



# 2024 CGBD Steve Hennessey Summer Madness

Hosted by



June 13-16, 2024  
SANCTION NO. VS-24-100

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-24-100</b></li> <li>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.</li> <li>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.</li> </ul>
<b>LOCATION:</b>	Hampton Virginia Aquaplex, 1908 Coliseum Drive, Hampton, Va, 23666. Phone: (757) 263-0999
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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. <b>No Diving</b> is allowed in this pool.</li> <li>The 50-meter pool will be set up for competition.</li> <li>1500 second level seats are available for spectators. Only swimmers, coach's officials and meet staff/volunteers will be allowed on the pool deck.</li> <li>The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.</li> <li>There will be lifeguards and additional Aquatics staff with 2 AED located on opposite ends of the competition pool and one in the teaching pool. The Aquatics staff uses 2-way radios for communication.</li> <li>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.</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Ray Jock Email: meetdirector@CGBDswim.org Phone: 803-468-0458
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>Eligibility Factors: <ul style="list-style-type: none"> <li>6 &amp; under swimmers may enter 50-meter events <b>ONLY</b>. These swimmers must be able to swim each 50-meter event comfortably and legally as NT's are not being accepted.</li> <li>7-8-year-olds entered in the 400-meter Free must have at least a 10&amp;U "B" time in the 200 yard/meter Free.</li> <li>7-8-year-olds entered in the 100-meter Butterfly, Breaststroke or Backstroke must have at least a 10&amp;U "B" time in the 100 yard/meter of the stroke in which they are entered.</li> <li>7-8-year-olds entered in the 200-meter Free must have at least a 10&amp;U "B" time in the 100 yard/meter Free.</li> <li>7-8-year-olds entered in the 200-meter IM must have at least a 10&amp;U "B" time in the 200 yard/meter 200 IM.</li> </ul> </li> <li>2021-2024 NAG time standards are in effect.</li> <li>Age on June 13, 2024, 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>ATHLETES WITH SERIOUS MEDICAL CONDITION:</b>	<p><b>A</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.</li> <li>The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All <b>Thursday</b> events will be timed finals.</li> <li>All <b>(Friday, Saturday and Sunday)</b> 12 &amp; Under swimmers will swim in a preliminary session in the morning session. The top 16 swimmers in 11-12 age group and the top 8 swimmers in the 10 &amp; under, age group will swim the final session each day. <ul style="list-style-type: none"> <li><b>EXCEPTION</b> – Events 17-18, 11-12 400 IM will be swum as a timed finals.</li> </ul> </li> <li>All <b>(Friday, Saturday and Sunday)</b> 13 &amp; over afternoon events will be timed finals.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Sunday, June 2, 2024</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in Long Course times using Commlink-2 software.</li> <li>Teams submit entries via email.</li> <li>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.</li> <li>"No Time" (NT) entries will <b>NOT</b> be accepted.</li> <li>Coach Times (CT) will <b>NOT</b> be accepted.</li> <li>Swimmers may enter a maximum of <b>10 individual event(s). No more than 3 per day.</b></li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>Email entries to: <b>Ray Jock, meetdirector@CGBDswim.org</b></li> <li>Depending on the number of entries, chase starts may be used. Teams will be informed if chase starts will be utilized NLT Monday, June 10, 2024.</li> <li><b>No deck entries will be accepted.</b></li> <li><b>LATE ENTRIES will not be accepted.</b></li> </ul>
<b>FEES:</b>	<p>Individual events: \$12.00 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: CGBD</li> <li>Mail payment to: 35 Stratford Road Newport News, VA 23601</li> <li>Payment should be received NO LATER than the beginning of the first warmup session on June 13, 2024, for all entries. Failure to pay entry fees by this deadline may result in teams being barred from the meet.</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, except Thursday's 13 &amp; over 1500-meter Free and 12 &amp; under 400-meter Free; Friday's 13 &amp; over 400-meter IM and 11-12 400-meter IM; and Saturday's 13 &amp; over 400-meter Free will be pre-seeded.</li> <li>All swimmers should report directly to the blocks for all preliminary and "B" Final events.</li> <li>Positive check-in for Thursday's 13 &amp; over 1500-meter Free and 12 &amp; under 400-meter Free; Friday's 13 &amp; over and 11-12 400-meter IM; and Saturday's 13 &amp; over 400-meter Free will close 30 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Administrative Official's desk.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED.</b></li> <li>A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li><b>Thursday Sessions:</b> <ul style="list-style-type: none"> <li>Session 1: Warm-ups start at 3:00 pm; competition starts at 3:30 pm</li> <li>Session 2: Warm-ups not before 4:00 pm; competition starts not before 4:30 pm</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Friday, Saturday, and Sunday:</b> <ul style="list-style-type: none"> <li>○ Morning sessions: Warm-ups start at 7:00 am; competition starts at 8:00 am</li> <li>○ Afternoon sessions: Warm-ups not before 11:00 am; competition starts not before 12:00 pm</li> <li>○ Final sessions: Warm-ups not before 3:00 pm; competition starts not before 4:00 pm</li> </ul> </li> <li>• Lane assignments and warm-up times for individual clubs will be posted on the CGBD website no later than Sunday June 9, 2024, and will also be emailed to the contact person of the participating clubs.</li> <li>• 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• 13 &amp; over swimmers will not receive awards.</li> <li>• Ribbons will be awarded to the top 8 swimmers in the 10 &amp; under and 11-12 individual events.</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 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> <li>• <b>Any swimmer initially announced as qualifying for an event in finals who fails to scratch from the event and fails to compete in the event at finals will be barred from competing in any additional events in that session. Additionally, the athlete will be barred from competing in his/her next individual event in a subsequent session. Alternates will be announced along with final qualifiers but shall not be penalized if unavailable to compete in the finals. Rule 207.11.6.E 1-3, Exceptions for Failure to Compete, will be followed.</b></li> <li>•</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> </ul> <p>Any event in which an athlete participated illegally will be rescored and re-awarded.</p>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Megan Parker</b>  <b>Email: <a href="mailto:meganparker65@gmail.com">meganparker65@gmail.com</a></b>  <b>Phone: 757-355-4880</b></p>



