



**HVA CURRENT**  
**SPRING SHOWCASE INTRA-SQUAD**  
**March 21 - 22, 2026**  
**SANCTION NO. VS-26-89**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-26-89</b>.</li><li>• 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.</li></ul>
<b>LOCATION:</b>	Hampton Virginia Aquaplex, 1908 Coliseum Drive, Hampton, Va. 23666. Phone: (757) 263-0999
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 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.</li><li>• 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.</li><li>• The 50-meter pool will be set up into one 25-yard competition course at the office end of the pool. The diving board end of the pool will have lanes setup for warm-up/warm-down.</li><li>• 1500 second level seating is available for spectators. Only swimmers, coaches, officials and meet volunteers are allowed on the pool deck.</li><li>• The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.</li><li>• 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.</li><li>• 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.</li></ul>
<b>MEET DIRECTORS:</b>	Dave Henderson Phone:(757) 897-6127 (cell) Email: <a href="mailto:dave@hvacurrent.org">dave@hvacurrent.org</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all HVA Current athletes who are registered before the first day of the meet.</li><li>• No on deck USA Swimming athlete registration will be permitted.</li><li>• All 18 &amp; over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18<sup>th</sup> birthday occurs during competition must complete the APT prior to that date.</li><li>• Entry is open to all ages regardless of time with the following exceptions.<ul style="list-style-type: none"><li>➤ 8 &amp; Unders must have achieved the following to enter these events:<ul style="list-style-type: none"><li>➤ 100 Fly, Back and Breast - at least a 10&amp;U "B" time in the 50-yard event of the same stroke.</li><li>➤ 200 Free – at least a 10&amp;U "B" time in the 100 Free.</li><li>➤ 200 IM – at least a 10&amp;U "B" time in the 100 IM.</li></ul></li></ul></li><li>• 2024-2028 NAG time standards are in effect.</li><li>• Age on March 21, 2026 will determine age for the entire meet.</li></ul>
<b>ATHLETES WITH A DISABILITY:</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations/modifications to the Meet Director.</li><li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition using the <a href="#">Disability Accommodation Form</a>.</li></ul>

<b>ATHLETES WITH A SERIOUS MEDICAL CONDITION:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>The provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.</li> <li>The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li><b>All events will be Timed Finals.</b></li> </ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li><b>Saturday and Sunday:</b> <ul style="list-style-type: none"> <li>➤ Warm-up: 8:00 am to 8:30 am</li> <li>➤ Competition starts at 8:40 am</li> </ul> </li> <li>Both courses in the 50-Meter pool (North and South) may be used for warm-ups. .</li> <li>During the competition, the North end (Diving Board end) will be available for warm-ups/warm-down.</li> <li>The Program Pool may NOT be used for this meet.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR RECEIPT OF ENTRIES IS WEDNESDAY, MARCH 11, 2026.</b></p> <ul style="list-style-type: none"> <li>Swimmers may enter a maximum of 4 events each day and 8 events for the meet.</li> <li>Entries must be submitted in Short Course yard times using Commlink-2 software.</li> <li>All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>"No Time" (NT) entries will be accepted</li> <li>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.</li> <li>E-Mail Entries To: <a href="mailto:dave@hvacurrent.org">dave@hvacurrent.org</a></li> <li>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.</li> </ul>
<b>FEES:</b>	<p>Individual Events: \$10.00 per event  Swimmer Fee: There is no swimmer surcharge for this meet.</p>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Heat Winner Awards will be given. No place awards will be given..</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</li> <li>8 &amp; Unders entered in the 25-yard events must report to the window side of the pool to be lined up in correct heat and lane order. An announcement will be made when the 8 &amp; Unders should report.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>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"> <li>Entries using fraudulent or non-verifiable times.</li> <li>Athlete competed in the incorrect age group.</li> <li>Athlete is not with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>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.</li> <li>Any event in which an athlete participated illegally will be re-scored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet.</li> <li>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.</li> <li>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.</li> </ul>

