers will swim in the Saturday PM session and Sunday AM session. • All events will be timed finals. • All 25-yard events may start from the turn end of the pool.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS, Tuesday, September 26, 2023</p> <ul style="list-style-type: none"> • Entries must be submitted in SCY 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.

	<ul style="list-style-type: none"> • “No Time” (NT) entries will be accepted. • 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. • 8-Under swimmers may enter a maximum of 5 individual event(s). • 9–12-year-old swimmers may enter a maximum of 4 individual event(s) 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. • Email entries to: CoachChrisR@CGBDswim.org. • No deck entries will be accepted.
FEES:	<p>Individual events: \$4.50 per event Relay events: \$16.00 Swimmer surcharge: \$2.50 per person Checks should be made payable to: CGBD</p> <ul style="list-style-type: none"> • Mail payment to: 35 Stratford Road Newport News, VA , 23601 • Payment must be received by Wednesday, October 11, 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.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 8:00 am competition starts at 9:00 am • Afternoon session: Warm-ups not before 1:00 pm competition starts not before 2:00 pm • Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than October 10, 2023, and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for 1st through 8th place. • 9-12 events will be broken up by providing 11-12 top eight finishers and top eight 9–10-year-olds earning awards. • 8-Under swimmers will be broken up by providing 7-8 top 8 finishers and top eight 6-Under earning awards. • Heat winner ribbons
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 a swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.

	<ul style="list-style-type: none"> ● In accordance with Virginia Swimming Best Practices, all athletes 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 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. ○ Athletes 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 at the competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. <p>Any event in which an athlete participated illegally will be re-scored and re-awarded.</p>
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 Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Genny Kimble at the address above. ● Officials meeting will be held one hour prior to the start of the meet.
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"> ● 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 no later than October 10, 2023, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> ● Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Community/Aquatic Center rules (posted at the pool) will be disqualified from the meet and/or escorted from 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 is strictly controlled prior to the first warm-up session. Coaches, swimmers and spectators are allowed on the pool deck no earlier than 30 minutes prior to the first warm-up session. ● Everyone must stay behind the ropes on each side of the pool ● Seating for all swimmers and coaches will be on the long bleacher side of the pool. Seating for spectators and swimmers will be on the short bleacher side of the pool. THE GYM WILL NOT BE AVAILABLE FOR SEATING. ● SWIM BAGS will be allowed on the pool deck. The City of Newport News prohibits eating food inside Aquatic Center; therefore coolers must be left in lobby or vehicles ● Spectators can sit in bleachers, no outside chairs allowed inside Aquatic Center ● The City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes or sandals.

	<ul style="list-style-type: none"> ● Team Banners: <u>not allowed</u> for this meet ● 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: There will be a concession at this meet. There will NOT be an apparel vendor at this meet. All food and coolers must be kept outside Aquatic Center, lobby area or left inside vehicles. ● First Aid: There is a First Aid room on the pool deck and will be staffed by facility lifeguards. If assistance is needed anywhere other than the pool deck, see a Meet Marshall or Facility Staff Member. ● Lost and Found: There will be a lost and found next to the announcer's table. ● Hospitality: For coaches, officials and volunteers on the pool deck in coolers near the Administration table. Officials and coaches will be served a light breakfast on both Saturday and Sunday and lunch at the end of the 8 & Under session and before the 9 to 12-year-old session starts on Saturday.
FACILITY RULES:	<ul style="list-style-type: none"> ● Park only in designated (marked) parking spots. Parents must park in the main lots. ● The Staff parking lot on the pool side of the building is off limits. ● Overflow parking is available at Hines Middle School (next door) ● Parents are responsible for the conduct of their children. ● 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 pool area. ● No personal chairs on the pool deck. ● No shaving anywhere in the venue. ● No running or horseplay in the facility. ● Shoes/sandals must be worn by all in/around the recreation center, except for the pool area. ● The Aquatic Center will be closed during electrical storms. • NO SMOKING in the Aquatic Center (pool area) or the rest of the building.
DIRECTIONS:	<p>From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to McLawhorne Drive. Turn right at the light. Pool is on the left.</p>

CGBD Rising Stars Series

ORDER OF EVENTS

Saturday, October 14, 2023

Morning Session Warm-up: 8:00 am; Start: 9:00 am			Afternoon Session Warm-up: Not before 1:00 pm; Start: Not before 2:00 pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8-U 25 Free	2	19	9-10 50 Free	20
3	8-U 25 Back	4	21	11-12 50 Free	22
5	8-U 25 Breast	6	23	9-10 50 Breast	24
7	8-U 25 Fly	8	25	11-12 50 Breast	26
9	8-Under 50 Free	10	27	9-10 100 Free	28
11	8-Under 50 Back	12	29	11-12 100 Free	30
13	8-Under 100 Free	14	31	9-10 100 IM	32
15	8-U 100 IM	16	33	11-12 100 IM	34
17	8-U 100 Free Relay	18	35	9-10 200 Free Relay	36
			37	11-12 200 Free Relay	38

Sunday, October 15, 2023

Morning Session Warm-up: 8:00 am; Start: 9:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	9-10 200 Free	40
41	11-12 200 Free	42
43	9-10 50 Back	44
45	11-12 50 Back	46
47	9-10 50 Fly	48
49	11-12 50 Fly	50
51	9-10 100 Back	52
53	11-12 100 Back	54
55	9-10 200 IM	56
57	11-12 200 IM	58

