
	2024 CGBD Carl Warner Open November 8-10, 2024 SANCTION NO. VS-25-29R		Hosted by 
SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-29RUSA Swimming, Inc., Virginia Swimming, Inc., CGBD Swimming, and Brittingham-Midtown 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.In applying for this sanction, the Host, Coast Guard Blue Dolphin Swimming agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Hampton, VA.		
LOCATION:	Brittingham-Midtown Aquatic Center 570 McLawhorne Drive Newport News, Va, 23601 Phone: (757) 591-4573		
FACILITY:	<ul style="list-style-type: none">8-lane, 50-meter indoor pool 4-14 feet in depth; 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 meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.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: Ray Jock Email: meetdirector@CGBDswim.org Phone: 803-468-0458	Name: Meredith Stevens Email: stevens.meredith83@gmail.com Phone: 832-215-0263	
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming athletes registered before the first day of the meet.No on deck Virginia Swimming athlete registration will be permitted.2024-2028 NAG time standards are in effect.Age on November 8, 2024, will determine age for the entire meet.All athletes must have at least one "BB" time in any single event in order to enter the meet. "BB" times are not required for each additional event in which the athlete is entered.		
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.		
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none">The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee prior to the competition of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g. concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.The swimmer/coach shall provide a Personal Assistant(s) as needed.		
FORMAT:	<ul style="list-style-type: none">Friday's events: 13 & older 1000 Free, 9-12 500 Free, 13 & older 50 Free, 9-12 50 Free.Saturday/Sunday: 15 & older - morning sessions, 13-14 – mid-day sessions and 12 & under - afternoon sessions.All sessions will be timed finals.		
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday, October 28, 2024 <ul style="list-style-type: none">Entries must be submitted in Short Course times using Commlink-2 software.Teams submit entries via email.		

	<ul style="list-style-type: none"> 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. "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record except for the 13/14 50 backstroke, breaststroke, and butterfly. For those events the swimmer must be entered with a NT. Any 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. Swimmers may enter a maximum of 10 individual events: 2 Friday, 4 Saturday, 4 Sunday. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. Email entries to: Ray Jock, meetdirector@CGBDswim.org 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.
FEES:	<p>Individual events: \$10.00 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> Checks should be made payable to: CGBD Mail payment to: 35 Stratford Road Newport News, VA 23601 Payment must be received by Tuesday, November 5, 2024, for all entries. 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"> Swimmers in all sessions should report directly to the blocks for their events. All events will be pre-seeded SLOWEST to FASTEST. 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.
WARM-UP:	<ul style="list-style-type: none"> Friday Sessions: <ul style="list-style-type: none"> Warm-ups start at 4:00p; competition will start at 5:00p. Saturday, and Sunday: <ul style="list-style-type: none"> Morning sessions: Warm-ups start at 6:30a; competition starts at 7:30a Mid-day sessions: Warm-ups not before 10:00a; competition starts not before 11:00a Afternoon sessions: Warm-ups not before 1:30p; competition starts not before 2:30p Lane assignments and warm-up times for individual clubs will be posted on the CGBD website no later than Sunday, November 3, 2024, and will also be emailed to the contact person of the participating clubs. If any session runs late, warm-ups for the next session will begin immediately after the session ends. Competition will begin 1-hour after the start of the warm-ups.
AWARDS:	<ul style="list-style-type: none"> No awards will be given out for this meet.
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 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. ○ Athlete 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. 						
OFFICIALS:	<p>Meet Referee: Genny Kimbel / Megan Parker Email: gennykimbel@gmail.com / meganparker65@gmail.com Phone: 757-876-9134 / 757-355-4880</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Eric Griffith at eric.griffith@verizon.net, no later than Tuesday, October 29, 2024. • Officials meeting will be held in the hospitality area one hour prior to the start of each session. • General meeting for coaches and key officials will be held in the hospitality area 30 minutes prior to the start of the meet at the discretion of the Meet Referee. 						
SAFETY:	<p>MEET SAFETY OFFICERS:</p> <table border="0"> <tr> <td>Name: Ray Jock</td><td>Name: Meredith Stevens</td></tr> <tr> <td>Email: meetdirector@CGBDswim.org</td><td>Email: stevens.meredith83@gmail.com</td></tr> <tr> <td>Phone: 803-468-0458</td><td>Phone: 832-215-0263</td></tr> </table> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>	Name: Ray Jock	Name: Meredith Stevens	Email: meetdirector@CGBDswim.org	Email: stevens.meredith83@gmail.com	Phone: 803-468-0458	Phone: 832-215-0263
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TIMERS:	<ul style="list-style-type: none"> • We will use two timers per lane except for distance events. • Clubs may 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, November 3, 2024, and will also be emailed to the contact person of each of the individual clubs. • Athletes are responsible for providing their own timer and counter for distance events. (1000 Free and 500 Free and 400 IM.) 						
GENERAL:	<ul style="list-style-type: none"> • Hospitality: CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast, Lunch and Dinner and light snacks will be provided. Bottled water will be available for coaches, officials and volunteers on the pool deck in a cooler near the administrative table. Only Coaches, Officials, and meet staff are allowed in the Hospitality Room. • Snack Bar: A concession stand WILL NOT be operated during the meet. • Swim Supplies: Aquawear will operate a Swim Shop during the 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. 						
FACILITY RULES:	<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. • Deck Access: Access to the pool deck is strictly controlled prior to the first warm-up session. Coaches, swimmers and spectators will be allowed on the pool deck no earlier than 15 minutes prior to the first warmup session, and not until two Marshals and the Announcer are in place. <ul style="list-style-type: none"> ○ Seating for coaches/swimmers will be in the bleachers on the long side of the pool and spectators will be in the bleachers on the short side of the pool with additional seating available in the gym. No outside chairs allowed inside Aquatic Center; however, they are allowed in the gym. ○ Everyone must stay behind the ropes on each side of the pool. 						

