



<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JANUARY 30, 2024.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in Short Course Yards times using Commlink-2 software.</li> <li>• Teams submit entries via e-mail.</li> <li>• A printout of entries must be included with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• “No Time” (NT) entries will be accepted. Coach Times (CT) are <b>not allowed</b> for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet.</li> <li>• If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay with a NT.</li> <li>• Swimmers may enter a maximum of 8 individual events for the meet, no more than 4 per day and 1 relay event per day.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>• The Meet Referee reserves the right to combine heats and events, which may require reseeding.</li> <li>• Email entries to: <b>Amina Serir at <a href="mailto:aserir@ccamarlins.com">aserir@ccamarlins.com</a></b></li> <li>• Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>• Individual Events: \$6.00</li> <li>• Relay Events: \$18.00</li> <li>• Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</li> <li>• Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</li> <li>• Checks should be made payable to CCA Marlins</li> <li>• Mail payment to: CCA Marlins 4069 Postal Drive P.O. Box 21683 Roanoke, VA 24018-9998</li> <li>• Payment must be received by Tuesday, February 6, 2024, for all entries. Failure to pay entry fees by this deadline may result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees.</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> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> <li>• <b>All swimmers will report to the Clerk of Course prior to swimming their events.</b></li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• <b>On Saturday, warm-ups start not before 1:00 pm; competition starts not before 2:00 pm.</b></li> <li>• <b>On Sunday, Warm-ups start not before 8:00 am.; competition starts not before 9:00.</b> Lane assignments and warm-up times for individual clubs will be posted on the CCA website (<a href="http://www.ccamarlins.com">www.ccamarlins.com</a>) no later than Tuesday, February 6, 2024, and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place.</li> <li>• Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place.</li> <li>• Heat winners will receive a rubber duck.</li> <li>• Team Awards will be given. Total team points will be combined with scores from 9 - 12 District Championships. Teams placing first through third will receive a plaque.</li> <li>• Scoring will be as follows:</li> <li>• Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</li> </ul>

	<ul style="list-style-type: none"> <li>Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</li> <li>All events will be scored to 16 places</li> <li>Only the top two relay entries per team may score.</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> <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 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.</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) anytime 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 VSI best practices, all swimmers should shower before entering the pool.</li> <li>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.</li> <li>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.</li> <li>There may be limited spectator seating.</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: Susan Munson</b>  <b>Email: <a href="mailto:susmunson@gmail.com">susmunson@gmail.com</a></b>  <b>Phone: (540) 314 5723</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook</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 Susan Munson at <a href="mailto:susmunson@gmail.com">susmunson@gmail.com</a> <b>phone: (540) 314 5723</b> or Douglas McLaughlin at <a href="mailto:dmclaughlin628@yahoo.com">dmclaughlin628@yahoo.com</a> <b>phone: (540) 420-4638</b> no later than Tuesday, January 30th, 2024. Alternately, officials and trainees may indicate their availability at the following <a href="https://www.signupgenius.com/go/4090B4AA9AC2EA0F58-46846681-sw8">LINK</a> or copy paste to your browser <a href="https://www.signupgenius.com/go/4090B4AA9AC2EA0F58-46846681-sw8">https://www.signupgenius.com/go/4090B4AA9AC2EA0F58-46846681-sw8</a></li> <li>Officials' meetings will be held in the hospitality room one hour prior to the start of the meet.</li> <li>General meeting for coaches and key officials will be held in the hospitality room at the end of warm-ups.</li> </ul>
<b>SAFETY:</b>	<b>MEET SAFETY OFFICER Karen Williams</b>

	<p><b>Email:</b> <a href="mailto:vwbeetlebug72@gmail.com">vwbeetlebug72@gmail.com</a></p> <p><b>Phone:</b> 540-597-6343</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• There will be 2 timers per lane using 2 watches and 2 buttons.</li> <li>• Timers will be assigned in accordance to the number of swimmers attending per team.</li> <li>• A timers meeting will be held 20 minutes before the start of each session.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Hospitality will be available with some snacks and light refreshments.</li> <li>• Heat sheets will be emailed to all clubs on the Friday before the meet and posted to the CCA Marlins website (<a href="http://www.ccamarlins.com">www.ccamarlins.com</a> ). Meet mobile will be available.</li> <li>• There will be limited spectator seating available on the pool deck for a watch and go option.</li> <li>• All families will be seated in the CAC practice gym nearest one to the pool, across from the lobby.</li> <li>• Awards will be given at the conclusion of every 2 same events girls and boys for the top 3 swimmers</li> </ul>
<b>PARKING:</b>	<p>Parking will be available at the Carter Athletic Center and in all North Cross school parking spaces available.</p>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• There will be signs at the Carter Athletic Center explaining the rules to be followed and will be enforced by the Marshals.</li> <li>• Deck access to the pool will be guided and enforced. Swimmers during their events, coaches, officials and event staff only will be permitted access to the deck during warm -ups and competition. Parents access to the deck will be limited to the parents seating area.</li> <li>• CAC lifeguards will be on deck and available for first aid.</li> <li>• The CAC and its property are a smoke free environment. Smoking, including E-cigarettes or any kind of tobacco is NOT permitted on Carter Athletic Center property.</li> </ul>

## 2024 Southwest District 8 & U Championships Order of Events

**Saturday February 10, 2024**  
Warm up 1:00 pm; Competition not before 2:00 pm

Girls		Boys
1	100 Medley Relay	2
	5-minute break	
3	50 Breaststroke	4
5	100 Freestyle	6
7	25 Butterfly	8
9	100 Individual Medley	10
11	25 Freestyle	12
13	50 Butterfly	14
15	200 Freestyle	16
17	100 Backstroke	18

**Sunday February 11 2024**  
Warm up 8:00am; Competition not before 9:00 am

Girls		Boys
19	100 Freestyle Relay	20
	5-minute break	
21	25 Breaststroke	22
23	50 Freestyle	24
25	100 Butterfly	26
27	25 Backstroke	28
29	100 Breaststroke	30
31	200 Individual Medley	32
33	50 Backstroke	34