
	2024 Williamsburg Aquatic Mike Willard Polar Plunge A/BB/B/C January 20-21, 2024 SANCTION NO. VS-24-62	
SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-62 • USA Swimming, Inc., Virginia Swimming, Inc., WAC, and Greater Richmond Aquatics Partnership, DBA SwimRVA 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, Williamsburg Aquatic Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, Commonwealth of Virginia and Chesterfield County, 	
LOCATION:	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, VA 23234, Phone: (804) 271-8271	
FACILITY:	<ul style="list-style-type: none"> • The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet. • The 50-Meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead. • This meet will be swum in the 25 yard course. • Warm-up & Warm-down lanes will be available on the other side of the bulkhead. • Non-Turbulent Lane Makers will be used in both Pools. • Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • There is Spectator Seating for 700 plus. • American Red Cross certified lifeguards will be on duty for the duration of the contest. The facility is also equipped with first aid supplies, 2 AEDs and emergency oxygen are available on site. • The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. (USA-S Rule change.) • In participation in this Meet, I and my minor athlete, hereby acknowledge and agree that participation in SwimRVA and Williamsburg Aquatic Club programs or activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with SwimRVA and Williamsburg Aquatic Club participation, including but in no way limited to: 1) slips, trips, and falls, 2) Aquatic injuries, and 3) illness including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with SwimRVA program participation and that said list in no way limits the operation of the agreement. • 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: Harold Baker Email: coachharold2@cox.net Phone: 757-229-8662	
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes registered before the first day of the meet. • No on-deck USA Swimming athlete registration will be permitted. • 2021-2024 NAG time standards are in effect. • Age on January 20, 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 (eg, 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 12 & Under swimmers will swim in the A.M. Sessions. All 13 & Over swimmers will swim in the P.M. Sessions. All events will be timed finals. Distance Sessions will start 15 minutes after the P.M. Sessions All 25 yard (yards) events will start from the turn end of the pool. Based on the number of entries received, the Meet Director reserves the right to configure the pool in two-25 yard course. Teams will be notified by Tuesday, January 16th, 2024, if two courses will be used.
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at 7:30 AM; competition starts at 8:30 AM. Afternoon sessions: Warm-ups not before 11:00 AM; competition starts not before 12:00 PM. Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the PM sessions, with the distance session competition starting 5 minutes thereafter. The approximate start time for the distance sessions will be posted on the www.swimwac.com website no later than Tuesday, January 16th, 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. Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than Tuesday, January 16th, 2024 and will also be emailed to the contact person of the participating clubs. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. The Meet Director reserves the right to move Warm-up start times based on entries.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, January 9, 2024</p> <ul style="list-style-type: none"> Entries must be submitted in Short Course Yard times using Commlink-2 software. Teams submit entries via email. Coach Time (CT) and "No Time" (NT) entries 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. Swimmers may enter a maximum of 4 individual events and 1 relay event per day. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or as mandated by current Commonwealth of Virginia guidelines. Relays may be eliminated if necessary and relay fees will be refunded should this happen. Email entries to: Harold Baker at coachharold2@cox.net. Deck entries will be accepted in the order received and to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official on the provided forms.
FEES:	<p>Individual events: \$8.50 Relay events: \$14.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: Williamsburg Aquatic Club. Mail payment to: Williamsburg Aquatic Club 3013 South Court

	<p style="text-align: center;">Williamsburg, Va. 23185</p> <ul style="list-style-type: none"> • Payment must be received by Wednesday January 17, 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for 1st to 8th place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. ○ 10 & Under events will be given separate awards for 9-10 and 8 & under age groups. ○ 8 & under events will be given separate awards for the 7-8 and the 6 & under age groups. • Relay events: Ribbons will be awarded for first through 1st to 8th Place.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded except for the 500 Free, 1000 Free, 400 IM and 1650 Free. • A Clerk of Course will be provided for 8 & Younger swimmers in the morning sessions and they will be escorted to the blocks from there. • Positive Check in is required for the following events. <ul style="list-style-type: none"> ○ Events #49 & 50(13 & over 500 Free), ○ 63 & 64(13 & over 1650 Free), ○ 77 & 78(11-12 400 I.M.), ○ 91 & 92(10 & under 500 Free), ○ 93 & 94(11-12 500 Free), ○ 105 & 106(13 & over 400 I.M.), ○ 127 & 128(13 & over 1000 Free) <p style="text-align: center;">*Positive check-in closes at the end of warm-ups.</p> • The Meet Director reserves the right to require positive check in for all 12 & Under 200 yd events. The positive check in for the events will close at the end of the warm-ups. Teams will be notified by Tuesday, January 16, 2024 if positive check-in for some 12 & under events will be required. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
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: <ol style="list-style-type: none"> 1) Entries using fraudulent or non-verifiable times 2) Athlete competed in the incorrect Age Group 3) 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.
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 the-policy is a condition of participation in the conduct of this competition. • 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 • 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. • 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>.

