



CA-Y/ LY/RAYS Tri-Meet
November 4-5, 2023
SANCTION NO. VS-24-28 Amended



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-28 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. 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 		
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 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: <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 		
MEET DIRECTOR:	<table border="0"> <tr> <td>Kristen Wells Kw2fm@virginia.edu 804-363-8645</td> <td>Marco Mejias marcomejias@hotmail.com 512-786-3179</td> </tr> </table>	Kristen Wells Kw2fm@virginia.edu 804-363-8645	Marco Mejias marcomejias@hotmail.com 512-786-3179
Kristen Wells Kw2fm@virginia.edu 804-363-8645	Marco Mejias marcomejias@hotmail.com 512-786-3179		
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes 14 and Under from CA-Y, LY and RAYS 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 November 4, 2023, 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. 		
FORMAT:	<ul style="list-style-type: none"> All swimmers will swim in the afternoon session Saturday and morning session Sunday. The meet referee reserves the right to limit heats after reviewing meet entries. This will be decided on and communicated to all participating clubs no later than Wednesday, November 1, 2023. All events will be timed finals. Following the receipt of entries, the number of lanes to be used will be determined and communicated no later than Wednesday, November 1, 2023. The meet referee reserves the right to add breaks if needed after receiving meet entries. The meet referee reserves the right to combine heats and events. 		
SCORING:	<ul style="list-style-type: none"> 10 and Under scoring for the (4) – 50-yard events. 12 and Under scoring for the (5) – 100-yard events 13-14 scoring for the (4) – 100-yard events 200, 400 and 500 events will not be scored. 		

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, October 24, 2023, at 11:59 PM.</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yards times using Commlink-2 software. • Teams submit entries via email to Chris Taylor at ctaylor@piedmontymca.org. • NT and Coach Time (CT) 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 3 individual events on Saturday afternoon and Sunday morning. • 10 and Under swimmers must choose either 50 or 100 free. • Swimmers may only choose 1 distance of the Individual Medleys. • Swimmers must choose either 200 or 500 freestyle. • 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. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. Deck entries must be submitted to the Administrative Official on the provided form.
FEES:	<p>Individual events: \$5.50 per event Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Cavalier Aquatics/Piedmont Family YMCA • Mail payment to Cavalier Aquatics Attn: Chris Taylor: 151 McIntire Park Dr. Charlottesville, Va. 22902. • 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"> • All events will be swum slowest to fastest. • All events, except for the 400 IM and 500 Free, will be pre-seeded. • The 400 IM and 500 Free events shall require positive check-in due by 30 minutes following the start of the session in order to swim the event.
WARM-UP:	<ul style="list-style-type: none"> • Saturday afternoon session: Warm-ups not before 1:00 p.m., competition begins not before 2:00 p.m. • Sunday morning session: Warm-ups not before 9:00 a.m., competition starts not before 10:00 a.m. • Lane assignment and warm-up times for individual clubs will be posted on the Cavalier Aquatics website no later than, Tuesday, October 30, 2023, and will be emailed to the contact person of the participating clubs.
AWARDS:	<p>High point awards will be given to the top 3 male and females in each age group. This calculation will not include 200, 400, and 500 yard events.</p>
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 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

	<p>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.</p> <ul style="list-style-type: none"> • In according 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: Geoff Alms</p> <ul style="list-style-type: none"> • Email: geoffalms@gmail.com • Phone: 434-825-9359 • 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, October 23, 2023. Alternatively, officials and trainees may submit their availability at CA-Y Tri Meet An officials meeting will be held one hour prior to the start of each session.
SAFETY:	<p>MEET SAFETY OFFICER</p> <p>Name: Bethany Coyne Email: bmc8b@virginia.edu Phone: 434-466-5892</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> • There will be 2 timers per lane. 2 button and 2 watches will be used in each lane. • Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session. • 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 Tuesday, October 31, 2023, 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. • Swimmers must provide their own timers and counters for Events # 39-40, 11 and Over 500 free and their own timers for Events # 19-20, 13-14 400 IM
GENERAL:	<ul style="list-style-type: none"> • Cavalier Aquatics will offer a hospitality room for all officials and coaches during the meet. • 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. • Balcony seating is available for spectators. • Parking: Overflow parking may be pre-arranged with Charlottesville High School on Saturday and Sunday.
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 is off limits. • Shoes/sandals should be worn by swimmers and spectators in all areas except on the pool deck prior to swimming.

- | | |
|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none">• 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. |
|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Event Schedule					
Saturday PM Session Warm-up: Not Before 1:00 PM Start: Not Before 2:00 PM			Sunday AM Session Warm-up: Not Before 9:00 AM Start: Not Before 10:00 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 -14 100 Freestyle	6	25	13-14 100 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 -14 100 Breaststroke	12	31	13-14 100 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 -14 200 IM	18	37	13-14 200 Freestyle	38
19	13-14 400 IM	20	39	11 and Over 500 Freestyle	40