

	FRIENDLY CITY KICKOFF with the VIRGINIA GATORS September 20, 2025 SANCTION NO. VS-26-006	Hosted by  VIRGINIA GATORS OF HARRISONBURG
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-006 - USA Swimming, Inc., Virginia Swimming, Inc., Valley Area Swim Team, Inc. (Virginia Gators of Harrisonburg) and James Madison University 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, Virginia Gators / Valley Area Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and the City of Harrisonburg.	
LOCATION:	Savage Natatorium Godwin Hall, James Madison University, 261 Bluestone Dr., Harrisonburg, VA	
FACILITY:	- Competition pool is a 25-yard, 8 lane pool, 4 feet deep at the start end and 12 feet deep at the turn end with non-turbulent lane lines. Daktronics automatic timing system with an 8-line name video display board will be used with stopwatch timing as a back-up. - The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. - Spectators will be allowed in the stands during competition. Seating for up to 800. - Lifeguards will be on duty during the meet and the facility includes an AED device on site. A local EMT station is 2 miles away. - 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: Jolanthe Erb Email: hburggators@gmail.com Phone: 540/433-5775	
ELIGIBILITY:	- Open to all USA Swimming athletes (including APT) registered before the first day of the meet. - No on deck Virginia Swimming athlete registration will be permitted. 2024-2028 NAG time standards are in effect. (as appropriate) - Age on September 20, 2025 will determine age for the entire meet.	
DISABILITY SWIMMERS:	- 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 using the Disability Accommodation Form.	
ATHLETE WITH A SERIOUS MEDICAL CONDITION:	- 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:	All athletes will swim in the afternoon session. - All events will be timed finals. - The meet referee reserves the right to add breaks if needed after receiving meet entries. - Following the receipt of entries, the number of lanes to be used will be determined. Teams will be notified no later than September 13, 2025.	
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS: Tuesday, September 9, 2025 - Entries must be submitted in short course yard times using Commlink-2 software. - Teams submit entries via email. - 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. - 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 5 individual event(s) per day. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • Email entries to: Jolanthe Erb, hburggators@gmail.com
FEES:	Swimmer Surcharge: \$2.50 per person (entered in the meet in any capacity) Swimmer meet fee: \$30.00 per person (flat rate regardless of number of swims) • Checks should be made payable to: Virginia Gators, Harrisonburg. • Mail payment to: Virginia Gators, P.O. Box 984, Harrisonburg, VA 22803 • Payment must be received by September 20, 2025 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.
SEEDING:	• Clerk of Course will be provided for 12/under swimmers. • An announcer will be on-deck providing event and heat information for swimmers and families. • All events will be pre-seeded. • Coaches will be asked to submit scratches for events. At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received or heats may be combined.
WARM-UP:	• Warm-ups not before 12:30pm; competition starts not before 1:30pm. • The approximate start time for events will be posted on the Virginia Gators of Harrisonburg website no later than Tuesday, September 16, 2025, and will also be emailed to the contact person of the participating clubs. • Lane assignment and warm-up times for individual clubs will be posted on the Virginia Gators of Harrisonburg website no later than Tuesday, September 16, 2025, and will also be emailed to the contact person of the participating clubs.
AWARDS:	Individual events: Ribbons will be awarded for first through sixth place. • 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. • 12 & Under events will be given separate awards for 11-12, 9-10, and 8 & Under age groups.
RULES:	• 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. • In accordance with Virginia Swimming Best Practices, all athletes 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 Virginia Swimming 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:	• 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. ○ 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:	Meet Referee: Beth Arnold Email: arnoldeaa@gmail.com Phone: 540-383-9080 ● 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 Beth Arnold, arnoldeaa@gmail.com or 540-383-9090 no later than Wednesday, September 17, 2025. ● Officials will meet on the pool deck one hour before the start of any session.
SAFETY:	Meet Safety Officer: Chance Ebersold Email: chanceebersold@gmail.com Phone: 540-433-4022 Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	There will be 2 timers per lane. Touchpads will serve as the primary timing source, with two buttons and a stopwatch used as backup timing sources for each lane. ● Clubs may 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 Harrisonburg Gators website no later than Tuesday, September 16, 2025 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	● Heat Sheets will be posted on the Harrisonburg Gators website in advance of the meet and sent to participating teams. Please print and bring a copy with you. Heat sheets will also be posted on Meet Mobile. ● Swimmers are not permitted in any room of the building not directly associated with this swim meet. ● Officials and coaches will have access to a separate hospitality area with light snacks and drinks. ● All results will be posted via Meet Mobile.
FACILITY RULES:	● Locker room and restroom areas: we ask that swimmers arrive in their suits. Restrooms will be available during the meet and locker rooms after swimmers are finished. Coach, official, and volunteer restrooms will be separate from swimmer restrooms. ● Deck access to the pool will be strictly enforced. Swimmers, coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. ● No smoking is permitted in the building or at the facility. ● No food or drink on the pool deck, including glass bottles. Any food or drink must be consumed in designated areas. ● Please be courteous in sharing the locker rooms and bathrooms by keeping them neat and cleaning up after yourself on deck and in the viewing area to keep cleaning costs to a minimum.
DIRECTIONS:	● Savage Natatorium Godwin pool facility is located on the campus of James Madison University. ● From I-81, take exit 245. Off the ramp, head west on Port Republic Road. At the next light, turn right on to the campus of JMU. Go to the second traffic signal and turn left to Godwin Hall. ● Parking is available in Lots G, P, and Champions Drive Parking Deck. See parking map: http://www.jmu.edu/parking/_files/parkingmap.pdf
HOTELS:	● Courtyard Marriot: 1890 Evelyn Byrd Avenue, Harrisonburg, VA, (540) 432-3031. ● Hotel Madison at James Madison University: 710 South Main St, Harrisonburg, VA, 22801. (540) 564-0200, about 5 minutes from the pool. ● Hampton Inn: 85 University Boulevard, Harrisonburg, VA, (540) 432-1111. Continental breakfast. ● Residence Inn - Marriott 1945 Deyerle Ave. Harrisonburg, VA (540) 437-7426 ● Quality Inn - 1881 Evelyn Byrd Ave. Harrisonburg, VA (540) 645-6469

FRIENDLY CITY KICKOFF
ORDER OF EVENTS
Saturday, September 20, 2025

Entry Limit: 5 events per swimmer/day. All times are *not earlier than*. Warm-ups: not before 12:30pm Meet Start: not before 1:30am		
Girls	Events	Boys
1	8/under 25 freestyle	2
3	9-10 50 freestyle	4
5	11-12 50 freestyle	6
7	13-14 100 freestyle	8
9	Open 100 freestyle	10
11	8/under 25 backstroke	12
13	9-10 50 backstroke	14
15	11-12 50 backstroke	17
17	13-14 100 backstroke	18
19	Open 100 backstroke	20
21	8/under 100 IM	22
23	9-10 100 IM	24
25	11-12 100 IM	26
27	13-14 200 IM	28
29	Open 200 IM	30
31	8/under 25 butterfly	32
33	9-10 50 butterfly	34
35	11-12 50 butterfly	36
37	13-14 100 butterfly	38
39	Open 100 butterfly	40
41	8/under 25 breaststroke	42
43	9-10 50 breaststroke	44
45	11-12 50 breaststroke	46
47	13-14 100 breaststroke	48
49	Open 100 breaststroke	50
51	8/under 50 freestyle	52
53	9-10 100 freestyle	54
55	11-12 100 freestyle	56