
	<p align="center">Williamsburg Aquatic Club Summer Sizzle June 21-22, 2025 SANCTION NO. VS-25-87</p>	<p align="center">Hosted by  Williamsburg Aquatic Club</p>
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-87 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. 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. 	
LOCATION:	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, Va. 23234 Phone: (804) 271-8271	
FACILITY:	Competitive Pool: <ul style="list-style-type: none"> 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. This Meet will be swum in the 50-Meter Course. Instructional Pool: Indoor 6 lane 25 yard pool for continuous warm-up/warm-down. Omega starting blocks, CTS6 with Dolphin wireless stopwatches and full color LED scoreboard will be used. There is Spectator Seating for 700 Plus. 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.) The Collegiate School Aquatic Center will have a complete set of Lifeguards on Duty during the Meet. There is a large 1st aid Station right off of the Main Deck. AED devices as well as Emergency Oxygen are available on site. 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: Harold Baker Email: coachharold2@cox.net Phone: (757) 229-8662	
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. 2025-2028 NAG time standards are in effect. Age on June 21st, 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 responsible for notifying the session referee of any disability prior to the competition using the <u>Disability Accommodation Form</u>. 	
ATHLETES WITH A SERIOUS MEDICAL CONDITION	<ul style="list-style-type: none"> 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 (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. The Swimmer/Coach shall provide a Personal Assistant(s) as needed. 	
FORMAT:	<ul style="list-style-type: none"> 12 & under Swimmers will swim in the A.M. Sessions. 13 & over Swimmers will swim in the P.M. Sessions All Events will be timed Finals. 	

	<ul style="list-style-type: none"> Distance Sessions will start 15 Minutes after the end of the A.M. Sessions 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 15, 2025, if chase starts will be used.
WARM-UP:	<ul style="list-style-type: none"> Morning Sessions: Warm-ups at 7:30 A.M. Competition starts at 8:30 A.M. Afternoon Sessions: Warm-ups at 12:30 P.M. Competition starts at 1:30 P.M. Distance sessions: The pool will be open for 10 minutes of open warm-ups immediately following the finish of the P.M. Session, with the distance session competition starting 5 minutes thereafter. The approximate start time for the distance sessions will be posted on at www.Swimwac.com website no later than Tuesday, June 17, 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 Swimwac.com website no later than Tuesday, June 17, 2025 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>THE DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, June 10, 2025.</p> <ul style="list-style-type: none"> Entries must be submitted in Long Course Meter times Commlink-2 software. Teams submit entries via email. Teams will be entered on first come, first served within the 4 hour time rule. Coach Time (CT) entries will be accepted for events in which a swimmer does not have a time of record. <u>CT must be slower than an "A" time</u>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. NT Entries will be accepted. Swimmers may enter a maximum of 4 individual events and 1 relay event per day. Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible without exceeding the 4-hour/session timeline limit and in accordance with the regulations of the Commonwealth of Virginia. Email entries to: Harold Baker at coachharold2@cox.net. 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.
FEES:	<p>Individual events: \$9.50; Relays: \$14.00 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: Williamsburg Aquatic Club Mail payment to: Williamsburg Aquatic Club 3013 South Court Williamsburg Va. 23185 Payment must be received by Wednesday June 18, 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.
AWARDS:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for 1st through 8th place. <ul style="list-style-type: none"> 13 & Over events will be given separate awards for 13-14 and 15 & over Age Groups. 12 & Under events will award separate awards for 11-12, 9-10 and 8 & under Age Groups.
SEEDING:	<ul style="list-style-type: none"> All events, except (#59 & 60 – 1650 Free) and (#115 & 116 – 800 Free) will be pre-seeded. The events listed here will be positive check-in events. Swimmers will report directly to the blocks for their events. Positive check-in will close at the end of warm-ups for the Afternoon Session in which the event is being swum. Check-in will be at the Table across from the computer room. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. All Positive Check-in events will be swum slowest to fastest in the normal # order.
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. ○ Athletes 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.
RULES	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply, 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. • 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. • 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. • 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.
OFFICIALS:	<p>Meet Referee: Richard Hill Email: coachrehill@gmail.com Phone: 757-810-4005</p> <p>Officials will be needed for all positions and all sessions for this meet.</p> <ul style="list-style-type: none"> • 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: mburrows6@gmail.com by Sunday June 15th, 2025 or as soon thereafter as possible. • The Officials Meetings will start at 7:30 A.M. for the Morning Sessions. These meetings will be held in the Hospitality Room right off of the Pool Deck.
SAFETY:	<p>Meet Safety Officer: Harold Baker Email: coachharold2@cox.net</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> • 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 www.swimwac.com website no later than Tuesday, June 17, 2025, and will also be emailed to the contact person of each of the individual clubs. • Swimmers must provide their own Timer and Lap Counter for the Distance Sessions at the end of the P.M. Sessions.
GENERAL:	<ul style="list-style-type: none"> • Hospitality will be provided for Coaches and Officials. • Concessions will be offered at this Meet. • Heat Sheets will be available on the Meet Mobile App. • Meet results will be available on the Meet Mobile App

