
	<b>Williamsburg Aquatic Club Summer Sizzle</b> <b>June 22-23, 2024</b> <b>SANCTION NO. VS-24-96</b>	Hosted by  <b>Williamsburg Aquatic Club</b>
<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-96</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., and Greater Richmond Aquatics Partnership, WAC, 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.</li> <li>• 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, the Commonwealth of Virginia and Chesterfield County.</li> </ul>	
<b>LOCATION:</b>	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, Va. 23234 Phone: (804) 271-8271	
<b>FACILITY:</b>	Competitive Pool: <ul style="list-style-type: none"> <li>• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). A copy of the certification is on file with USA Swimming.</li> <li>• Indoor 8 lane 50 meter x 25 yard pool, has 9 ft. wide lanes with non-turbulent lane lines, a depth of 7'6" at the sides and 8'2" in the center.</li> <li>• This Meet will be swum in the 50-Meter Course.</li> <li>• Omega starting blocks, CTS6 with Dolphin wireless stopwatches and full color LED scoreboard will be used.</li> <li>• There is Spectator Seating for 700 Plus.</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. (USA-S Rule change.)</li> <li>• The Collegiate School Aquatic Center will have a complete set of Lifeguards on Duty during the Meet. There is a large 1<sup>st</sup> aid Station right off of the Main Deck. AED devices as well as Emergency Oxygen are available on site.</li> <li>• 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.</li> <li>• Instructional Pool: Indoor 6 lane 25 yard pool for continuous warm-up/warm-down.</li> </ul>	
<b>MEET DIRECTOR:</b>	Name: Harold Baker Email: <a href="mailto:coachharold2@cox.net">coachharold2@cox.net</a> Phone: (757) 229-8662	
<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 USA Swimming athlete registration will be permitted.</li> <li>• 2021-2024 NAG time standards are in effect.</li> <li>• Age on June 22<sup>nd</sup>, 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 responsible for notifying the session referee of any disability prior to the competition.</li> </ul>	
<b>ATHLETES WITH A SERIOUS</b>	<ul style="list-style-type: none"> <li>• The Swimmer (or the Athlete'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> </ul>	

<b>MEDICAL CONDITION</b>	<ul style="list-style-type: none"> <li>• This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range.</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 12 &amp; under Swimmers will swim in the A.M. Sessions.</li> <li>• All 13 &amp; over Swimmers will swim in the P.M. Sessions.</li> <li>• All Events will be timed Finals.</li> <li>• Distance Sessions will start 15 Minutes after the end of the P.M. Sessions</li> <li>• The Meet Director reserves the right to go to Chase Starts if need be to get the sessions under 4 hours. Teams will be notified NLT Sunday June 16, 2024, if chase starts will be used.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Morning Sessions: Warm-ups at 7:30 A.M. Competition starts at 8:30 A.M.</li> <li>• Afternoon Sessions: Warm-ups at 12:30 P.M. Competition starts at 1:30 P.M.</li> <li>• Distance sessions: The pool will be open for 10 minutes of open warm-ups immediately following the finish of the P.M. sessions, with the distance session competition starting 5 minutes thereafter.</li> <li>• The approximate start time for the distance sessions will be posted on at <a href="http://www.Swimwac.com">www.Swimwac.com</a> website no later than Tuesday, June 18, 2024 and will also be emailed to the contact person of the participating clubs.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the Swimwac.com website no later than Tuesday, June 18, 2024 and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>ENTRIES:</b>	<p><b>THE DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, June 11, 2024</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in Long Course Meter times Commlink-2 software.</li> <li>• Teams submit entries via email. Teams will be entered on first come, first served within the 4 hour time rule.</li> <li>• Coach Time (CT) entries will be accepted for events in which a swimmer does not have a time of record. <b>CT must be slower than an "A" time.</b> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. NT Entries will be accepted.</li> <li>• Swimmers may enter a maximum of <b>4 individual events and 1 relay event 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 and in accordance with the regulations of the Commonwealth of Virginia.</li> <li>• Email entries to: Harold Baker at <a href="mailto:coachharold2@cox.net">coachharold2@cox.net</a>.</li> <li>• Deck entries will be accepted in the order received for swimmers already entered in the meet, 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$9.50; Relays: \$14.00 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: Williamsburg Aquatic Club</li> <li>• Mail payment to: Williamsburg Aquatic Club 3013 South Court Williamsburg Va. 23185</li> <li>• Payment must be received by Wednesday June 19, 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>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for 1<sup>st</sup> through 8<sup>th</sup> place. <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 award separate awards for 11-12, 9-10 and 8 &amp; under Age Groups.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except #38 &amp; #38(13 &amp; over 400 I.M.), 49 &amp; 50(13 &amp; over 800 Free), #55 &amp; #56(11 &amp; 12 400 I.M.), #71 &amp; #72 (10 &amp; under 400 Free), #73 &amp; #74(11 &amp; 12 400 Free), #89 &amp; #90 (13 &amp; over 400 Free) will be pre-seeded. The events listed here will be positive check-in events.</li> </ul>

