

	2023 Spring Luau May 20-21, 2023 SANCTION NO. VS-23-98		Hosted by: 
SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-98 • USA Swimming, Inc., Virginia Swimming, Inc., CGBD Swimming, 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. • In applying for this sanction, the Host, Coast Guard Blue Dolphins (specifically named Club or other entity) agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Hampton (local jurisdiction).		
LOCATION:	• Hampton Virginia Aquaplex, 1908 Coliseum Drive, Hampton, Va, 23666. Phone: (757) 263-0999		
FACILITY:	• 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 three feet six inches at one end and four feet six inches at the other end. No Diving is allowed in this pool. Lifeguards stations on deck. AED devices available. Hampton Fire and Rescue 1. miles to Hampton Aquaplex. • The 50-meter pool will be set up for competition. . • 1500 second level seats are available for spectators. Only swimmers, coach's officials and meet staff/volunteers will be allowed on the pool deck. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4) • 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:	Chris Rowe Coast Guard Blue Dolphins Coach Phone: (843)530-5661 Email: CoachChrisR@cgbds swim.org		
ELIGIBILITY	• Open to all USA Swimming registered athletes registered prior to the first day of the meet. • No on deck Virginia Swimming athlete registration will be permitted. • No times (NT) will be accepted. • Age on May 20, 2023 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:	• 12 and under events in the morning sessions and • 13 and over in the afternoon sessions. • All events are timed finals. Athletes are allowed three (3) events per day. • All events will be seeded slowest to fastest.		
WARM-UP:	• Saturday and Sunday mornings warm up at 7:00a – 7:50a. Meet starts @ 8:00am • Saturday and Sunday afternoon warm up 30 minutes after the conclusion of the morning sessions.		

ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59 pm, WEDNESDAY, MAY 10, 2023. Backup needs to be sent to Business Office NLT Wednesday so a time needs to be specified so that you can get us the backup by then or change it to Tuesday, May 9th. ENTRY PROCEDURES – • Entries must be submitted in Long Course Meter times using Commlink-2 software. • Teams must submit entries via email to Chris Rowe, coachchris@CGBDSwim.org. • LATE ENTRIES will not be accepted. • Conforming and Non-Conforming times will be used for entry in this order: Long Course Meters, then Short Course Yards, then Short Course Meters. • No time (NT) entries will be accepted. • ENTRY LIMITS: ○ Individual Events: Swimmers may enter a maximum of 6 events, no more than three per day. • The Meet Director, in conjunction with the Meet Referee reserves the right to combine heats and events, which may require reseeding.
FEES:	Individual Events: \$13.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity) Includes: • Free Access to Heat Sheets (\$12 Value) ○ Meet Mobile ○ PDF Files for each Session online: ○ Limited Hard Copies on site Payment: • Payment for entries must be made by check or credit card. ○ Checks should be may payable to Coast Guard Blue Dolphins and mailed to CGBD – Meet fees 35 Stratford Road Newport News , VA 23601 • The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, May 10 , 2023). Failure to pay entry fees by this deadline could result in the team 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:	• All events will be pre-seeded.
AWARDS:	• Individual events will be awarded ribbons 1st through 8th place.
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. ○ 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 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 <i>USA Swimming Rules and Regulations</i>, 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 USAS 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'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) anytime 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. • In accordance with VSI best practices, swimmers should shower before entering the pool. • Any 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.
OFFICIALS:	Meet Referee: Bonnie Johnson Phone: 757-646-4518 Email: Kurt.BonnieJohnson@cox.net • Officials will be needed for all positions and all sessions for this meet. • Officials training will only be available for the administrative component of referee training. • Officials must have been certified for a year in the positions in which they are planning to work. • There will be an Officials meeting one hour prior to the start of each session with location TBD.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• 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 Sunday, May 10, 2023, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	• Concessions will be available during the entire event • Hospitality will be provided for all coaches and officials, to include breakfast, lunch, and light snacks each day.
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 deck unless working the meet. • No smoking is allowed on the campus.
DIRECTIONS:	Go to: MapQuest.com

**2023 Spring Luau
Order of events**

**Saturday Morning
12 and under**

Girls	event	Boys
1	200 IM	2
3	50 Breast	4
5	100 Back	6
7	50 Fly	8
9	100 Free	10

**Saturday Afternoon
13 and over**

Girls	event	Boys
11	200 IM	12
13	200 Breast	14
15	100 Back	16
17	200 Fly	18
19	100 Free	20

**Sunday Morning
12 and under**

Girls	event	Boys
21	200 FR	22
23	100 Breast	24
25	50 Back	26
27	100 Fly	28
29	50 Free	30

**Sunday Afternoon
13 and over**

Girls	event	Boys
31	200 FR	32
33	100 Breast	34
35	200 Back	36
37	100 Fly	38
39	50 Free	40