

	<p align="center">757swim Friday Night Races Intrasquad September 27, 2024 Sanction NO. VS-25-22</p>	<p align="center">Hosted by: 757swim</p>
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-22. USA Swimming, Inc., Virginia Swimming, Inc., and 757swim 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, 757swim agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and James City County. 	
LOCATION:	757swim Aquatic Center, 5720 Warhill Trail, Williamsburg, VA 23188	
FACILITY:	<ul style="list-style-type: none"> The ten lane 25-meter by 25-yard indoor competition pool offers one 25-meter competition pool with a depth of six feet 7 inches. Also, offers a 20 x 40 feet small therapy pool. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead. Up to 10 lanes will be used for competition. Non-Turbulent Lane Markers Spectrum Starting Blocks, Colorado Timing System The 757swim Aquatic Center provides 1 indoor pool and wireless internet 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 lifeguard(s) on duty during the duration of the meet and the facility is equipped with an AED device, etc) available at the facility. 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: Erin Roehrle Phone: 757.377.1532 Email: meetdirector@757swim.com	
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all 757swim team members in the Copper Prep, Copper, Bronze 1, and Silver Prep groups who are registered with USA Swimming by the first day of the meet. No on-deck USA Swimming athlete registration will be permitted Age on September 27, 2024 will determine age for the entire meet. 	
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"> All events will be timed finals. 	

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Friday, September 20, 2024.</p> <ul style="list-style-type: none"> • Entries may be submitted in Short Course Yards or Short Course Meters times using Commlink-2 software. • “No Time” (NT) entries will be accepted. Coach Times (CT) are <u>not allowed</u> for any event. • Swimmers may enter a maximum of 3 individual events for the meet. • Email entries to: coachemma@gmail.com
FEES:	<p>Individual Events: \$4.50 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: 757swim • Mail payment to: 757swim 5720 Warhill Trail Williamsburg, VA 23188
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded
AWARDS	<ul style="list-style-type: none"> • No awards will be given
WARM-UP:	<ul style="list-style-type: none"> • Friday session: Warm-ups not before 5:30 pm; competition starts not before 6:00 pm.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention 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 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, athletes 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.
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:	Meet Referee: Name: Jose Aponte Email: officialschair@757swim.com <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook Officials meetings will be held in the hospitality area one hour prior to the start of the meet.
SAFETY:	MEET SAFETY OFFICER Name: Shannon Hartig Email: president@757swim.com Phone: 757.871.6578 Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> All timers will be provide by 757swim. Timers per lane. 3 Timers per lane for 25-yard events.
GENERAL:	<ul style="list-style-type: none"> Locker rooms will be available for changing. Programs: Meet Mobile will be available Team Banners: Banners cannot be hung from any pipes that run over the team seating area. First Aid: A staffed First Aid Station is located at the Front Desk near entrance to locker rooms. Lost and Found: Lost and Found will be located in the Front Lobby and next to the Announcer's Table. By signing up for the meet you are agreeing for your swimmer to be live-streamed.
FACILITY RULES:	<ul style="list-style-type: none"> Parking will be in the main lot out front of the Williamsburg Indoor Sports Complex. Parents and swimmers MUST walk around outside either side of the WISC to the separate 757swim Aquatic Center located behind Williamsburg Indoor Sports Complex. No glass containers of any kind are permitted in the facility. No lawn/deck chairs will be permitted in Spectator Seating Area. No smoking is allowed on the campus.

Friday Night Races Order of Events

Friday, September 27, 2024

Warm up not before 5:30 pm

Competition not before 6:00 pm

ORDER OF EVENTS

Girls	Session 1	Boys
1	10 & Under 25 Freestyle	2
3	10 & Under 25 Breaststroke	4
5	11 & O 50 Breaststroke	6
7	10 & Under 50 Backstroke	8
9	11 & O 50 Backstroke	10
11	10 & Under 50 Freestyle	12
13	11 & O 50 Freestyle	14
15	11 & O 50 Fly	16
17	10 & Under 25 Fly	18
19	10 & Under 25 Backstroke	20

**** 5-minute breaks may be added between each event if deemed necessary****