
	<p style="text-align: center;"><b>Cavalier Aquatics Fall Kickoff</b>  <b>October 4-6, 2024</b>  <b>SANCTION NO. VS-25-14</b></p>		
<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-25-14</b></li> <li>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.</li> <li>In applying for this sanction, the Host, Cavalier Aquatics agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Charlottesville, VA</li> </ul>		
<b>LOCATION:</b>	Brooks Family YMCA 151 McIntire Park Drive Charlottesville, Va. 22902 (434) 974-9622		
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>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.</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>Medical Assistance Available: <ul style="list-style-type: none"> <li>Equipment on Deck – first aid supplies, oxygen tank, BVM Medical Equipment adjacent to the Deck – AED and supplies</li> <li>Safety Supplies on Deck – lifeguard chairs (3), lifeguard tubes (multiple), backboards (3), ring buoy (2), Shepard's hook, fire extinguisher (3)</li> <li>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</li> <li>Safety Team in Building – 2+ staff members</li> </ul> </li> <li>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. (If applicable)</li> </ul>		
<b>MEET DIRECTOR:</b>	<div style="display: flex; justify-content: space-between;"> <div> Kristen Wells  Kw2fm@virginia.edu  804-363-8645 </div> <div> Marco Mejias  marcomejias@hotmail.com  512-786-3179 </div> </div>		
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>2021-2024 NAG time standards are in effect.</li> <li>Age October 4, 2024, will determine age for the entire meet.</li> </ul>		
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations 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.</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>This 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>All swimmers may swim in the Friday evening session.</li> <li>All 13 and over swimmers will swim in the morning session on Saturday and Sunday.</li> <li>All 12 and under swimmers will swim in the afternoon session on Saturday and Sunday.</li> <li>13 and over 1000 freestyle swimmers must have an A time or better in the 500 freestyle or the 1000 freestyle for their age group to swim. The meet referee reserves the right to limit heats after</li> </ul>		

	<p>reviewing meet entries. This will be decided on and communicated to all participating clubs no later than Sunday Sept. 29, 2024.</p> <ul style="list-style-type: none"> <li>On Friday, timers will be provided for all participants in the 500 Free. On Sunday, swimmers must provide their own timers for the 1000 Free.</li> <li>All events will be timed finals.</li> <li>Following the receipt of entries, the number of lanes to be used will be determined and communicated no later than Wednesday, October 2, 2024.</li> <li>The meet referee reserves the right to add breaks if needed after receiving meet entries.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, September 24, 2024, at 11:59 PM.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in short course yards times using Commlink-2 software.</li> <li>Teams submit entries via email to Jason Swaim at <a href="mailto:jswaim@piedmontymca.org">jswaim@piedmontymca.org</a>.</li> <li>Except for event #7,8,9,10, 85 &amp; 86 (500 &amp; 1000 freestyle), NT and Coach Time (CT) entries will be accepted for events in which a swimmer does not have a time of record . <b><u>CT must be slower than an "A" time</u></b>. Entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>Swimmers may enter a maximum of 2 individual events on Friday evening and 3 individual events each on Saturday and Sunday.</li> <li>Athletes in the 11-12 Age Group must choose to swim either the 50 or 200 of a stroke but are not allowed to enter both distances. This rule does not apply to freestyle events.</li> <li>Entries will be processed in the order received and <b><u>accepted to</u></b> the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$7.00 per event Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: Cavalier Aquatics/Piedmont Family YMCA</li> <li>Mail payment to Cavalier Aquatics Attn: Conor Hassard: 151 McIntire Park Dr. Charlottesville, Va.22902.</li> </ul> <p>IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</p>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>Positive check in is required by 4:30 p.m. for ALL Friday events (#1-10) and by 8:00 a.m. for the 13 &amp; over 1000 freestyle (#85-86). Swimmers not positively checked in will not be allowed to swim.</li> <li>All events except 85 and 86 (13 and over 1000 freestyle) will be swum slowest to fastest.</li> <li>Events 85 and 86 (13 &amp; O 1000 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys. Swimmers must provide their own timer and lap counter for this event.</li> </ul> <p>A 10-minute break will be held between events 84 and 85 before the 1000 freestyle begins. The competition and warm down pools will be open during this time for warmups.</p>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Friday afternoon session: Warm-ups not before 4:00 p.m., competition begins not before 5:00 p.m.</li> <li>Morning sessions: Warm-ups not before 7:00 a.m., competition starts not before 8:00 a.m.</li> <li>Afternoon sessions: Warm-ups not before 11:00 a.m., competition starts not before 12:00 p.m.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the Cavalier Aquatics website no later than, Tuesday, October 1, 2024, and will be emailed to the contact person of the participating clubs.</li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through eighth place for 10 &amp; Under only.</li> </ul>