<b>HOTELS:</b>	Newport News Marriott at City Center <a href="https://www.marriott.com/en-us/hotels/phfoy-newport-news-marriott-at-city-center/overview/">https://www.marriott.com/en-us/hotels/phfoy-newport-news-marriott-at-city-center/overview/</a>
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**ORDER OF EVENTS**

**Thursday June 13, 2024**

<b>Session 1 – 12 &amp; under</b> Warm-up: 3:00p; Start: 3:30p			<b>Session 2 – 13 &amp; over</b> Warm-up: 4:00p; Start: 4:30p (Times are not before)		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	12&U 400-meter Free	2	3	13&O 1500 Free	4

**Friday June 14, 2024**

<b>Morning Session 3 – 12 &amp; under</b> Warm-up: 7:00a; Start: 8:00a			<b>Afternoon Session 4 – 13 &amp; over</b> Warm-up: 11:00a; Start: 12:00p (Times are not before)			<b>Finals Session 5 – 12 &amp; under</b> Warm-up: 3:00p; Start: 4:00p (Times are not before)		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
5	10&U 50 Breast	6	21	13&O 100 Breast	22	5	10&U 50 Breast	6
7	11-12 50 Breast	8	23	13&O 200 Free	24	7	11-12 50 Breast	8
9	10&U 100 Fly	10	25	13&O 100 Fly	26	9	10&U 100 Fly	10
11	11-12 100 Fly	12		10 MIN Break		11	11-12 100 Fly	12
13	10&U 200 Free	14	27	13&O 400 IM	28	13	10&U 200 Free	14
15	11-12 200 Free	16				15	11-12 200 Free	16
17	11-12 200 Back	18				17	11-12 200 Back	18
	10 MIN Break							
19	11-12 400 IM (TF)	20						

**Saturday June 15, 2024**

<b>Morning Session 6 – 12 &amp; under</b> Warm-up: 7:00a; Start: 8:00a			<b>Afternoon Session 7 – 13 &amp; over</b> Warm-up: 11:00a; Start: 12:00p (Times are not before)			<b>Finals Session 8 – 12 &amp; under</b> Warm-up: 3:00p; Start: 4:00p (Times are not before)		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
29	11-12 200 Fly	30	47	13&O 200 Fly	48	31	11-12 200 Fly	32
31	10&U 50 Free	32	49	13&O 100 Back	50	33	10&U 50 Free	34
33	11-12 50 Free	34	51	13&O 200 Breast	52	35	11-12 50 Free	36
35	10&U 50 Back	36		10 MIN Break		37	10&U 50 Back	38
37	11-12 50 Back	38	53	13&O 400 Free	54	39	11-12 50 Back	40
39	10&U 100 Breast	40				41	10&U 100 Breast	42
41	11-12 100 Breast	42				43	11-12 100 Breast	44
43	10&U 200 IM	44				45	10&U 200 IM	46
45	11-12 200 IM	46				47	11-12 200 IM	48

**Sunday June 16, 2024**

<b>Morning Session 9 – 12 &amp; under</b> Warm-up: 7:00a; Start: 8:00a			<b>Afternoon Session 10 – 13 &amp; over</b> Warm-up: 11:00a; Start: 12:00p (Times are not before)			<b>Finals Session 11 – 12 &amp; under</b> Warm-up: 3:00p; Start: 4:00p (Times are not before)		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
55	11-12 200 Breast	56	69	13&O 50 Free	70	55	11-12 200 Breast	56
57	10&U 100 Back	58	71	13&O 200 Back	72	57	10&U 100 Back	58
59	11-12 100 Back	60	73	13&O 100 Free	74	59	11-12 100 Back	60
61	10&U 100 Free	62	75	13&O 200 IM	76	61	10&U 100 Free	62
63	11-12 100 Free	64				63	11-12 100 Free	64
65	10&U 50 Fly	66				65	10&U 50 Fly	66
67	11-12 50 Fly	68				67	11-12 50 Fly	68