
	<p align="center">STORM's Halloween Sprint's Meet AA/A/BB/B/C Meet October 26-27, 2024 SANCTION NO. VS-25-26</p>		<p align="center">Hosted By:</p> 
SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-26 • USA Swimming, Inc., Virginia Swimming, Inc., Rockbridge Storm Swim Team and Rockbridge Aquatic Center shall be held free and harmless from any and all liabilities or damages claims arising by reason of injuries to anyone during the conduct of this event. • In applying for this sanction, the Host, Rockbridge STORM agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Rockbridge Aquatic Center. 		
LOCATION:	Rockbridge Aquatic Center, 194 Wallace Street Lexington, VA 24450		
FACILITY:	<ul style="list-style-type: none"> • 25 yard, 6 lane domed indoor municipal pool; Paragon blocks; 6.5 feet deep at the start end and 3.5 feet deep at the turn end of the pool; Colorado Timing fully automatic system including 6 lane scoreboard will be used. • 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.) • A certified lifeguard will be on duty at all times during warm-ups and for the duration of the meet. On-deck AED and lifesaving supplies clearly labeled and inspected for use in case of emergency. Hospital and EMS services are located less than a mile from the facility. • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be videostreamed 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: Craig Charley Email: craig.ryan.charley@gmail.com Phone: 540-447-0326		
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. • 2021-2024 NAG time standards are in effect • Age on October 26th, 2024 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.5 		
ATHLETES 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 (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 swimmers will swim in the morning session. • All events will be timed finals. 		
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS: Tuesday, October 15, 2024</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard times using Commlink-2 software • Teams submit entries via email. • A printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. • "No Time" (NT) entries will be accepted. 		

	<ul style="list-style-type: none"> Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time. 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 event(s) and 1 relay per day. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. By including all ages in each session, it is limited to 4 hours. Email entries to: Craig Charley, craigryancharley@gmail.com 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.
FEES:	<p>Individual events: \$6.00 Relay events: \$16.00 per relay team Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Checks should be made payable to: Rockbridge Storm Swim Team.</p> <ul style="list-style-type: none"> Mail payment to: Rockbridge Storm P.O Box 1552 Lexington, VA 24450 Payment must be received by Thursday, October 24th 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.
SEEDING:	<ul style="list-style-type: none"> A Clerk of Course will be provided for 10 & Under swimmers. All events will be pre-seeded. 11–18-year-olds swimmers will report directly to the blocks.
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups not before 7:30am; competition starts not before 9:00am. A break of not more than 10 minutes may be inserted between certain events, depending upon entries and timeline. These will be communicated to the coaches no later than Monday, October 21, 2024 and only added if they do not cause any session the maximum allowed time. If mid-session breaks are added, the pool will be open and will follow regular warm-up rules. Lane assignment and warm-up times for individual clubs will be posted on the www.rockbridgeswims.org website no later than Tuesday, October 22, 2024 and will also be emailed to the contact person of the participating clubs.
AWARDS:	<p>Individual events: Ribbons will be awarded for first through six place.</p> <ul style="list-style-type: none"> 11 -18 Year old events will be given separate awards for 11-12, 13-14, and 15 & over age groups. 10 & Under events will be given separate awards for 9-10, 7- 8 & 6 under age groups.
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 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 a 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

	<p>athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</p> <ul style="list-style-type: none"> • 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.
OFFICIALS:	<p>Meet Referee: Gordon Hair Email: grhair311@gmail.com Phone: 434-960-0849</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions of 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 Craig Charley, craig.ryan.charley@gmail.com no later than Monday, October 21, 2024 • Officials meetings must be at least one hour prior to the start of each session.
SAFETY:	<p>MEET SAFETY OFFICER Name: Erica Bisailon Email: eejbisailon@gmail.com Phone: 540-784-9317 Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> • The number of timers required per club and their lane assignments will be posted on the Rockbridge Swims website (www.rockbridgeswims.org) no later than Tuesday, October 24, 2023, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. • There will be a variety of refreshments available at the meet. • Heat Sheets will be available for purchase. • Overflow parking is provided at Maury River Middle School adjacent to the facility • Bleacher seating is available; however, competitors and spectators can bring folding chairs which may be set up on the deck.
FACILITY RULES:	<ul style="list-style-type: none"> • Please obey lifeguards and staff at all times. • Caps are required. • Please obey posted facility rules. • Please be courteous in sharing the locker rooms and bathrooms by keeping them neat
DIRECTIONS:	<p>Directions to ROCKBRIDGE AQUATICS CENTER: Take 81 south to exit 191 (64 west). Take 1st exit 55. At the end of the ramp turn left on Route 11 south. Stay on Route 11 for approximately 1 mile. Cross bridge. Stay left on Route 11 bypass. Follow Route 11 bypass for approximately 2 miles to the 1st stop light. Turn Right on Main St (route 11). Take the 1st right turn on Waddell St. at the Rockbridge Farmers' Coop. Go straight at the stop sign by Maury River Middle School. Turn left into Pool parking lot</p>
HOTELS:	<p>Holiday Inn Express: 880 North Lee Highway, Phone: (540) 463-7351 • Econo-Lodge: US Route 11, Phone: (540) 463-7371 • Comfort Inn: US Route 11, Phone: (540) 463-7311</p>

STORM's Halloween Sprints Meet
ORDER OF EVENTS
Warmups 7:30am; Meet Start No Earlier than 9:00am

Saturday, October 26 th , 2024			Sunday, October 27 th 2024		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	8 & Under 25 Free	2	37	8 & Under 25 Backstroke	38
3	9-10 100 Breaststroke	4	39	9-10 100 Butterfly	40
5	11-18 200 Freestyle	6	41	11-18 50 Backstroke	42
7	9-10 100 Freestyle	8	43	9-10 200 Freestyle	44
9	11-18 50 Butterfly	10	45	11-18 100 Butterfly	46
11	8 & Under 25 Butterfly	12	47	10 & Under 50 Butterfly	48
13	9-10 25 Yard Butterfly	14	49	11-18 100 Freestyle	50
Break			51	9-10 25 Freestyle	52
15	9-10 25 Backstroke	16	Break		
17	11-18 100 Backstroke	18	53	11-18 200 Individual Medley	54
19	8 & Under 100 Freestyle	20	55	10 & Under 100 Individual Medley	56
21	9-10 200 Individual Medley	22	57	8 & Under 25 Breaststroke	58
23	11-18 100 Individual Medley	24	59	9-10 25 Breaststroke	60
25	10 & Under 50 Backstroke	26	61	11-18 50 Breaststroke	62
27	11-18 100 Breaststroke	28	63	10 & Under 50 Freestyle	64
29	10 & Under 50 Breaststroke	30	65	11-18 50 Freestyle	66
31	8 & Under 100 Free Relay	32	67	9-10 100 Backstroke	68
33	10 & Under 200 Free Relay	34	69	8 & Under 100 Medley Relay	70
35	11-18 200 Free Relay	36	71	10 & Under 200 Medley Relay	72
			73	11-18 200 Medley Relay	74

