

	Cavalier Aquatics Y Invitational January 28-29, 2023 Approval NO. VS-23-06A		
SANCTION:	- Held under the approval of USA Swimming/Virginia Swimming, Inc., Approval NO: VS-23-06A - 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.		
LOCATION:	Brooks Family YMCA 151 McIntire Park Drive Charlottesville, Va. 22902 (434) 974-9622		
FACILITY:	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). - In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet will 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:	Kristen Wells Kw2fm@virginia.edu 804-363-8645	Marco Mejias marcomejias@hotmail.com 512-786-3179	
ELIGIBILITY:	- Open to all YMCA registered swimmers in good standing before the first day of the meet. 2021-2024 NAG time standards are in effect - Age on January 28, 2023, will determine age for the entire meet.		
DISABILITY SWIMMERS:	- 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:	- All 12 and under swimmers will swim in the afternoon session on Saturday. - All 13 and over swimmers will swim in the morning session on Sunday. 13 and over 1000 freestyle and the 12 and under 500 freestyle will have a 2 heat limit per gender. Teams will be notified NLT Monday January 23rd as to which swimmers will be seeded. 13 and over 1000 freestyle swimmers must have a BB time or better in the 500 freestyle or the 1000 freestyle for their age group to swim. 12 and under 500 Freestyle swimmers must have a B time or better for their age group to swim. - All events will be timed finals. - The meet referee reserves the right to add breaks if needed after receiving meet entries.		
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, January 17, 2023, at 11:59 PM. - Entries must be submitted in short course yards times using Hy-Tek Team Manager. - Teams submit entries via email to Jessica Simons at jrsimons@comcast.net. - 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 and 2 relays. - 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. No additional heats will be added. Deck entries must be submitted to the Administrative Official on the provided forms.		

FEES:	Entry fee: \$15 per swimmer (entered in the meet in any capacity). Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity). • Checks should be made payable to: Cavalier Aquatics • Mail payment to Jessica Simons: 109 Reynard Drive Charlottesville, Va. 22901- 2026. Payment must be received by January 28, 2023. 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:	• The number of competition lanes will be determined after meet entries are received. • All events except 31 and 32 (13 and over 1000 freestyle) will be pre-seeded. • Positive check in is required for events 31 and 32 (13 and over 1000 freestyle). Swimmers who do not check in by 8:30 a.m. on Sunday will not be permitted to swim. • Events 31 and 32 will be swum fastest to slowest and alternating heats of girls and boys. The meet referee reserves the right to combine the final heats of boys and girls after reviewing meet entries and scratches.
WARM-UP:	• Saturday afternoon session: Warm-ups at 1:00 p.m., competition begins not before 2:00 p.m. • Sunday morning session: Warm-ups begin at 8:00 a.m., competition begins not before 9:00 a.m. • Lane assignment and warm-up times for individual clubs will be posted on the Cavalier Aquatics website no later than Tuesday, January 24, 2023, and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
AWARDS:	• No awards will be given.
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 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 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 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:	• 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: Kris Sennett • Email: ksennett@liberty.edu • Phone: (434) 582-2388 • 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, January 23, 2023. Alternatively, officials and trainees may submit their availability at the following link: https://forms.gle/uRUg3enb463vtib58 • An officials meeting will be held one hour prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• There will be 2 timers per lane. 2 buttons and 2 watches will be used in each lane. • Swimmers in events 3 & 4 (12 & U 500 Free), 31 & 32 (13 & O 1000 Free), 49 & 50 (13 & O 500 Free) must provide their own lap counter. • 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, January 24, 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.
GENERAL:	• Cavalier Aquatics will offer a hospitality room for all officials and coaches during the meet. • The meet will be livestreamed on Facebook live. • The heat sheet and livestream link will be posted to the Cavalier Aquatics website (www.swimcavs.org) prior to the start of the meet. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Balcony seating is available for spectators. Swimmer seating is available in the pool area. • YMCA lifeguards will be on deck and available for first aid.
FACILITY RULES:	• 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 are off limits. • Shoes/sandals should be worn by swimmers and spectators in all areas except on the pool deck prior to swimming. • 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.

Cavalier Aquatics Y Invitational ORDER OF EVENTS

Saturday, January 28 Warm-up: Not before 12:30 p.m.; Start: Not before 2:00 p.m.		
Girls	Events	Boys
1	12 and under 200 medley relay	2
3	12 and under 500 freestyle	4
5	12 and under 200 individual medley	6
7	12 and under 50 backstroke	8
9	12 and under 50 breaststroke	10
11	12 and under 100 butterfly	12
13	12 and under 50 freestyle	14
	10 Minute Break	
15	12 and under 100 freestyle	16
17	12 and under 100 backstroke	18
19	12 and under 100 breaststroke	20
21	12 and under 200 freestyle	22
23	12 and under 50 butterfly	24
25	12 and under 100 individual medley	26
27	12 and under 200 freestyle relay	28

Sunday, January 29 Warm-up: Not before 7:30 a.m.; Start: Not before 9:00 a.m.		
Girls	Events	Boys
29	13 and over 200 medley relay	30
31	13 and over 1000 freestyle	32
33	13 and over 200 freestyle	34
35	13 and over 100 backstroke	36
37	13 and over 100 breaststroke	38
39	13 and over 200 butterfly	40
41	13 and over 50 freestyle	42
	10 Minute Break	
43	13 and over 100 freestyle	44
45	13 and over 200 backstroke	46
47	13 and over 200 breaststroke	48
49	13 and over 500 freestyle	50
51	13 and over 100 butterfly	52
53	13 and over 200 individual medley	54
55	13 and over 200 freestyle relay	56