
	<p align="center"> <b>FRIENDLY CITY KICKOFF</b>  <b>with the VIRGINIA GATORS</b>  <b>September 21-22, 2024</b>  <b>SANCTION NO. VS-25-03</b> </p>		<p align="center"> <b>Hosted by</b>    <b>VIRGINIA GATORS</b>  <b>OF HARRISONBURG</b> </p>
<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-25-03</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Valley Area Swim Team, Inc. (Virginia Gators of Harrisonburg) and the City of Harrisonburg/Westover Park 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, Virginia Gators / Valley Area Swim Team 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 Harrisonburg</li> </ul>		
<b>LOCATION:</b>	Westover Park, 305 S. Dogwood Drive, Harrisonburg, Virginia		
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>Competition pool is a heated 25-yard, 6 lane pool, 12 feet deep at the start end and 4 feet deep at the turn end with non-turbulent lane lines. An additional warm-up/warm-down is a 25-yard, 8 lane pool, 5 feet deep across, is available, subject to water temps at time of meet.</li> <li>Colorado timing system (CTS), Dolphin Wireless Stopwatch System, and a 6-line name video display board will be used for meet.</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>Lifeguards will be on duty during the meet and the facility includes an AED device on site. A local EMT station is 2 miles away.</li> <li>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.</li> </ul>		
<b>MEET DIRECTOR:</b>	Name: Jolanthe Erb E-Mail: hburggators@gmail.com Phone: 540/433-5775		
<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>2021-2024 NAG time standards are in effect.</li> <li>Age on September 21, 2024 will determine age for the entire meet.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</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 A SERIOUS MEDICAL CONDITION:</b>	<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 13/older swimmers will swim in the morning session.</li> <li>All 12/under swimmers will swim in the afternoon session. All events will be timed finals.</li> </ul>		
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS: Tuesday, September 10, 2024</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in short course yard 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</li> </ul>		

	<p>person to contact in case of questions must accompany the entries.</p> <ul style="list-style-type: none"> <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. <b><u>CT must be slower than an "A" time.</u></b> 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 <b>4 individual event(s) per day.</b></li> <li>Entries will be processed in the order received and <b><u>accepted to</u></b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>Email entries to: Jolanthe Erb, <a href="mailto:hburggators@gmail.com">hburggators@gmail.com</a></li> <li>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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$6.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity).</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: Virginia Gators, Harrisonburg.</li> <li>Mail payment to: Virginia Gators P.O. Box 984 Harrisonburg, VA 22803</li> <li>Payment must be received by September 20, 2024 for all entries. Failure to pay entry fees by this deadline could 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>Clerk of Course will be provided for 12/under swimmers each afternoon.</li> <li>An announcer will be on-deck providing event and heat information for swimmers and families.</li> <li>Swimmers in the afternoon sessions should report directly to the blocks for their events.</li> <li>All events will be pre-seeded.</li> <li><b>Coaches will be asked to submit scratches for the 500 Free. At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received.</b></li> <li>The 500 Free will be swum fastest to slowest and alternating heats of girls and boys.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Morning sessions: Warm-ups at 8:00am; competition starts at 9:00am.</li> <li>Afternoon sessions: Warm-ups not before 12:00pm; competition starts not before 1:00pm.</li> <li>Distance events: There will be a 10-minute warmup period before the 500 free with events #21, 22, 47, and 48 starting 10 minutes afterwards.</li> <li>The approximate start time for the distance events will be posted on the Virginia Gators of Harrisonburg website no later than Tuesday, September 17, 2024, and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the Virginia Gators of Harrisonburg website no later than Tuesday, September 17, 2024, and will also be emailed to the contact person of the participating clubs.</li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends or at the completion of the distance session.</li> </ul>
<b>AWARDS:</b>	<p>Individual events: Ribbons will be awarded for first through sixth place.</p> <ul style="list-style-type: none"> <li>13 &amp; Over events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>12 &amp; Under events will be given separate awards for 11-12, 9-10, and 8 &amp; Under age groups.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention 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> </ul>

	<ul style="list-style-type: none"> <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> </ul> <p>Any event in which an athlete participated illegally will be rescored and re-awarded.</p>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Beth Arnold</b>  <b>Email: arnoldeaa@gmail.com</b>  <b>Phone: 540-383-9080</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</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 Beth Arnold, arnoldeaa@gmail.com or 540-383-9090 no later than Wednesday, September 18, 2024.</li> <li>• Officials will meet on the pool deck one hour before the start of any session.</li> </ul>
<b>SAFETY:</b>	<p><b>Meet Safety Officer: Chance Ebersold</b>  <b>Email: chanceebersold@gmail.com</b>  <b>Phone: 540-433-4022</b></p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the Harrisonburg Gators website no later than September 19, 2024 and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Athletes are responsible for providing their own timer and counter for the 500 Free.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat Sheets will be posted on the Harrisonburg Gators website in advance of the meet and sent to participating teams. Please print and bring a copy with you. Heat sheets will also be posted on Meet Mobile.</li> <li>• Swimmers are not permitted in any room of the building not directly associated with this swim meet.</li> <li>• Officials and coaches will have access to a separate hospitality area with snacks and drinks throughout the meet.</li> <li>• All results will be posted via Meet Mobile.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Locker room and restroom areas: we ask that swimmers arrive in their suits. Restrooms will be available during the meet and locker rooms after swimmers are finished. Coach, official, and volunteer restrooms will be separate from swimmer restrooms.</li> <li>• No smoking is permitted in the building or at the facility.</li> </ul>

