
	<p align="center">Cavalier Aquatics/ Piedmont YMCA YMCA Invite January 31- February 1, 2026 Approval NO. VS-26-078A</p>	
SANCTION:	<ul style="list-style-type: none"> Held under the approval of USA Swimming/Virginia Swimming, Inc., Approval NO: VS-26-078A USA Swimming, Inc., Virginia Swimming, Inc., the Brooks Family YMCA, and Cavalier Aquatics/ Piedmont Family YMCA swim team 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:	Brooks Family YMCA 151 McIntire Park Drive Charlottesville, Va. 22902 434.974.9622	
FACILITY:	<ul style="list-style-type: none"> 10 lane 25Y indoor pool with a depth of 9' at the start end and 4' at the turn end. Lanes are 7' wide with nonturbulent lane lines. Colorado starting blocks and Colorado timing system will be used with 2 buttons and 2 watches per lane. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. Medical Assistance Available: <ul style="list-style-type: none"> Equipment on Deck – first aid supplies, oxygen tank, BVM Medical Equipment adjacent to the Deck – AED and supplies Safety Supplies on Deck – lifeguard chairs (3), lifeguard tubes (multiple), backboards (3), ring buoy (2), Shepard's hook, fire extinguisher (3) Safety Team Members on Deck – 3 to 4 certified Lifeguards, 3+ coaches with STFSC and CPR, 1 program staff member (Aquatics Coordinator or Aquatics Director), 2 Meet Directors, 2+ Meet Marshals Safety Team in Building – 2+ staff members 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:	Kristen Wells Kw2fm@virginia.edu 804.363.8645	
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Lynchburg YMCA and Cavalier Aquatics registered swimmers and teams in good standing 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. 2024-2028 NAG time standards are in effect Age on January 31, 2026, will determine age for the entire meet. 	
ATHLETES WITH A DISABILITY:	<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. 	
SWIMMERS WITH A 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 (eg, concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. 	

	<ul style="list-style-type: none"> 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 swimmers will swim in the afternoon session on Saturday, Jan. 31, and in the morning session on Sunday, Feb.1. All events will be timed finals. The number of lanes to be used will be determined following the receipt of entries. Teams will be notified NLT than Monday, January 26, 2026. The meet referee reserves the right to add breaks if needed after receiving meet entries.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, January 20, 2026, at 11:59 PM.</p> <ul style="list-style-type: none"> Entries must be submitted in short course yards times using Hy-Tek Team Manager or Team Unify. Teams submit entries via email to Jason Swaim: jswaim@piedmontymca.org NT and Coach Time (CT) entries will be accepted for events in which a swimmer does not have a time of record with the exception of the 500 and 1000 Freestyles. <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. Swimmers may enter a maximum of 4 individual events per day. Athletes may swim Events 13 & 14 (12 and Under 100 IM) OR Events 15 & 16 (12 and Under 200 IM) They may not swim both. Athletes who are age 9 & Over, may swim either 200 Free (Events 35, 36, 37, 38) OR 500 Free (Events 39 & 40). They may not swim both. Athletes may swim either Events 39 & 40 (9 & Over 500 Free) OR Event 41 & 42 (11 & Over 1000 Free). They may not swim both. Events 39 & 40 (9 & Over year-old 500 Free) and Events 41 & 42 (11 & Over 1000 Free) will each have a 5-heat limit per gender. Assuming 8 lanes will be used for seeding, each team will have a minimum of 20 entries per event. If one team does not use all of their entries, additional entries from the second team will be accepted until the event is full. Teams will be notified NLT Monday January 26, 2026, as to which swimmers will be seeded. Swimmers in the 9 & Over 500 Free must have a USA Swimming NAG-defined "B" time or faster for their age group in the 500 Free in order to swim the event. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. 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>Entry fee: \$9.00 per individual event entered. Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity). Checks should be made payable to: Cavalier Aquatics</p> <ul style="list-style-type: none"> Mail payment to Jason Swaim: 151 McIntire Park Drive, Charlottesville, Va. 22902. Payment must be received by January 31, 2026. 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:	<ul style="list-style-type: none"> The number of competition lanes will be determined after meet entries are received. All events except 19 and 20 (13 & Over 400 IM), 39 and 40 (9 & Over 500 Free), and 41 and 42 (11 & Over 1000 Free) will be pre-seeded. Positive check-in is required for events 19 and 20 (13 & Over 400 IM), 39 and 40 (9 & Over 500 Free), 41 and 42 (11 & Over 1000 Free). <ul style="list-style-type: none"> Check-In closes at 2:00 PM on Saturday and 10:00AM on Sunday. Swimmers who do not check-in will not be seeded. Swimmers who fail to check-in will only be permitted to swim if space is available in a seeded heat. No new heats will be created.