	<ul style="list-style-type: none"> <li>• Swimmers will report directly to the blocks for their events.</li> <li>• Positive check-in will close at the end of warm-ups for the session in which the event is being swum. Check-in will be at the Table across from the Computer room.</li> <li>• In order to prevent too lengthy a session, the meet director reserves the right to limit the 400 m and 800 m events to 3 heats. If this change is made, teams will be notified no later than Monday, June 17, 2024 and entry fees for those events will be refunded for those affected by the change.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• All Positive Check in events will be swum slowest to fastest in the normal # order.</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>○ Athletes 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 will apply, 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>• 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.</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>• 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 VSI best practices, all swimmers should shower before entering the pool.</li> <li>• 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.</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: Richard Hill</b>  <b>Email: <a href="mailto:coachrehill@gmail.com">coachrehill@gmail.com</a></b>  <b>Phone: 757-810-4005</b></p> <p>Officials will be needed for all positions and all sessions for this meet.</p> <ul style="list-style-type: none"> <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 Mike Burrows at email: <a href="mailto:mburrows6@gmail.com">mburrows6@gmail.com</a> no later than Sunday June 16<sup>th</sup>, 2024</li> <li>• The Officials Meetings will start at 7:30 A.M. for the Morning Sessions and 12:30 P.M. for the Afternoon Sessions. These meetings will be held in the Hospitality Room right off of the Pool Deck.</li> </ul>
<b>SAFETY:</b>	<p><b>Meet Safety Officer: Harold Baker</b>  <b>Email: <a href="mailto:coachharold2@cox.net">coachharold2@cox.net</a></b></p>

	Virginia Swimming Meet Safety Procedures will be in effect.
<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 <a href="http://www.swimwac.com">www.swimwac.com</a> website no later than Tuesday, June 11, 2024, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers must provide their own Timer and Lap Counter for the Distance Sessions at the end of the P.M. Sessions.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Hospitality will be provided for Coaches and Officials.</li> <li>• Concessions will be offered at this Meet.</li> <li>• Heat Sheets will be available on the Meet Mobile App.</li> <li>• Meet results will be available on the Meet Mobile App</li> <li>• Swim &amp; Tri will provide for your Swimming needs in the Entrance Lobby.</li> <li>• If necessary, overflow parking will be available at Martin's behind the Aquatics Center.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• All Participants, volunteers, workers and spectators are expected to follow the posted rules of the CSAC as well as follow the directions/rules given by the Lifeguards, the Pool Staff and/or Management.</li> <li>• No Spectators/Parents will be allowed on the deck unless they are working the Meet.</li> <li>• Spectators will be access to the restrooms in the facility Lobby</li> <li>• Shoes are required in all areas of the Facility except when on the Pool Deck.</li> <li>• No Glass containers will be allowed in the Aquatic Center.</li> <li>• No Smoking is permitted on the CSAC/SwimRVA campus, including all Parking lots.</li> <li>• CSAC is not responsible for any lost or stolen items.</li> <li>•</li> </ul>
<b>DIRECTIONS:</b>	Go to <a href="http://www.Swimwac.com">www.Swimwac.com</a> . Click onto "Meets & Events". Click onto Meet venues.

**2024 WILLIAMSBURG AQUATIC CLUB  
ORDER OF EVENTS**

**Saturday June 22, 2024**

<b>Morning Session</b> Warm-up: 7:30 A.M.; Start: 8:30 A.M.			<b>Afternoon Session</b> Warm-up: 12:30 P.M.; Start 1:30 P.M.		
<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	11 & 12 100 Free	2	33	13 & over 200 Free	34
3	10 & under 100 Free	4	35	13 & over 100 Breast	36
5	11 & 12 50 Breast	6	37	13 & over 400 I.M.	38
7	10 & under 50 Breast	8	39	13 & over 100 Fly	40
9	11 & 12 200 Breast	10	41	13 & over 200 Back	42
11	10 & under 50 Fly	12	43	13 & over 100 Free	44
13	11 & 12 50 Fly	14	45	13 & 14 200 Free Relay	46
15	10 & under 200 Free	16	47	15 & over 200 Free Relay	48
17	11 & 12 200 Free	18			
19	10 & under 100 Back	20			
21	11 & 12 100 Back	22			
23	10 & under 200 I.M.	24			
25	11 & 12 200 I.M.	26			
27	11 & 12 200 Fly	28			
29	10 & under 200 Free Relay	30			
31	11 & 12 200 Free Relay	32	49	<b><u>Distance Session</u></b> 13 & over 800 Free	50

**Sunday June 23, 2024**

<b>Morning Session</b> Warm-up: 7:30 A.M.; Start: 8:30 A.M.			<b>Afternoon Session</b> Warm-up: 12:30 P.M.; Start 1:30 P.M.		
<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>
51	11 & 12 50 Back	52	79	13 & over 100 Back	80
53	10 & under 50 Back	54	81	13 & over 200 Fly.	82
55	11 & 12 400 I.M.	56	83	13 & over 50 Free	84
57	10 & under 100 Fly	58	85	13 & over 200 Breast	86
59	11 & 12 100 Fly	60	87	13 & over 200 I.M.	88
61	10 & under 100 Breast	62	89	13 & over 400 Free	90
63	11 & 12 100 Breast	64	91	13 & 14 200 Medley Relay	92
65	10 & under 50 Free	66	93	15 & over 200 Medley Relay	94
67	11 & 12 50 Free	68			
69	11 & 12 200 Back	70			
71	10 & under 400 Free	72			
73	11 & 12 400 Free	74			
75	10 & under 200 Medley Relay	76			
77	11 & 12 200 Medley Relay	78			