
	<p>Valley Swim Team – Phoenix  Polar Plunge  A/BB/B/C Timed Final Meet  <b>January 6-7, 2024</b>  <b>SANCTION NO. VS-24-58</b></p>	<p>Hosted by:</p>  <p>Valley Swim Team - Phoenix</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-24-58</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., VSTP, and Warrenton Aquatic and Recreation 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.</li> </ul>										
<b>LOCATION:</b>	<p>Warrenton Aquatic and Recreation Facility, 800 Waterloo Rd. Warrenton VA.,</p> <ul style="list-style-type: none"> <li>(540) 349-2520</li> </ul>										
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>Eight Lane 25 yard indoor pool, 4.5 (lane 1) to 11.8 feet in depth (lane 8); Non-Turbulent Lane Markers; Colorado Automatic &amp; Semi-Automatic Timing System. There will be no continuous warm-up/cool down lanes.</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 Red Cross certified lifeguards and additional aquatics staff along with two AED located on the opposite sides of the pool deck, along with first aid kits and oxygen.</li> </ul>										
<b>CO-MEET DIRECTORS:</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">Chris Peterson</td> <td style="width: 33%;">Jerl Louk</td> <td style="width: 33%;"></td> </tr> <tr> <td><a href="mailto:chpeterson1981@gmail.com">chpeterson1981@gmail.com</a></td> <td><a href="mailto:jerllouk@gmail.com">jerllouk@gmail.com</a></td> <td><a href="mailto:infovstp@gmail.com">infovstp@gmail.com</a></td> </tr> <tr> <td>(540) 327-8775</td> <td>(540) 325-4123</td> <td></td> </tr> </table>		Chris Peterson	Jerl Louk		<a href="mailto:chpeterson1981@gmail.com">chpeterson1981@gmail.com</a>	<a href="mailto:jerllouk@gmail.com">jerllouk@gmail.com</a>	<a href="mailto:infovstp@gmail.com">infovstp@gmail.com</a>	(540) 327-8775	(540) 325-4123	
Chris Peterson	Jerl Louk										
<a href="mailto:chpeterson1981@gmail.com">chpeterson1981@gmail.com</a>	<a href="mailto:jerllouk@gmail.com">jerllouk@gmail.com</a>	<a href="mailto:infovstp@gmail.com">infovstp@gmail.com</a>									
(540) 327-8775	(540) 325-4123										
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to USA Swimming athletes registered before the first day of the meet from the following teams: NCAP and VSTP. Unattached swimmers registered in Virginia Swimming are also invited.</li> <li>Teams not listed wishing for an invite must receive confirmation from the Meet Director prior to entries being accepted</li> <li>No on deck athlete registration will be permitted.</li> <li>2021-2024 NAG time standards are in effect.</li> <li>Age on Jan.6, 2024 (first day of the meet) 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 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 (eg, 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 &amp; Over swimmers will swim in the morning sessions.</li> <li>All 13 &amp; Over swimmers will swim in the distance sessions.</li> <li>All 12 and under swimmers will swim in the afternoon sessions.</li> <li>All events will be timed finals.</li> </ul>										
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS DEC 26, 2023.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in SCY 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> </ul>										

	<ul style="list-style-type: none"> <li>• Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. 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.</li> <li>• <b>Swimmers may enter a maximum of 4 individual events per day and a total of 8 events for the entire meet</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 or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>• Email entries to infovstp@gmail.com</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: \$11.00  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)  Deck Entries will be \$15 per event.</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: Valley Swim Team Phoenix.  Mail Payment to: <b>Jessica De Jong, 115 Old Forest Circle, Winchester, VA 22602</b></li> <li>• Payment must be received by Wednesday January 3, 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>• All events will be pre-seeded.</li> <li>• Events #11-12 (1000 Freestyle) #13-14 (400 IM) and Events #39-40 (1650 Freestyle) will require positive check-in</li> <li>• Positive check in for Events #11-12, #13-14, will close at the end of the Saturday Morning Session.</li> <li>• Positive check in for Events #39-40 will close at the end of the Sunday Morning Session.</li> <li>• Events #11-12 (1000 Freestyle) and Events #39-40 (1650 Freestyle) will be swam alternating girls and boys and from fastest to slowest.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Morning sessions: 13 &amp; Over warm-ups at 7:00 AM; competition starts at 08:00 AM.</li> <li>• Mid-Day Distance sessions: 13 &amp; Over warm-ups not before 10:30 AM; competition starts not before 11:00 AM</li> <li>• Afternoon Sessions: 12 and under warm-ups not before 12:30 PM; competition starts not before 1:30 PM</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the <a href="http://www.valleyswimteam.com">www.valleyswimteam.com</a> (VSTP) website no later than Monday, January 1, 2024, and will also be emailed to the contact person of the participating clubs.</li> <li>• If the morning session runs late, Distance Session warm-ups will begin immediately after the morning session ends.</li> <li>• If Mid-Afternoon Distance session runs late, Afternoon <del>Distance</del> Session warm-ups will begin immediately after the Distance session ends.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• No awards will be given</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>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</li> </ul>

