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|  | <p align="center">757swim Splash & Dash January 10-12, 2025 Sanction NO. VS-25-05</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-25-05 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-yard 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 757swim provides 1 indoor pool and wireless internet. 757swim has an AED on site, lifeguards that will be staffed during the meet, and access to medical supplies should they be needed. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. 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 Roehrl Phone: 757.377.1532 Email: meetdirector@757swim.com | |
| ELIGIBILITY: | <ul style="list-style-type: none"> Open to all Virginia Swimming registered athletes who are members of 757swim, PSDN, TIDE, ECAT, CCA or ODAC prior to the first day of the meet. Unattached athletes are also welcome. Additional teams may be included with permission from the meet director. No on-deck USA Swimming athlete registration will be permitted. 2021-2024 NAG time standards are in effect Age on Jan 10, 2025 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 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. The 1650 Free will be swum fastest to slowest. The women's 1650 Freestyle will alternate with the men's 1650 Freestyle. The meet director reserves the right to limit the 1650 free event. Teams will be notified of accepted entries by Tuesday, January 7, 2025. After the entry deadline, breaks may be added during the sessions and clubs will be notified when receiving their lane assignments and warm-up times as referenced under warm-up. 11 & Over swimmers in the Event 1&2 (1650 Free) will swim Friday afternoon. | |

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| | <ul style="list-style-type: none"> • 13 & Over swimmers will swim in the AM session on Saturday/Sunday. • All 10 & Unders swimmers will swim in the Mid-Day session on Saturday/Sunday • All 11-12 swimmers will swim in the PM session on Saturday/Sunday |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday, December 30, 2024.</p> <ul style="list-style-type: none"> • Entries must be submitted in Short Course Yards times using Commlink-2 software. • Teams submit entries via e-mail. • Coach Time (CT) must be slower than an "A" time. "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. • Athletes in each age group may enter up to 3 individual events on Saturday and 3 individual events on Sunday. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit and as mandated by current Commonwealth of Virginia guidelines. • Email entries to: coachemma@757swim.com • Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. Extra heats will not be added. |
| FEES: | <p>Individual Events: \$9.50 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 • Payment must be received by Tuesday, January 7, 2025 for all entries. Failure to pay entry fees by this deadline will result in athletes 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. |
| SEEDING: | <ul style="list-style-type: none"> • All events will be pre-seeded except for the 11&O (1650 Free). Positive check-in for the 1650 Free will close 30 minutes prior to the start of the session. |
| WARM-UP: | <ul style="list-style-type: none"> • Friday 11 & Over session: Warm-ups not before 2:00 pm; competition starts not before 3:00 pm. • Saturday/Sunday 13 & Over sessions: Warm-ups not before 6:00 am; competition starts not before 7:00 am. • Saturday 10 & Under session: Warm-ups not before 11:00 am; competition starts not before 11:30 am. Sunday 10 & Under session: Warm-ups not before 10:00 am; competition starts not before 10:30 am • Saturday 11-12 session: Warm-ups not before 12:00pm; competition starts not before 12:30pm. Sunday 11-12 session: Warm-ups not before 11:00am; competition starts not before 11:30am. • Lane assignments and warm-up times for individual clubs will be posted on the 757swim website no later than Tuesday, January 7, 2025, and will also be emailed to the contact person of the participating clubs. |
| AWARDS: | No awards will be given. |
| 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 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. |

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| | <ul style="list-style-type: none"> • 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, all swimmers 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: | <p>Meet Referee: Name: Jose Aponte Email: officialchair@757swim.com Phone: 757.897.4083</p> <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 information available on the Virginia Swimming website. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Jose Aponte at officialchair@757swim.com no later than Tuesday, January 7, 2025. • Officials' meetings will be held in the hospitality area one hour prior to the start of the meet. |
| SAFETY: | <p>MEET SAFETY OFFICER Name: Shannon Hartig Email: president@757swim.com Phone: 757.871.6578</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p> |
| TIMERS: | <ul style="list-style-type: none"> • All athletes participating in Event 1&2 (1650 Free) will provide their own timers and counters. • 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 757swim website no later than Tuesday, January 7, 2025, and will also be emailed to the contact person of each of the individual clubs. • These assignments will also be posted throughout the venue. |
| GENERAL: | <ul style="list-style-type: none"> • Locker rooms will be available for changing. • Programs: Meet Mobile will be available. • Swimmers/Spectators Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates 757swim Aquatic Center rules will be disqualified from the meet and escorted from the facility. • 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. |

