

	<p align="center">757swim Splash & Dash January 9-11, 2026 Sanction NO. VS-26-059</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-26-059 USA Swimming, Inc., Virginia Swimming, Inc., 757swim, 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. 		
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 with 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: Mike Salpeter Phone: 757.375-4394 Email: coachmike@757swim.com		
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all VA Swimming and USA Swimming registered athletes. Teams wishing to participate in this meet should contact the meet director with their approximate numbers.. No on-deck USA Swimming athlete registration will be permitted. All 18 & over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date. 2025-2028 NAG time standards are in effect Age on Jan 9, 2026 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 using the Disability Accommodation Form. 		
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. Friday's Distance Session will be swum fastest to slowest with alternating heats of girls and boys. Saturday and Sunday events will be swum slowest to fastest. 		

	<ul style="list-style-type: none"> The meet director reserves the right to combine the 10 and Under and 11-12 sessions on Saturday and Sunday based on combined entries not exceeding a four hour timeline each day.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday, December 29, 2025.</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 1 individual event on Friday, 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. Email entries to: coachmike@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: \$11.00 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: 757swim Mail payment to: 757swim 5720 Warhill Trail Williamsburg, VA 23188 Payment must be received by Tuesday, January 6, 2026 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 7:00 am; competition starts not before 8:00 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.

	<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: Shana Wilkins 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 Shana Wilkins at officialchair@757swim.com no later than Tuesday, January 7, 2026. • Officials' meetings will be held in the hospitality area one hour prior to the start of the meet.
SAFETY:	<p>MEET SAFETY OFFICER Name: Erin Roherle Email: meetdirector@757swim.com Phone: 377-1532</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.

	<ul style="list-style-type: none"> ● Lost and Found: Lost and Found will be located in the Front Lobby and next to the Announcer's Table.
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.

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

**Friday, January 9, 2026
Session 1: Distance Session**

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

Girls	Events	Boys
1	11 & Over 1,000 Free	2
3	11 & Over 500 Free	4
5	12 & Under 400 IM	6

Saturday, January 10, 2026

Session 2: 13 & Overs

Warm-up: not before 7:00am; Start not before 8:00am

Girls	Events	Boys
7	13 & over 100 Free	8
9	13 & Over 200 Fly	10
11	13 & Over 50 Back	12
13	13 & Over 400 IM	14
15	13 & Over 50 Fly	16
17	13 & Over 100 Back	18
19	13 & Over 200 Breast	20

Session 3: 10 & Unders

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

Girls	Events	Boys
21	10 & Under 50 Free	22
23	8 Under 25 Back	24
25	10 & Under 100 Back	26
27	8 & Under 25 Breast	28
29	10 & Under 100 Breast	30
31	8 & Under 25 Free	32
33	10 & Under 100 IM	34
35	8 & Under 25 Fly	36
37	10 & Under 100 Fly	38
39	10 & Under 200 FR	40

Session 4: 11-12 Afternoon Session

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

Girls	Events	Boys
41	11-12 200 Free	42
43	11-12 50 Fly	44
45	11-12 200 Fly	46

47	11-12 100 IM	48
49	11-12 50 Breast	50
51	11-12 200 Breast	52
53	11-12 100 BK	54

Sunday, January 11, 2026

Session 5: 13 & Over

Warm-up: not before 7:00am; Start not before 8:00am

Girls	Events	Boys
57	13 & Over 200 Free	58
59	13 & Over 100 Fly	60
61	13 & Over 200 Back	62
63	13 & Over 50 Free	64
65	13 & Over 100 Breast	66
67	13 & Over 200 IM	68
69	13 & Over 50 Breast	70

Session 6: 10 & Under

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

Girls	Events	Boys
71	10 & Under 200 IM	72
73	10 & Under 50 Back	74
75	10 & Under 100 Free	76
77	10 & Under 50 Fly	78
79	10 & Under 50 Breast	80
81	10 & Under 500 Free	82

Session 7: 11-12 Afternoon Session

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

Girls	Events	Boys
83	11-12 100 Free	84
85	11-12 100 Fly	86
87	11-12 200 IM	88
89	11-12 100 Breast	90
91	11-12 50 Back	92
93	11-12 200 Back	94
95	11-12 50 Free	96