

	<p style="text-align: center;">The Ben Hair Memorial OPEN WATER SWIM JUNE 28, 2025 SANCTION NO. VS-25-02OW</p>	<p style="text-align: center;">Hosted by HOKIE AQUATICS</p>
SANCTION:	<ul style="list-style-type: none"> ● Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-02OW ● USA Swimming Inc., Virginia Swimming, Inc. Hokie Aquatics, and the Quarry 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, H2okie Aquatics, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and County of Montgomery. 	
LOCATION:	Quarry: 1001 Lusters Gate Road, Blacksburg, VA 24060. No Phone: (540)998-2327	
COURSE DESCRIPTION	<p>Open water: The race course will consist of a 500m loop marked with large orange & green buoys. There will be an in water start at the start/finish line. A Finish Banner marks the finish line. Manual watches will be used for timing and video will be used for backup timing.</p> <ul style="list-style-type: none"> ● All swimmers who have not completed the course during the prescribed time limit will be asked to retire. ● Details of race course with landmarks will be available at check-in. ● Expected water temperature is 78- 80 degrees. Water depth is from 0-60 feet. 	
MEET DIRECTOR:	Scott Baldwin Email: edbaldwi@vt.edu Phone: 540-998-2327	
ELIGIBILITY:	<ul style="list-style-type: none"> ● Open to all USA Swimming athletes age 7 and older. ● Must be a registered USA swimmer to enter. Single day event membership available for an additional \$12. ● On location, single day event USA Swimming registration will be permitted. ● Age on June 28, 2025 will determine age for the entire meet. ● Athletes with valid USA Swimming membership may enter on the day of the race. (APT must be up to date for 18 & over athletes.) 	
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> ● Athletes with a disability are welcomed 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. 	
FORMAT:	<ul style="list-style-type: none"> ● 5K-(10 loops)- 90 minutes to complete swim- Advanced (10min per loop) * Winning Time expected in the 50-55 min range. ● 3K-(6 loops)- 72 minutes to complete swim- Intermediate (12min per loop)* Winning Time expected in 35-40 minute range ● 1.5K (3 loops) 45 minutes to complete swim- Beginner (15min per loop) ● 500m (1-loop)- 15 minutes to complete swim- Beginner (15min per loop) 	
WARM-UPS:	<ul style="list-style-type: none"> ● 45 Minutes prior to scheduled start of each race. <ul style="list-style-type: none"> ○ 5K: 7:45am- Race Start 8:30am ○ 3K: 9:15am- Race Start 10am ○ 1.5K: 10:15am- Race Start 11am ○ 500m: Warm-ups approx 10:45am, competition starts at 11:30am ● There will be continuous warm up and warm down available. 	
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, JUNE 16, 2025 Except for race day entries.	

	<ul style="list-style-type: none"> • Entries must be submitted using Commlink-2 software. • Teams may submit entries as an e-mail attachment (preferred). • Swimmers may enter a maximum of 4 <i>individual events</i>. • Entries will be processed in the order received. This meet will be limited to a total of 240 swimmers or maximum of 60 swimmers per event. • Email entries to: edbaldwi@vt.edu Mail entries to: Scott Baldwin 2211 Walnut Spring Rd Blacksburg, VA 24060-1963 • Race day entries will be accepted in the order received for swimmers to the extent that they can be processed prior to check-in or in accordance with a limit of 60 swimmers per event.
FEES:	<p>Individual events: \$ 25.00 each individual event.</p> <p>Swimmer Surcharge: \$50 (entered in any capacity in the meet includes cap and t-shirt)</p> <ul style="list-style-type: none"> • All entries received after JUNE 17, 2025 will be subject to a \$5 late fee per swimmer. • Those entering after JUNE 16, 2025, may not receive a T-shirt. THERE WILL BE NO REDUCTION IN FEE • Checks should be made payable to: H2OKIE Aquatics • Checks should be sent to: Scott Baldwin 2211 Walnut Spring Rd Blacksburg, VA 24060 • Payment must be received by June 28, 2025, for email entries. Payment must be included with all mailed entries. • IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • 5K: Top Male and Female: Backpacks. (Open Age Group) <p>13/14 Age Group:</p> <ul style="list-style-type: none"> • 3K: Top 13/14 year old Male and Female: Backpacks • 1.5K: Top 11/12 year old Male and Female: Backpacks <p>10&Under Age Group:</p> <ul style="list-style-type: none"> • 500M Winners: Top 10&Under Male and Female: Backpacks <p>Virginia Swimming LSC Registered Swimmers: State Champion and top 8 places will be awarded:</p> <ul style="list-style-type: none"> • 5K: Top 8 Male and Female • 3K: Top 8 13/14 Male and Female • 1500m: Top 8 11/12 Male and Female • 500m: Top 8 10&Under Male and Female
SEEDING:	<ul style="list-style-type: none"> • All like-distances will be seeded as a single event, without regard to a swimmer's age or gender. Places, awards, and published results will be separate for each event, age group, and gender. • Positive check-in for each event is listed on the Description of Events and Schedule page (page #6). • 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: • Entries using fraudulent or non-verifiable times. • Athletes competed in the incorrect age group. • Athlete is not registered with USA Swimming prior to the first day of the meet.

