



**2024 Fall LAC Intrasquad  
October 1, 2023  
SANCTION NO. VS-24-31**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-24-31</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Lynchburg Aquatic Club and Crosswhite Aquatic 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.</li> <li>In applying for this sanction, the Host, Lynchburg Aquatic Club Gators 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 Lynchburg (local jurisdiction).</li> </ul>
<b>LOCATION:</b>	Crosswhite Aquatic Center 118 Davis Cup Road Lynchburg, VA 24502
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>8 lane, 25 yard indoor pool with non-turbulent lane line Only 6 will be used for competition. Deck seating and ample room for families to setup chairs or blankets. There is no timing system. 3 manual watches per lane will be used.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</li> <li>Crosswhite Aquatic Center has an AED on site, lifeguards will be staffed during the meet, and access to medical supplies should they be needed.</li> </ul>
<b>MEET DIRECTOR:</b>	Clyde Smith / Dan Turner <a href="mailto:Coachclyde8@gmail.com">Coachclyde8@gmail.com</a> / <a href="mailto:Danieltturner.realtor@gmail.com">Danieltturner.realtor@gmail.com</a> 605-951-1230 / 434-333-5884
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all LAC Gator team members registered with USA Swimming by the first day of the meet.</li> <li>No on-deck USA Swimming athlete registration will be permitted.</li> <li>2021-2024 NAG time standards are in effect.</li> <li>Age on October 1, 2023 will determine age for the entire meet.</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>All swimmers will swim in the afternoon session.</li> <li>All events will be timed finals.</li> </ul>
<b>ENTRIES:</b>	<ul style="list-style-type: none"> <li><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, SEPTEMBER 26, 2023.</b></li> <li>Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>Swimmers may enter a maximum of 4 individual events</li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>There is a \$10 per athlete fee for the first athlete in a family, \$5 for each subsequent swimmer.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Warmups will begin directly at the conclusion of the team picture to take place at 3:15pm.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>No Awards will be provided.</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 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.</li> <li>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.</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 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 rescored and re-awarded.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: John Stanley</b>  <b>Email: jfstanley1@gmail.com</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>Certified officials and trainees should contact the team no later than September 26, 2023.</li> <li>Official's meeting will be held 60 minutes prior to the start of the meet.</li> </ul>
<b>SAFETY:</b>	<p><b>MEET SAFETY OFFICER</b>  <b>Name: Clyde Smith</b>  <b>Email: coachclyde8@gmail.com</b>  <b>Phone: 605-951-1230</b></p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>All timers will be provided by LAC Gators. Three timers per lane utilizing handheld watches.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Heat sheets will be free on Meet Mobile and in print.</li> <li>Parking will be available in the Crosswhite Aquatic Center parking lot.</li> <li>All officials that work the intrasquad meet are invited to join our post meet social event.</li> <li>There will be no concessions available. All are welcome to join us for our post meet social event.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>No glass containers of any kind are permitted in the facility.</li> <li>No spectators/parents will be allowed on deck unless working the meet.</li> <li>No smoking is allowed on the Crosswhite Athletic Campus.</li> </ul>

## LAC Fall Intrasquad Meet ORDER OF EVENTS

<b>Afternoon Session</b>		
<b>Warmup: no earlier than 3:30pm; Start: no earlier than 4:00pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	Open 25Y Free	2
3	Open 50Y Free	4
5	Open 100Y Free	6
7	Open 25Y Breaststroke	8
9	Open 50Y Breaststroke	10
11	Open 100Y Breaststroke	12
13	Open 100Y IM	14
15	Open 25Y Back	16
17	Open 50Y Back	18
19	Open 100Y Back	20
21	Open 25Y Fly	22
23	Open 50Y Fly	24
25	Open 100Y Fly	26