



HVA CURRENT
HAMPTON LONG COURSE INVITATIONAL
May 16 - 18, 2025
SANCTION NO. VS-25-100R



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-100R.• USA Swimming, Inc., Virginia swimming, Inc., HVA Current swim team, and the Hampton Virginia Aquaplex 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, HVA Current swim team agrees to comply and enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Hampton, Va.
LOCATION:	Hampton Virginia Aquaplex, 1908 Coliseum Drive, Hampton, Va. 23666. Phone: (757) 263-0999
FACILITY:	<ul style="list-style-type: none">• 8-lane, 50-meter indoor pool 6 feet 8 inches deep at one end and 13 feet deep at the diving board end; lanes are 8 feet 2 inches wide; overflow gutters; non-turbulent lane markers; Colorado Timing System.• Warm-up/Warm-down Pool: 8-lane, 25-yard pool three feet six inches at one end and four feet six inches at the other end. NO DIVING is allowed in this pool.• 1500 second level seating is available for spectators. Only swimmers, coaches, officials and meet volunteers are allowed on the pool deck.• The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.• There will be lifeguards and additional Aquatics staff along with 2 AED located on the opposite sides of the pool deck in both the competition and warm-up/war-down pools. The Aquatics staff uses 2-way radios for communication.• To provide parents/guardians who are outside the facility the ability to view their athlete's 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 DIRECTORS:	Dave Henderson Phone:(757) 897-6127 (cell) Email: dave@hvacurrent.org
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered before the first day of the meet.• No on deck Virginia Swimming athlete registration will be permitted.• Age on May 16, 2025 will determine age for the entire meet.• Entry is open to all ages regardless of time with the following exceptions.<ul style="list-style-type: none">➤ 8 & Unders must have achieved the following to enter these events:<ul style="list-style-type: none">• 100 Fly, Back and Breast - at least a 10&U "B" time in the 50-yard or 50-meter event of the same stroke.• 200 Free – at least a 10&U "B" time in the SC or LC 100 Free.• 200 IM – at least a 10&U "B" time in the SC 100 IM.• 2024-2028 NAG time standards are in effect.
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 using the Disability Accommodation Form.
ATHLETES WITH A SERIOUS	<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

MEDICAL CONDITION:	<p>allow for any needed planning or logistical support.</p> <ul style="list-style-type: none"> The 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 If any session length is longer than 2 ½ hours; it may be run using chase starts. Teams will be notified if chase starts will be utilized not later than Monday, May 12, 2025.
WARM-UPS:	<ul style="list-style-type: none"> Friday: Middle Distance/Distance Session - ALL AGES <ul style="list-style-type: none"> ➤ Warm-ups start at 11:00 am; Competition starts at 11:45 am. Saturday and Sunday: ALL AGES <ul style="list-style-type: none"> ➤ Warm-ups start at 8:00 am; Competition starts at 9:10 am The Program Pool will be available for warm-up/warm-down during the meet. Team warm-up information will be e-mailed out to all teams and available on the HVA Current web site at www.HVACurrent.org on Monday, May 12, 2025
ENTRIES:	<p>DEADLINE FOR RECEIPT OF ENTRIES IS TUESDAY, MAY 6, 2025.</p> <ul style="list-style-type: none"> All swimmers may enter a maximum of 10 individual events. No more than 2 events on Friday, 4 events on Saturday and 4 events on Sunday. Entries must be submitted in Long Course meter times using Commlink-2 software. Teams submit entries via e-mail. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. "No Time" (NT) entries will be accepted Coaches Times (CT) will be accepted ONLY if a swimmer has never competed in an event. A CT MUST be slower than the "A" time standard. Entries will be processed in the order received and <u>accepted to the greatest extent possible</u> without exceeding the 4-hour/session timeline limit. The number of heats in the 400 IM, 400 Free and 800 Free may be limited due to time line rules. Teams will be notified of any events that will have heat limitations by Monday, May 12, 2025. E-Mail Entries To: dave@hvacurrent.org Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added. Late entries MUST be submitted ONLY to the Meet Director. \$20.00/event.
FEES:	<p>Individual Events: \$12.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Make Checks payable to: HVA Current Mail payment to: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Cell (757) 897-6127 Payment must be received by Tuesday, May 13, 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 deliver. Late Entries: \$20.00/event
AWARDS:	<ul style="list-style-type: none"> Individual Events: Ribbons will be awarded for first (1st) through eight (8th) place. This meet will not be scored.
SEEDING:	<ul style="list-style-type: none"> All events on Friday will be deck seeded. Positive check-in deadlines are as follows: <ul style="list-style-type: none"> ○ 400 IM (11:15 am); 400 Free & 800 Free (11:45 am) All events on Saturday and Sunday will be pre-seeded. Swimmers should report directly to the blocks for their events.