	<ul style="list-style-type: none"> • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmers are unattached, the fine will be levied on the swimmer. • Any event in which an athlete participated illegally will be re-scored and re-awarded.
RULES	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention 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 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. • 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. • 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. • 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: Genny Kimbel Email: gennykimbel@gmail.com</p> <p>Phone: (757) 876-9134 (cell)</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. • Officials that are comfortable and want to be out on the water, please state so in your request. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to edbaldwi@vt.edu no later than June 18, 2025. • Officials meeting will be at 8:00 AM at the hospitality tent.
SAFETY:	<p><u>The meet is an IN-WATER start with swimmers held in a closed area marked by numbers on swim cap, shoulders, back and front of one leg. They will hold a card with the same number and will give this card to the chief sweep judge prior to the start of the race. The number of each swimmer will be recorded and delivered to each stroke and turn judge prior to the start of race. There will be instructions of the course and rules of play to swimmers, then the start. At each turn, there will be an accounting of the swimmers by Stroke and sweep judge (3 on the water and 2 on land). Any one leaving the course will be accounted for and communicated to the chief sweep judge. When the swimmers finish it will be a beach finish and the swimmers will again be held in the closed starting area until the cards are returned to each swimmer</u></p> <p><u>Monitoring Swimmers During Race</u></p> <ul style="list-style-type: none"> • Safety boats will monitor the entire course. • 5 Lifeguards will be on location, (3 in the water on kayaks or paddleboards and 2 on the land with view of entire course. • <u>Medical Services</u> • There will be a First Aid station/ tent available at start/finish area.

	<ul style="list-style-type: none"> • The Blacksburg Rescue Squad will be on site with one ALS team and one BLS team. • Hospital Emergency room Montgomery Regional; distance 4 mile and 7 minutes away • Dive team on call • <u>Safety Communications Plan</u> • Each official and safety officer will have a radio and air horn, each safety station will have a whistle, one radio channel will be devoted to safety. One blast on whistle or one blast on air horn to attract attention then radio explanation of safety needs. • The Safety Officer will be in charge of all safety at the event, overseeing life guards, EMT's and swims safety. The safety officer will be in contact with officials, life guards and EMT's by radio. The safety officer will also have a Golf Cart and driver to be able to move through the event quickly and where needed. • Safety Officer: Eric Johnson 336-755-1751 • <u>Feeding Stations</u> • The course is 500m and feeding stations are not required; however, there will be safety stations and each will have first aid and water • <u>Accounting for swimmers</u> • Each swimmer will be given a numbered card with their information that they must have to enter the water. • There will not be escort boats for swimmers. • There will be safety stations viewing each swimmer and accounting of each swimmer 5 times each lap as they pass each Stroke and sweep judge on the course. • This is the most important duty of the safety team. • Each Stroke official will follow radio protocol and also radio when last swimmer passes their station each lap. • <u>Technical Meeting</u> • The technical meeting will be held via zoom with details emailed out prior to the event. The technical meeting notes will be posted and emailed to each team prior to meet day. There will also be a review with each heat prior to the start of each race. • <u>Safety during pre-race warm-up and post-race warm-down</u> • There will be a separate warm up warm down area and swimmers will not be allowed to warm up or warm down on the course. The warm up area will also have at least one life guard and one marshal. In addition, there will be at least one canoe on the water to prevent any swimmers beyond the buoy markings of the warm up course. Swimmers will also be required to give their number card to the marshal prior to entering the warm-up area and pick their card up when leaving the warm-up area. • Officials will notify swimmers of yellow card and red card infractions on the course. Red card infractions will disqualify the swimmer and they must exit the course.
TIMERS:	Timers will be provided by the host team. Watches will be utilized for timing system.
GENERAL:	<ul style="list-style-type: none"> • This event will be held rain or shine. • Event may be delayed or canceled due to lightning. No refunds. • Average water temperature is expected to be in the High 70s- low 80s. • Extra Meet Event T-shirts will be available for \$20 each. • Hospitality tent will be set up by the quarry starting area with water coolers available for swimmers.
FACILITY RULES:	<ul style="list-style-type: none"> • We highly recommend you carpool. Traffic in and out of the quarry will be maintained as it's a one way road.
VOLUNTEERS	Anyone wishing to help with registration check-in, body marking, on the water drink station, event check-in, water safety personnel or first aid station, please contact Meet Director: Scott Baldwin: edbaldwi@vt.edu
DIRECTIONS:	Google Maps: 1001 Lusters Gate Road, Blacksburg, VA 24060.

LODGING:	See Blacksburg/ Christiansburg and surrounding communities
-----------------	--

Order of Events

Event #1 Women's: Open 5K
Event #2: Men's: Open 5K
Event #3: Women's Open 3K
Event #4: Men's Open 3K

Event #5: Women's Open 1.5K
Event #6: Men's Open 1.5K
Event #7: Women's Open 500m
Event #8 Men's Open 500M

Description of EVENTS and SCHEDULE

5K: The race will consist of 10 times around a 500M loop marked with large orange and large green buoys. The race will end 90 minutes after the start. All swimmers who have not completed the course will be asked to retire.

Check-in: 7:30 AM; Pre-race Meeting: 8:00 AM; Event starts: 8:30 AM.

3K: The race will consist of 6 times around a 500M loop marked with large orange buoys and large green buoys. The race will end 72 minutes after the start. All swimmers who have not completed the course will be asked to retire.

Check-in: Prior to 9 AM; Pre-race Meeting: 9:30 AM; Event starts: No earlier than 10:00 AM.

1.5K: The race will consist of 3 times around a 500M loop marked with large orange buoys and large green buoys. The race will end 45 minutes after the start. All swimmers who have not completed the course will be asked to retire.

Check-in: Prior to 10:00AM; Pre-race Meeting: 10:30; Event start: No earlier than 11:00 AM

500M: The race will consist of 1 time around 500M loop marked with large orange buoys and large green buoys. The race will end 30 minutes after the start.

Check-in: Prior to 10:30 PM; Pre-race meeting: 11 am; Event start: No earlier than 11:30 PM