	<ul style="list-style-type: none"> Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. In accordance with VSI best practices, all swimmers 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 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.
OFFICIALS:	<p>Meet Referee: Richard Hill Email: coachrehill@gmail.com Phone: 757-810-4005</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 the WAC officials chair Mike Burrows at mburrows6@gmail.com or at (757)645-7640 no later than Sunday, January 14th, 2024, or as soon thereafter as possible. <p>Officials meetings will start 1 hour before the start of each session.</p>
SAFETY:	<p>MEET SAFETY OFFICER Name: Harold Baker Email: coachharold2@cox.net Phone: 757-229-8662 Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> Clubs will 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 swimwac.com website no later than Tuesday, January 16th, 2024, and will also be emailed to the contact person of each of the individual clubs. Swimmers must provide their own timers and Lap Counters for the Distance Sessions. (1000 & 1650 Free)
GENERAL:	<p>Concessions will be available during the meet. Coaches and Officials hospitality will be provided, Breakfast and Lunch on Saturday & Sunday Overflow parking will be available at Martin's behind the Aquatic Center. The Tri & Swim Shop will be open in the entrance Lobby.</p>
FACILITY RULES:	<p>No glass containers of any kind are permitted in the Facility. Lawn/Deck Chairs are not permitted in the grandstand. No spectators/parents will be allowed on the deck unless working the meet. No smoking is allowed anywhere on the Aquatic Center campus. Doors are not to be propped open and the front door is the only entry/exit door from the facility.</p>
DIRECTIONS:	<p>Go to swimwac.com – Click on Meets & Events. Click onto Meet Venues for directions</p>

**2024 WILLIAMSBURG AQUATIC CLUB MIKE WILLARD POLAR PLUNGE
ORDER OF EVENTS**

Saturday January 20, 2024

Morning Session Warm-up: 7:30 AM; Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 & Under 25 Free	2
3	11-12 50 Breast	4
5	10 & Under 50 Breast	6
7	11-12 200 Breast	8
9	10 & Under 100 Free	10
11	11-12 100 Free	12
13	10 & Under 50 Fly	14
15	11-12 50 Fly	16
17	10 & Under 200 Free	18
19	11-12 200 Free	20
21	10 & Under 100 Back	22
23	11-12 100 Back	24
25	10 & Under 200 I.M.	26
27	11-12 200 I.M.	28
29	11-12 200 Fly	30
31	8 & Under 25 Breast	32
33	11 & 12 200 Med. Relay	34
35	10 & Under 200 Med. Relay	36

Afternoon Session Warm-up: Not Before 11:00 AM Start: Not Before 12:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	13 & 14 100 Breast	38
39	15 & Over 100 Breast	40
41	13 & 14 50 Free	42
43	15 & Over 50 Free	44
45	13 & 14 100 Fly	46
47	15 & Over 100 Fly	48
49	13 & Over 500 Free	50
51	13 & 14 200 Back	52
53	15 & Over 200 Back	54
55	13 & 14 200 I.M.	56
57	15 & Over 200 I.M.	58
59	13 & 14 200 Medley Relay	60
61	15 & Over 200 Medley Relay.	62

<u>Distance Session</u> (15 Minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
63	13 & Over 1650 Free	64

**2024 WILLIAMSBURG AQUATIC CLUB FALL CLASSIC
ORDER OF EVENTS**

Sunday January 21, 2024

Morning Session Warm-up: 7:30 AM; Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
65	8 & Under 25 Fly	66
67	11-12 200 Back	68
69	10 & Under 50 Back	70
71	11-12 50 Back	72
73	10 & Under 100 Fly	74
75	11-12 100 Fly	76
77	11-12 400 I.M.	78
79	10 & Under 100 Breast	80
81	11-12 100 Breast	82
83	10 & Under 100 I.M.	84
85	11-12 100 I.M.	86
87	10 & Under 50 Free	88
89	11-12 50 Free	90
91	10 & Under 500 Free	92
93	11-12 500 Free	94
95	8 & Under 25 Back	96
97	11 & 12 200 Free Relay	98
99	10 & Under 200 Free Relay	100

Afternoon Session Warm-up: Not Before 11:00 AM Start: Not Before 12:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
101	13 & 14 100 Back	102
103	15 & Over 100 Back	104
105	13 & Over 400 I.M.	106
107	13 & 14 200 Free	108
109	15 & Over 200 Free	110
111	13 & 14 200 Breast	112
113	15 & Over 200 Breast	114
115	13 & 14 100 Free	116
117	15 & Over 100 Free	118
119	13 & 14 200 Fly	120
121	15 & Over 200 Fly	122
123	13 & 14 200 Free Relay	124
125	15 & Over 200 Free Relay	126

Distance Session (15 Minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
127	13 & Over 1000 Free	128