	<ul style="list-style-type: none"> • Swim & Tri will provide for your Swimming needs in the Entrance Lobby. • If necessary, overflow parking will be available at Martin's behind the Aquatics Center.
FACILITY RULES:	<ul style="list-style-type: none"> • 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. • No Spectators/Parents will be allowed on the deck unless they are working the Meet. • Spectators will be access to the restrooms in the facility Lobby • Shoes are required in all areas of the Facility except when on the Pool Deck. • No Glass containers will be allowed in the Aquatic Center. • No Smoking is permitted on the CSAC/SwimRVA campus, including all Parking lots. • CSAC is not responsible for any lost or stolen items. •
DIRECTIONS:	Go to www.Swimwac.com . Click onto "Meets & Events". Click onto Meet venues.

**2025 WILLIAMSBURG AQUATIC CLUB
SUMMER SIZZLE MEET
ORDER OF EVENTS**

**ORDER OF EVENTS
Saturday June 21st 2025**

Morning Session Warm-up: 7:30 AM; Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & 12 50 Breast	2
3	10 & under 50 Breast	4
5	11 & 12 200 Breast	6
7	10 & under 100 Free	8
9	11 & 12 100 Free	10
11	10 & under 50 Fly	12
13	11 & 12 50 Fly	14
15	10 & under 200 Free	16
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 Medley Relay	30
31	11 & 12 200 Medley Relay	32

Afternoon Session Warm-up: 12:30 P.M. Start: Not before 1:30 P.M.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	13 & 14 100 Breast	34
35	15 & Over 100 Breast	36
37	13 & 14 50 Free	38
39	15 & Over 50 Free	40
41	13 & 14 100 Fly	42
43	15 & Over 100 Fly	44
45	13 & Over 400 Free	46
47	13 & 14 200 Back	48
49	15 & Over 200 Back	50
51	13 & 14 200 I.M.	52
53	15 & Over 200 I.M.	54
55	13 & 14 200 Medley Relay	56
57	15 & Over 200 Medley Relay.	58

<u>Distance Session</u> (15 Minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	13 & Over 1500 Free	60

**2025 WILLIAMSBURG AQUATIC CLUB SUMMER SIZZLE MEET
ORDER OF EVENTS**

Sunday, June 22ND, 2025

Morning Session Warm-up: 7:30 AM, Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	10 & under 50 Back	62
63	11 & 12 50 Back	64
65	11 & 12 200 Back	66
67	10 & under 100 Fly	68
69	11 & 12 100 Fly	70
71	10 & under 100 Breast	72
73	11 & 12 100 Breast	74
75	11 & 12 400 I.M.	76
77	10 & under 50 Free	78
79	11 & 12 50 Free	80
81	10 & under 400 Free	82
83	11 & 12 400 Free	84
85	10 & under 200 Free Relay	86
87	11 & 12 200 Free Relay	88

Afternoon Session Warm-up: 12:30 P.M. Start: Not Before 1:30 P.M.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
89	13 & 14 100 Back	90
91	15 & Over 100 Back	92
93	13 & Over 400 I.M.	94
95	13 & 14 200 Free	96
97	15 & Over 200 Free	98
99	13 & 14 200 Breast	100
101	15 & Over 200 Breast	102
103	13 & 14 100 Free	104
105	15 & Over 100 Free	106
107	13 & 14 200 Fly	108
109	15 & Over 200 Fly	110
111	13 & 14 200 Free Relay	112
113	15 & Over 200 Free Relay	114

<u>Distance Session</u> (15 Minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
115	13 & Over 800 Free	116