	<ul style="list-style-type: none"> <li>• No food or drink on the pool deck, including glass bottles. Any food or drink must be consumed in designated areas (near grassy area). The overhang area on deck will be set aside for Meet Officials and other staff.</li> <li>• Canopies are not allowed on deck per City and facility safety guidelines.</li> <li>• The Splash Pad area will be closed and off limits to any spectators/families attending the meet.</li> <li>• No alcohol allowed in the park.</li> <li>• Please be courteous in sharing the locker rooms and bathrooms by keeping them neat and cleaning up after yourself on deck and in the viewing area to keep cleaning costs to a minimum.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• Westover Pool is located at 305 S. Dogwood Dr., Harrisonburg, VA.</li> <li>• From Interstate 81, take exit 245. Off the ramp, take a left onto VA-253/Port Republic Rd. Continue straight for 1.2 miles. Turn right onto S Dogwood Dr. Continue for .5 miles. Turn left into Westover Park.</li> <li>• Parking is available in the large main lot past the building.</li> </ul>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Courtyard Marriott: 1890 Evelyn Byrd Avenue, Harrisonburg, VA, (540) 432-3031.</li> <li>• Hotel Madison at James Madison University: 710 South Main St, Harrisonburg, VA, 22801. (540) 564-0200, about 5 minutes from the pool.</li> <li>• Hampton Inn: 85 University Boulevard, Harrisonburg, VA, (540) 432-1111. Continental breakfast.</li> <li>• Residence Inn - Marriott 1945 Deyerle Ave, Harrisonburg, VA (540) 437-7426 Quality Inn - 1881 Evelyn Byrd Ave. Harrisonburg, VA (540) 645-6469</li> </ul>

# FRIENDLY CITY KICKOFF

## ORDER OF EVENTS

### Saturday, September 21, 2024

Entry Limit: 4 events per swimmer/day  
All times are \*not earlier than\*

Session 1: 13/Older		
Warm-ups: 8:00-8:50am Meet Start: 9:00am		
Girls	Events	Boys
1	13-14 200 IM	2
3	15/Older 200 IM	4
5	13-14 100 Breast	6
7	15/Older 100 Breast	8
9	13-14 200 Back	10
11	15/Older 200 Back	12
13	13-14 100 Free	14
15	15/Older 100 Free	17
17	13-14 200 Fly	18
19	15/Older 200 Fly	20
10-minute break		
21	13/Older 500 Free	22

Session 2: 12/Under		
Warm-ups: Not Before 12:00-12:50pm Meet Start: Not Before 1:00pm		
Girls	Events	Boys
23	10/Under 100 Fly	24
25	11-12 100 Fly	26
27	8/Under 25 Breast	28
29	10/Under 50 Breast	30
31	11-12 50 Breast	32
33	12/Under 200 Breast	34
35	8/Under 25 Free	36
37	10/Under 50 Back	38
39	11-12 50 Back	40
41	12/Under 200 Back	42
43	10/Under 100 Free	44
45	11-12 100 Free	46
10-minute break		
47	12/Under 500 Free	48

# FRIENDLY CITY KICKOFF

## ORDER OF EVENTS

### Sunday, September 22, 2024

Entry Limit: 4 events per swimmer/day  
All times are \*not earlier than\*

<b>Session 3: 13/older</b>  <b>Warm-ups: 8:00-8:50am</b> <b>Meet Start: 9:00am</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
49	13-14 100 Back	50
51	15/Older 100 Back	52
53	13-14 200 Breast	54
55	15/Older 200 Breast	56
57	13-14 50 Free	58
59	15/Older 50 Free	60
61	13-14 100 Fly	62
63	15/Older 100 Fly	64
65	13-14 200 Free	66
67	15/Older 200 Free	68

<b>Session 4: 12/under</b>  <b>Warm-ups: Not Before 12:00-12:50pm</b> <b>Meet Start: Not Before 1:00pm</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
69	10/Under 100 IM	70
71	11-12 100 IM	72
73	8/Under 25 Fly	74
75	10/Under 50 Fly	76
77	11-12 50 Fly	78
79	12/Under 200 Fly	80
81	8/Under 25 Back	82
83	10/Under 100 Back	84
85	11-12 100 Back	86
87	10/Under 50 Free	88
89	11-12 50 Free	90
91	12/Under 200 Free	92
93	10/Under 100 Breast	94
95	11-12 100 Breast	96