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| 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. |
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**757swim Splash & Dash
Order of Events**

Friday, January 10, 2025

Session 1: 11& Overs

Warm-up: not before 2:00pm; Start not before 3:00pm

| Girls | Events | Boys |
|--------------|----------------|-------------|
| 1 | 1650 FR | 2 |

Saturday, January 11, 2025

Session 2: 13 & Overs

Warm-up: not before 6:00am; Start not before 7:00am

| Girls | Events | Boys |
|--------------|------------------------------|-------------|
| 3 | 13 & Over 100 Fr | 4 |
| 5 | 13 & Over 200 Fly | 6 |
| 7 | 13 & Over 200 IM | 8 |
| 9 | 13 & Over 200 Br | 10 |
| 11 | 13 & Over 100 Bk | 12 |

Session 3: 10 & Unders

Warm-up: not before 11:00am; Start not before 11:30am

| Girls | Events | Boys |
|--------------|-------------------------------|-------------|
| 13 | 10 & Under 50 Fr | 14 |
| 15 | 8 Under 25 Bk | 16 |
| 17 | 10 & Under 100 Bk | 18 |
| 19 | 8 & Under 25 Br | 20 |
| 21 | 10 & Under 100 Br | 22 |
| 23 | 8 & Under 25 Fr | 24 |
| 25 | 10 & Under 100 IM | 26 |
| 27 | 8 & Under 25 Fly | 28 |
| 29 | 10 & Under 100 Fly | 30 |
| 31 | 10 & Under 200 FR | 32 |

Session 4: 11-12 Afternoon Session

Warm-up: not before 12:00pm; Start not before 12:30pm

| Girls | Events | Boys |
|--------------|----------------------|-------------|
| 33 | 11-12 100 FR | 34 |
| 35 | 11-12 50 Fly | 36 |
| 37 | 11-12 200 Fly | 38 |
| 39 | 11-12 100 IM | 40 |
| 41 | 11-12 50 BR | 42 |
| 43 | 11-12 200 BR | 44 |
| 45 | 11-12 100 BK | 46 |
| 47 | 11-12 400 IM | 48 |

Sunday, January 12, 2025

Session 5: 13 & Over

Warm-up: not before 6:00am; Start not before 7:00am

| Girls | Events | Boys |
|--------------|------------------------------|-------------|
| 49 | 13 & Over 400 IM | 50 |
| 51 | 13 & Over 200 Fr | 52 |
| 53 | 13 & Over 100 Fly | 54 |
| 55 | 13 & Over 100 Br | 56 |
| 57 | 13 & Over 200 Bk | 58 |
| 59 | 13 & Over 50 Fr | 60 |
| 61 | 13 & Over 500 Fr | 62 |

Session 6: 10 & Under

Warm-up: not before 10:00am; Start not before 10:30am

| Girls | Events | Boys |
|--------------|--------------------------------|-------------|
| 63 | 10 & Under 200 IM | 64 |
| 65 | 10 & Under 50 Bk | 66 |
| 67 | 10 & Under 100 Fr | 68 |
| 69 | 10 & Under 50 Fly | 70 |
| 71 | 10 & Under 50 Br | 72 |
| 73 | 10 & Under 500 Free | 74 |

Session 7: 11-12 Afternoon Session

Warm-up: not before 11:00am; Start not before 11:30am

| Girls | Events | Boys |
|--------------|----------------------|-------------|
| 75 | 11-12 200 Fr | 76 |
| 77 | 11-12 100 Fly | 78 |
| 79 | 11-12 200 IM | 80 |
| 81 | 11-12 100 Br | 82 |
| 83 | 11-12 50 Bk | 84 |
| 85 | 11-12 200 Bk | 86 |
| 87 | 11-12 50 Fr | 88 |
| 89 | 11-12 500 Fr | 90 |