<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection 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</li> </ul>
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	<p>understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> <li>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</li> <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 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.</li> <li><input type="checkbox"/> In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool.</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>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 registered 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 rescored and re-awarded.</li> </ul>
<b>OFFICIALS:</b>	<p>Meet Referee: <b>Geoff Alms</b></p> <ul style="list-style-type: none"> <li>Email: <a href="mailto:geoffalms@gmail.com">geoffalms@gmail.com</a></li> <li>Phone: 434.825.5359</li> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>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 <a href="mailto:lbendall75@gmail.com">lbendall75@gmail.com</a> or (262) 397-6008 no later Monday, Sept 30, 2024. Alternatively, officials and trainees may submit their availability at the following link: <a href="https://forms.gle/phnp9j977ebh8KE4A">https://forms.gle/phnp9j977ebh8KE4A</a></li> <li>An officials meeting will be held one hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	<p>MEET SAFETY OFFICER</p> <p>Name: Bethany Coyne</p> <p>Email: <a href="mailto:bethanycoyne72@gmail.com">bethanycoyne72@gmail.com</a></p> <p>Phone: 434-466-5892</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>There will be 2 timers per lane. 2 button and 2 watches will be used in each lane.</li> <li>Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>Swimmers in events 85 and 86 (13 and over 1000 freestyle) must provide their own timer and lap counter.</li> <li>The number of timers required per club and their lane assignments will be posted on the Cavalier Aquatics website (<a href="http://www.swimcavs.org">www.swimcavs.org</a>) no later than Monday, October 2, 2024, and will also be emailed to the contact person of each of the individual clubs.</li> <li>A timers meeting will be held 20 minutes before the start of each session.</li> </ul>

<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Cavalier Aquatics will offer a hospitality area on deck for all officials and coaches during the meet.</li> <li>• Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials, and event staff will only be permitted access to the deck during warm-ups and competition.</li> <li>• Balcony seating is available for spectators.</li> <li>• Parking: Overflow parking may be pre-arranged with Charlottesville High School on Saturday and Sunday.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Parents are responsible for any siblings brought to the meet. Please chaperone them closely.</li> <li>• No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers with a removable top are acceptable.</li> <li>• 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.</li> <li>• The YMCA and its property are a smoke-free environment. Smoking, including e-cigarettes, cannabis or tobacco is NOT permitted on YMCA property.</li> </ul>

# Cavalier Aquatics Fall Invite ORDER OF EVENTS

<b>Friday, October 4, 2024</b> <b>Evening Session</b> <b>Warm-up: 4:00 p.m.; Start: 5:00 p.m.</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	12 and under 200 IM	2
3	11-12 400 IM	4
5	13 and over 400 IM	6
7	12 and Under 500 freestyle	8
9	13 and Over 500 freestyle	10

<b>Saturday, October 5, 2024</b>					
<b>Morning Session</b> <b>Warm-up: Not Before 7:00 AM</b> <b>Start: Not Before 8:00 AM</b>			<b>Afternoon Session</b> <b>Warm-up: Not Before 11:00 AM</b> <b>Start: Not Before 12:00 PM</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
11	13-14 50 freestyle	12	31	11-12 50 freestyle	32
13	15 and over 50 freestyle	14	33	9-10 50 freestyle	34
15	13-14 100 butterfly	16	35	8 and under 25 freestyle	36
17	15 and over 100 butterfly	18	37	11-12 100 butterfly	38
19	13-14 200 backstroke	20	39	9-10 100 butterfly	40
21	15 and over 200 backstroke	22	41	8 and under 50 butterfly	42
23	13-14 100 breaststroke	24	43	11-12 50 backstroke	44
25	15 and over 100 breaststroke	26	45	11-12 200 backstroke	46
27	13-14 200 freestyle	28	47	9-10 50 backstroke	48
29	15 and over 200 freestyle	30	49	8 and under 25 backstroke	50
			51	11-12 50 breaststroke	52
			53	11-12 200 breaststroke	54
			55	9-10 50 breaststroke	56
			57	8 and under 50 breaststroke	58
			59	11-12 200 freestyle	60
			61	9-10 200 freestyle	62
			63	8 and under 100 freestyle	64

**Sunday, October 6, 2024**

<b>Morning Session</b> <b>Warm-up: Not Before 7:00 AM</b> <b>Start: Not Before 8:00 AM</b>			<b>Afternoon Session</b> <b>Warm-up: Not Before 11:00 AM</b> <b>Start: Not Before 12:00 PM</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
65	13-14 100 freestyle	66	87	11-12 100 freestyle	88
67	15 and over 100 freestyle	68	89	9-10 100 freestyle	90
69	13-14 200 breaststroke	70	91	8 and under 50 freestyle	92
71	15 and over 200 breaststroke	72	93	11-12 100 breaststroke	94
73	13-14 100 backstroke	74	95	9-10 100 breaststroke	96
75	15 and over 100 backstroke	76	97	8 and under 25 breaststroke	98
77	13-14 200 butterfly	78	99	11-12 100 backstroke	100
79	15 and over 200 butterfly	80	101	9-10 100 backstroke	102
81	13-14 200 IM	82	103	8 and under 50 backstroke	104
83	15 and over 200 IM	84	105	11-12 50 butterfly	106
	<b>10-minute break</b>		107	11-12 200 butterfly	108
85	13 and over 1000 freestyle	86	109	9-10 50 butterfly	110
			111	8 and under 25 butterfly	112
			113	11-12 100 IM	114
			115	9-10 100 IM	116
			117	8 and under 100 IM	118