	<ul style="list-style-type: none"> ○ SWIM BAGS WILL NOT be allowed on the pool deck. ○ The City of Newport News prohibits eating food inside Aquatic Center; therefore, coolers must be left in the gym or vehicles. ○ The City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes or sandals. ● Team Banners: <u>Not allowed</u> for this meet. ● First Aid: There is a First Aid room on the pool deck and will be staffed by facility lifeguards. If assistance is needed anywhere off of the pool deck, see a Meet Marshall or Facility Staff Member. ● Lost and Found: Lost and found will be located next to the announcer's table ● Additional 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) ○ All drinks must have a lid, this applies throughout the facility. ○ The following ARE NOT allowed inside the facility: <ul style="list-style-type: none"> ● No glass ● No chewing gum ● No shaving ● No running or horseplay ● NO SMOKING
DIRECTIONS:	https://www.google.com/maps
HOTELS:	Newport News Marriott at City Center https://www.marriott.com/en-us/hotels/phfoy-newport-news-marriott-at-city-center/overview/

**2024 CGBD Carl Warner Open
ORDER OF EVENTS**

Friday November 8, 2024		
Session 1		
Warm-up: 4:00p; Start: 5:00p		
Girls	Events	Boys
1	13 & O 1000 Free	2
3	9-12 500 Free	4
5	13 & O 50 Free	6
7	9-12 50 Free	8

Saturday November 9, 2024								
Session 2			Session 3			Session 4		
Warm-up: 6:30; Start: 7:30a			Warm-up: 10:00a; Start: 11:00a			Warm-up: 1:30p; Start: 2:30p		
<small>(Times are not before)</small>			<small>(Times are not before)</small>			<small>(Times are not before)</small>		
Girls	Events	Boys	Girls	Events	Boys	Girls	Events	Boys
9	15-18 200 IM	10	23	13-14 200 IM	24	37	9-10 100 Free	38
11	15-18 100 Back	12	25	13-14 100 Back	26	39	11-12 100 Free	40
13	15-18 200 Fly	14	27	13-14 200 Fly	28	41	11-12 200 Fly	42
	10 Min Break		29	13-14 50 Back	30	43	9-10 100 IM	44
17	15-18 200 Breast	18	31	13-14 200 Breast	32	45	11-12 100 IM	46
19	15-18 100 Free	20	33	13-14 100 Free	34	47	9-10 50 Breast	48
	10 Min Break			10 Min Break		49	11-12 50 Breast	50
21	15-18 400 IM	22	35	13-14 400 IM	36	51	9-10 100 Back	52
						53	11-12 100 Back	54
						55	9-10 50 Fly	56
						57	11-12 50 Fly	58
						59	11-12 200 Breast	60

Sunday November 10, 2024								
Session 5			Session 6			Session 7		
Warm-up: 6:30; Start: 7:30a			Warm-up: 10:00a; Start: 11:00a			Warm-up: 1:30p; Start: 2:30p		
<small>(Times are not before)</small>			<small>(Times are not before)</small>			<small>(Times are not before)</small>		
Girls	Events	Boys	Girls	Events	Boys	Girls	Events	Boys
61	15-18 200 Free	62	75	13-14 200 Free	76	89	11-12 200 Back	90
63	15-18 100 Fly	64	77	13-14 100 Fly	78	91	9-10 100 Fly	92
	10 Min Break		79	13-14 50 Breast	80	93	11-12 100 Fly	94
67	15-18 200 Back	68	81	13-14 200 Back	82	95	9-10 200 IM	96
69	15-18 100 Breast	70	83	13-14 100 Breast	84	97	11-12 200 IM	98
	10 Min Break		85	13-14 50 Fly	86	99	9-10 100 Breast	100
73	15-18 500 Free	74		10 Min Break		101	11-12 100 Breast	102
			87	13-14 500 Free	88	103	9-10 200 Free	104
						105	11-12 200 Free	106
						107	9-10 50 Back	108
						109	11-12 50 Back	110
							15 Min Break	
						111	9-10 400 IM	112
						113	11-12 400 IM	114