

	SOUTHWEST DISTRICT 8 & Y CHAMPIONSHIP February 11-12 2023 SANCTION NO. VS-23-63		Hosted by: 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-63. - USA Swimming, Inc., Virginia Swimming, Inc., Brooks Family YMCA, and Cavalier Aquatics/Piedmont Family YMCA 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 Road Charlottesville, Virginia 22902 434-974-9622		
FACILITY:	25-yard indoor pool with a depth of 9' at the start end and 4' at the turn end. The lanes are 7' wide with non-turbulent lane lines. Colorado starting blocks and Colorado timing system will be used with 2 buttons and 2 watches per lane. The number of lanes to be used will be determined once entries are received.. - The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). - Medical Assistance Available: - 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 Swim Meet Directors, 2+ Swim Meet Marshalls - Safety Team in Building – 2+ staff members - All certified lifeguards carry a resuscitation mask and gloves. - 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: Kristen Wells		

	- A printout of entries must be included with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. "No Time" (NT) entries will be accepted. Coach Times (CT) are not allowed for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. - If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay with a NT. - Swimmers may enter a maximum of 8 individual events for the meet, no more than 4 per day and 1 relay event per day. - Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. - The Meet Referee reserves the right to combine heats and events, which may require reseeding. - Email entries to: Jessica Simons at jrsimons@comcast.net - Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	Individual Events: \$5.00 Relay Events: \$15.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity) Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline. - Checks should be made payable to Cavalier Aquatics - Mail payment to: Jessica Simons 109 Reynard Drive\ - Charlottesville, Virginia 22901-2026 - Payment must be received by Tuesday, February 7, 2023, for all entries. Failure to pay entry fees by this deadline may result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	- All events will be pre-seeded. All swimmers will report to the Clerk of Course prior to swimming their events.
WARM-UP:	On Saturday, warm-ups start at 1:00 pm; competition starts at 2:00 pm. On Sunday, Warm-ups start at 8:00 am.; competition starts at 9:00. Lane assignments and warm-up times for individual clubs will be posted on the Cavalier Aquatics website (swimcyac.org) no later than Tuesday, February 7, 2023, and will also be emailed to the contact person of the participating clubs.
AWARDS:	- Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place. - Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. - Team Awards will be given. Total team points will be combined with scores from 9 - 12 District Championships. Teams placing first through third will receive a plaque. - Scoring will be as follows: - Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 - Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 - All events will be scored to 16 places - Only the top two relay entries per team may score.
RULES:	- The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet. - All applicable 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 the MAAPP policy 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. - 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. - There may be limited spectator seating.
PENALTIES:	- A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as - 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:	Meet Referee: Name Kevin Hogan Email: hogan.kevin.t@gmail.com Phone: 434-962-7529 - Officials will be needed for all positions and all sessions for this meet. - Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook - 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 than Tuesday, February 2, 2023. Alternately, officials and trainees may indicate their availability at the following link: officialing volunteers. - Officials' meetings will be held in the hospitality area one hour prior to the start of the meet. - General meeting for coaches and key officials will be held in the hospitality area at the end of warm-ups.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	- There will be 2 timers per lane using 2 watches and 2 buttons. - Cavalier Aquatics will provide all timers for all sessions. - A timers meeting will be held 20 minutes before the start of each session.
GENERAL:	- Hospitality will be available on a limited basis. - Heat sheets will be emailed to all clubs on the Friday before the meet and posted to the CA-Y website (swimcyac.org). The meet will also be broadcast using Facebook live. Meet mobile will be available. - There will be limited spectator seating available.
PARKING:	Parking will be available at the Brooks Family YMCA

DIRECTIONS:	• There will be signs at the Brooks Family YMCA explaining the rules to be followed and will be enforced by the Marshals. • Deck access to the pool will be strictly enforced. Swimmers during their events, coaches, officials and event staff only will be permitted access to the deck during warm -ups and competition. • YMCA lifeguards will be on deck and available for first aid. • The YMCA and its property are a smoke free environment. Smoking, including E-cigarettes or any kind of tobacco is NOT permitted on YMCA property.
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2023 Southwest District 8 & U Championships Order of Events

Saturday February 11 2023
Warm up 1:00 pm; Competition 2:00 pm

Girls		Boys
1	100 Medley Relay	2
	5-minute break	
3	50 Breaststroke	4
5	100 Freestyle	6
7	25 Butterfly	8
9	100 Individual Medley	10
11	25 Freestyle	12
13	50 Butterfly	14
15	200 Freestyle	16
17	100 Backstroke	18

Sunday February 12 2023
Warm up 8:00am; Competition 9:00 am

Girls		Boys
19	100 Freestyle Relay	20
	5-minute break	
21	25 Breaststroke	22
23	50 Freestyle	24
25	100 Butterfly	26
27	25 Backstroke	28
29	100 Breaststroke	30
31	200 Individual Medley	32
33	50 Backstroke	34