	<ul style="list-style-type: none"> Events 41 and 42 will be swum fastest to slowest and alternating heats of girls and boys. The meet referee reserves the right to combine the final heats of boys and girls after reviewing meet entries and scratches.
WARM-UP:	<ul style="list-style-type: none"> Saturday afternoon session: Warm-ups will not begin before 1:00 p.m., competition will not begin before 2:10 p.m. Sunday morning session: Warm-ups will not begin before 7:30 a.m., competition begins not before 8:40 a.m. Lane assignment and warm-up times for individual clubs will be posted on the Cavalier Aquatics website no later than Tuesday, January 27, 2026, and will also be emailed to the contact person of the participating clubs.
AWARDS:	<ul style="list-style-type: none"> Awards for Swimmers 12 & Under will be given 1st-8th place.
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 Virginia Swimming Best Practices, all athletes should shower before entering the pool. 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:	<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.
TIMERS:	<ul style="list-style-type: none"> There will be 2 timers per lane. 2 buttons and 2 watches will be used in each lane. Swimmers in Events 39 & 40 (9 & Over 500 Free) and Events 41 & 42 (11 & Over 1000 Free) must provide their own lap counter. If additional timing is required, the number of timers required per club and their lane assignments will be posted on the Cavalier Aquatics website (www.swimcavs.org) no later than Friday, January 23, 2026, and will also be emailed to the contact person of each of the individual clubs. A timers meeting will be held 20 minutes before the start of each session.

OFFICIALS:	<p>Meet Referee: Geoff Alms</p> <p>Email: geoffalms@gmail.com</p> <p>Phone: 434.825.9359</p> <ul style="list-style-type: none"> 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 Lisa Bendall at lbendall75@gmail.com or 262.397.6008 no later Monday, January 26, 2025. Alternatively, officials and trainees may submit their availability at the following link: CA-Y YMCA INVITE There will be an officials meeting will be held one hour prior to the start of each session.
SAFETY:	<p>Meet Safety Officer: Mindy Dodge & Bethany Coyne</p> <p>Email: mdodge@piedmontymca.org; bethanycoyne72@gmail.com</p> <p>Phone: 801.518.4724; 434.466.5892</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
GENERAL:	<ul style="list-style-type: none"> Cavalier Aquatics will offer a hospitality table for all officials and coaches during the meet. The heat sheet will be posted to the Cavalier Aquatics website (www.swimcavs.org) prior to the start of the meet. Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Balcony seating is available for spectators. Swimmer seating is available in the pool area. YMCA lifeguards will be on deck and available for first aid.
FACILITY RULES:	<ul style="list-style-type: none"> Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates YMCA facility rules will be disqualified from the meet and escorted from the facility. Parents are responsible for any siblings brought to the meet. Please chaperone them closely. No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers with a removable top are acceptable. Meet participants and spectators should remain in the event areas. All other YMCA areas are off limits. Shoes/sandals should be worn by swimmers and spectators in all areas except on the pool deck prior to swimming. The YMCA and its property are a smoke-free environment. Smoking, including e-cigarettes, or any kind of tobacco or THC/CBD inhalant is NOT permitted on YMCA property.

**Cavalier Aquatics Dual Meet
ORDER OF EVENTS**

Event Schedule						
Saturday PM Session Warm-up: Not Before 1:00 PM Start: Not Before 2:10 PM				Sunday AM Session Warm-up: Not Before 7:30 AM Start: Not Before 8:40 AM		
Girls	Events	Boys		Girls	Events	Boys
1	10 and Under 50 Freestyle	2		21	10 and Under 50 Backstroke	22
3	12 and Under 100 Freestyle	4		23	11-12 100 Backstroke	24
5	13 & Over 100 Freestyle	6		25	13 & Over 100 Backstroke	26
7	10 and Under 50 Breaststroke	8		27	10 and Under 50 Butterfly	28
9	11-12 100 Breaststroke	10		29	11-12 100 Butterfly	30
11	13 & Over 100 Breaststroke	12		31	13 & Over 100 Butterfly	32
13	12 and Under 100 IM	14		33	10 and Under 100 Freestyle	34
15	12 and Under 200 IM	16		35	12 and Under 200 Freestyle	36
17	13 & Over 200 IM	18		37	13 & Over 200 Freestyle	38
19	13 & Over 400 IM	20		39	9 & Over 500 Freestyle	40
				41	11 & Over 1000 Free	42