	<p>understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> <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>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 Best Practices, all athletes should shower before entering the pool.</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> </ul>			
<b>OFFICIALS:</b>	<p><b>Meet Referee:</b> Jessica De Jong  <b>Email:</b> jepdejong@comcast.net  <b>Cell:</b> 540-303-1355</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 (host team officials chair Jessica De Jong, jepdejong@comcast.net or (540) 303-1355 no later than January 4, 2024.</li> <li>Officials meetings will be held at least one hour prior to the start of each session.</li> <li>There will be a coaches' meeting at 7:30 am on January 6, 2024.</li> </ul>			
<b>SAFETY:</b>	<p><b>Meet Safety Officers:</b> Jerl Louk  <b>Email:</b> jerllouk@gmail.com  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. We will need 2 timers per lane per session.</li> <li>The number of timers required per club and their lane assignments will be posted on the <a href="http://www.valleyswimteam.com">www.valleyswimteam.com</a> no later than Monday, January 1, 2024 and will also be emailed to the contact person of each of the individual clubs.</li> <li>Timers meeting will be held approximately 30 minutes prior to the start of the session. Timers and Lap counters are to wear masks</li> <li>Swimmers in Events # 11-12 (1000 Freestyle) #13-14 (400 IM) and Events #39-40 (1650 Freestyle) must provide their own timers and counters.</li> </ul>			
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Coaches' and officials' hospitality will include light snacks and drinks. Hospitality will be hosted in the room just off the pool deck.</li> </ul>			
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>Each club is responsible for supervising the conduct of their swimmers</li> <li>Swimmers are not permitted in any room of the building not directly associated with this swim meet.</li> <li>Only coaches, swimmers, and officials are allowed on the competition deck.</li> <li>No cars are to be left in fire lanes or parked in the grass.</li> <li>Parking in designated areas only, overflow parking available at nearby high school</li> </ul>			
<b>DIRECTIONS:</b>	Directions are available on the Virginia Swimming website.			
<b>HOTELS:</b>	<table border="1"> <tr> <td><b>Red Roof Inn Warrenton</b> 6 Broadview Avenue</td> <td><b>Holiday Inn Express</b> 410 Holiday Court</td> <td><b>Hampton Inn</b> 501 Blackwell Road</td> </tr> </table>	<b>Red Roof Inn Warrenton</b> 6 Broadview Avenue	<b>Holiday Inn Express</b> 410 Holiday Court	<b>Hampton Inn</b> 501 Blackwell Road
<b>Red Roof Inn Warrenton</b> 6 Broadview Avenue	<b>Holiday Inn Express</b> 410 Holiday Court	<b>Hampton Inn</b> 501 Blackwell Road		

	Warrenton, VA (540) 347-4141	Warrenton, VA (540) 341-3461	Warrenton, VA (540) 349-4200
--	---------------------------------	---------------------------------	---------------------------------

**VSTP--Polar Plunge  
ORDER OF EVENTS**

**Saturday January 6, 2024**

<b>Morning Session #1; 13 &amp; Over Warm-up: 7:00 AM; Start: 8:00 AM</b>			<b>Mid Day Session #2; 13 &amp; Over Distance Warm-up: 10:30AM; Start: 11:00 AM (Times are approximate)</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	13 & Over 200 Breaststroke	2	11	13 & Over 1000 Freestyle	12
3	13 & Over 50 Freestyle	4	13	13 & Over 400 IM	14
5	13 & Over 200 Butterfly	6			
7	13 & Over 100 Backstroke	8			
9	13 & Over 200 Freestyle	10			
<b>Early Afternoon Session #3; 12 &amp; Under Warm-up: 12:30 PM; Start: 1:30 PM (Times are approximate)</b>					
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
15	12 & Under 200 Freestyle	16			
17	12 & Under 100 Butterfly	18			
19	12 & Under 50 Breaststroke	20			
21	12 & Under 100 Backstroke	22			
23	12 & Under 200 Breaststroke	24			
25	12 & Under 50 Freestyle	26			
27	12 & Under 100 Individual Medley	28			

## Sunday, January 7, 2024

<b>Morning Session #4; 13 &amp; Over</b> <b>Warm-up: 7:00 AM; Start: 8:00 AM</b>			<b>Morning Session #5; 13 &amp; Over Distance</b> <b>Warm-up: 10:30 AM; Start: 11:00 AM</b> (Times are approximate)		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
29	15 & Over 100 Fly	30	39	13 & Over 1650 Freestyle	40
31	15 & Over 200 Backstroke	32			
33	15 & Over 100 Freestyle	34			
35	15 & Over 200 IM	36			
37	15 & Over 100 Breaststroke	38			
<b>Early Afternoon Session #6; 12 &amp; Under</b> <b>Warm-up: 12:30 PM; Start: 1:30 PM</b> (Times are approximate)					
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
41	11-12 200 Fly	42			
43	12 & Under 100 Freestyle	44			
45	12 & Under 200 Backstroke	46			
47	12 & Under 100 Breaststroke	48			
49	12 & Under 50 Fly	50			
51	12 & Under 200 IM	52			
53	12 & Under 50 Backstroke	54			