	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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>.</li> <li>• 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.</li> <li>• In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>MEET REFEREE: Jack Granger</b>  <b>E-mail: <a href="mailto:jagranger@cox.net">jagranger@cox.net</a></b>  <b>Phone: (757) 817-5860</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet. Officials Training will be available.</li> <li>• Anyone in the process of achieving certification through on-deck training is welcome. Opportunities for training will be accepted on a first come, first serve basis. If you would like to officiate contact Alex Moody, HVA Current Officials Chair at <a href="mailto:officials@hvacurrent.org">officials@hvacurrent.org</a> or (757) 205-4046 (cell). Thank you for your help in advance.</li> <li>• Officials' briefings will be held in the hospitality room 40 minutes prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	<p><b>MEET SAFETY OFFICER: Denise Thomas</b>  <b>Email: <a href="mailto:president@hvacurrent.org">president@hvacurrent.org</a></b>  <b>Phone: (757) 503-0293</b>  VSI Safety and Warm-up procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Three timers per lane will be used..</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Heat Sheets:</b> Published in Meet Mobile. Printed copies will be provided for coaches and officials.</li> <li>• <b>Snack Bar:</b> The Aquaplex will operate a snack bar during the meet.</li> <li>• <b>Apparel &amp; Swim Shop:</b> There will be an apparel and swim shop vendor operating during the meet.</li> <li>• <b>Hospitality:</b> Hospitality will be provided for coaches and officials in the Team Room behind the starting blocks at the office end of the pool. Light snacks and drinks will be provided during each session.</li> </ul>
<b>RESULTS:</b>	<ul style="list-style-type: none"> <li>• All results will be announced and posted on the hallway wall near the locker room entrance..</li> <li>• The results will be posted on the Virginia Swimming web site <a href="http://www.virginiawimming.org">www.virginiawimming.org</a> after the conclusion of the meet.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• <b>No glass containers of any kind are permitted in the facility.</b></li> <li>• <b>Swimmer/Spectator Conduct:</b> 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.</li> <li>• <b>Deck Access:</b> 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.</li> <li>• <b>NO SMOKING</b></li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• See facility address on page one and use your choice of map app.</li> </ul>

**HVAC Spring Intra-Squad**  
**Saturday, March 21, 2026 – Order of Events**  
**Timed Finals**  
**Warm-ups: 8:00 am – 8:30 am; Start 8:40 am**

<u>MIXED</u>	<u>EVENTS</u>
1	13 & Older 100 Freestyle
2	12 & Under 100 Freestyle
3	8 & Under 25 Freestyle
	5-Minute Break
4	13 & Older 50 Breaststroke
5	12 & Under 50 Breaststroke
	5-Minute Break
6	11 & Older 200 Backstroke
	5-Minute Break
7	12 & Under 100 Butterfly
8	13 & Older 100 Butterfly
9	8 & Under 25 Butterfly
	5-Minute Break
10	11 & Older 200 Breaststroke
	5-Minute Break
11	12 & Under 50 Backstroke
12	13 & Older 50 Backstroke
	5-Minute Break
13	12 & Under 200 Individual Medley (IM)
14	13 & Older 200 Individual Medley (IM)

# HVAC Spring Intra-Squad

Sunday, March 22, 2026 – Order of Events  
Timed Finals

Warm-ups: 8:00 am – 8:30 am; Start 8:40 am

<u>MIXED</u>	<u>EVENTS</u>
15	13 & Older 100 Individual Medley (IM)
16	12 & Under 100 Individual Medley (IM)
	5-Minute Break
17	13 & Older 50 Freestyle
18	12 & Under 50 Freestyle
	5-Minute Break
19	11 & Older 200 Butterfly
	5-Minute Break
20	12 & Under 100 Breaststroke
21	13 & Older 100 Breaststroke
22	8 & Under 25 Breaststroke
	5-Minute Break
23	12 & Under 50 Butterfly
24	13 & Older 50 Butterfly
	5-Minute Break
25	12 & Under 100 Backstroke
26	13 & Older 100 Backstroke
27	8 & Under 25 Backstroke
	5-Minute Break
28	12 & Under 200 Freestyle
29	13 & Older 200 Freestyle