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 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 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 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 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 hanging 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 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.
OFFICIALS:	<p>MEET REFEREE: Tommy Lovell E-mail: scoutmastertommy@gmail.com Phone: (757) 532-4378</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions for this meet. Officials Training will be available. ● Team Officials Chair should submit names and session availability of certified officials as well as name and session availability of any trainees to Sean Roberts, HVA Current Officials Chair at officials@hvacurrent.org or (757) 329-3152 (cell) no later than Tuesday, May 13, 2025. The following link can also be used. Thank you for your help in advance. ● Officials' briefings will be held in the hospitality room one hour prior to the start of each session.
SAFETY:	<p>MEET SAFETY OFFICER: Dave Henderson Email: dave@hvacurrent.org Phone: (757) 897-6127 VSI Safety and Warm-up procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> ● Friday - Swimmers will be responsible for providing a Timer. ● Two timers per lane will be used. ● Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each season. ● The number of timers per club and their lane assignments will be posted on the HVA Current

	web site at www.HVAcurent.org no later than Monday, May 12, 2025 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> ● Heat Sheets: Published in Meet Mobile. Printed copies will be provided for coaches and officials. ● Snack Bar: The Aquaplex will operate a snack bar during the meet. ● Apparel & Swim Shop: There will be an apparel and swim shop vendor operating during the meet. ● Hospitality: Hospitality will be provided for coaches and officials in the Team Room behind the starting blocks at the office end of the pool. Breakfast and Lunch will be served. Drinks and snacks will be provided during the day.
RESULTS:	<ul style="list-style-type: none"> ● All results will be announced and posted on the hallway wall near the locker room entrance ● A copy of the meet results will be sent via e-mail to each team entering the meet. ● The results will be posted on the Virginia Swimming web site www.virginiaswimming.org after the conclusion of the meet.
FACILITY RULES:	<ul style="list-style-type: none"> ● No glass containers of any kind are permitted in the facility. ● Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator that violates Aquaplex rules posted at the pool and in this meet announcement, may be disqualified from the meet and escorted from the facility. ● Deck Access: Access to the competition and instructional pools deck will be strictly controlled. Only swimmers, coaches, officials, event staff and volunteers working that session will be permitted on the deck during warm-ups and the competition. ● NO SMOKING
DIRECTIONS:	<ul style="list-style-type: none"> ● See facility address on page one and use your choice of map app.

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Friday, May 16, 2025 – ORDER OF EVENTS

Middle Distance/Distance Session - ALL AGES

Warm-ups: 11:00 am – 11:40 am; Start 11:45 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & Older 400 Individual Medley	5
2	9 - 12 YO 400 Freestyle	6
3	13 & Older 400 Freestyle	7
4	12 & Older 800 Freestyle	8

12 Year Olds entering the 400 IM and 800 Free must have a “BB” time listed in SWIMS in either the LC 400 or SC 500 Freestyle.

The number of heats in the 400 IM, 400 Free and 800 Free may be limited due to time line rules. Teams will be notified of any events that will have heat limitations by Monday, May 12, 2025.

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Saturday, May 17, 2025 – Order of Events

ALL AGES

Warm-ups: 8:00 am – 9:00 am; Start 9:10 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
9	13 & Older 200 Individual Medley	10
21	11 -12 100 Freestyle	22
23	10 & Under 100 Freestyle	24
11	13 & Older 100 Freestyle	12
25	11 – 12 200 Backstroke	26
13	13 & Older 200 Breaststroke	14
27	10 & Under 50 Butterfly	28
29	11 - 12 50 Butterfly	30
15	13 & Older 100 Backstroke	16
31	10 & Under 100 Breaststroke	32
33	11 – 12 100 Breaststroke	34
17	13 & Older 100 Butterfly	18
35	10 & Under 50 Backstroke	36
37	11 - 12 50 Backstroke	38
19	13 & Older 50 Breaststroke	20
39	11 - 12 200 Butterfly	40
41	10 & Under 200 Individual Medley	42
43	11 - 12 Individual Medley	44

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ALL AGES

Warm-ups: 8:00 am – 9:00 am; Start 9:10 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	13 & Older 200 Freestyle	46
59	11 - 12 50 Freestyle	60
61	10 & Under 50 Freestyle	62
47	13 & Older 100 Breaststroke	48
63	11 - 12 200 Breaststroke	64
49	13 & Older 50 Backstroke	50
65	10 & Under 100 Backstroke	66
67	11 - 12 100 Backstroke	68
51	13 & Older 200 Butterfly	52
69	10 & Under 100 Butterfly	70
71	11 –12 100 Butterfly	72
53	13 & Older 50 Freestyle	54
73	10 & Under 50 Breaststroke	74
75	11 -12 50 Breaststroke	76
55	13 & Older 200 Backstroke	56
77	10 & Under 200 Freestyle	78
79	11 – 12 200 Freestyle	80
57	13 & Older 50 Butterfly	58