



Cavalier Aquatics Winter Rumble
January 12-14, 2024
SANCTION NO.VS-24-54



SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-54 • 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 Cavalier Aquatics 		
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 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. • 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 • 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. Optional statement if it applies 		
MEET DIRECTOR:	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Kristen Wells Kw2fm@virginia.edu 804-363-8645</td> <td style="width: 50%;">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 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 January 12, 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. 		
SWIMMERS 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 (eg, 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"> • 11 and over swimmers may swim in the Friday evening session. 		

	<ul style="list-style-type: none"> • All 13 and over swimmers will swim in the morning session on Saturday and Sunday. • All 12 and under swimmers will swim in the afternoon session on Saturday and Sunday. • For events 1 and 2 (11 and over 1000 freestyle), the meet director reserves the right to limit heats after reviewing meet entries. Teams will be notified by Wednesday, January 3, 2024, if entries are limited in these events. • All events will be timed finals with the exception of the 50 Freestyle shootout. • 50 Free shootouts will be run as prelims, followed by top 8, followed by top 4, followed by the top 2. There will be a shootout for both 13/14 and 15 & Over age groups. Prelims will be run in unison with the event line up. The top 8, top 4 and top 2 heats will be run following a 5-minute break at the end of the morning session. • The meet referee reserves the right to combine heats and events. • The meet referee reserves the right to add breaks if needed after receiving meet entries.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, January 2, 2024, at 11:59 PM.</p> <ul style="list-style-type: none"> • 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. <u>CT must be slower than an "A" time.</u> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 1 individual event on Friday evening and 4 individual events on both Saturday and Sunday. • Entries will be processed in the order received and <u>accepted to</u> 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:	<p>Individual events: \$6.00 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 • Mail payment to Jessica Simons: 109 Reynard Drive Charlottesville, Va. 22901- 2026. Payment must be received by January 12, 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:	<ul style="list-style-type: none"> • Depending upon the number of entries received, either 8 or 10 lanes will be used for competition. An email with the number of competition lanes will be sent to the contact person of each club no later than Monday, January 8, 2024. • Positive check-in is required for the following events <u>in order to swim</u>: <ul style="list-style-type: none"> • Events 1 and 2 (11 and over 1000 free). Positive check-in by 5:00 AM. Events 1 and 2 will be swum fastest to slowest and alternating heats of girls and boys. • Events 27 and 28 (13-14 400 IM), 29 and 30 (15 and over 400 IM), 93 and 94 (13-14 500 free), and 95 and 96 (15 and over 500 free). Positive check-in by 8:30 AM. • Events 135 and 136 (9-12 500 free). Positive check in by 1:00 PM. • Swimmers who are not checked in will not be permitted to swim the event. • All events not requiring positive check-in will be pre-seeded. • Except for events 1 and 2 (11 & Over 1000 Freestyle), all events will be swum slowest to fastest. • A <u>potential</u> 5-minute break will be held between the following events: 6-7, 30 before the 50 free shootout, 36-37, 72-73 and 102-103. An email with the break schedule will be sent to the contact person of each club no later than Monday, January 8, 2024. Suggest:

WARM-UP:	<ul style="list-style-type: none"> • Friday afternoon session: Warm-ups not before 4:30 p.m., competition begins not before 5:30 p.m. • Morning sessions: Warm-ups not before 7:00 a.m., competition starts not before 8:30 a.m. • Afternoon sessions: Warm-ups not before 11:00 a.m., competition starts not before 12:00 p.m.. • Lane assignment and warm-up times for individual clubs will be posted on the Cavalier Aquatics website no later than Monday, January 8, 2024, 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:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. • Award for each 50 Free Shootout Champion.
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. • In according with Virginia Swimming Best Practices, all athletes should shower before entering the pool. • 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 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

	<p>(262) 397-6008 no later Monday, January 8, 2024. Alternatively, officials and trainees may submit their availability at the following link: https://forms.gle/ttwUDB5kLj28sG6VA</p> <ul style="list-style-type: none"> • An officials meeting will be held one hour prior to the start of each session.
SAFETY:	<p>MEET SAFETY OFFICER: Bethany Coyne & Mindy Dodge Email: bmc8b@virginia.edu, mdodge@piedmontymca.org Phone: 434-466-5892, 434-974-9622 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 buttons 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. • Swimmers in events 1 and 2 (11 and over 1000 freestyle) must provide their own timer and lap counter. • Swimmers in events 93 and 94 (13-14 500 freestyle), 95 and 96 (15 and over 500 freestyle), and 135 and 136 (9-12 500 freestyle) 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) and emailed to the contact person of each of the individual clubs no later than Monday, January 8, 2024. • A timers meeting will be held 20 minutes before the start of each session.
GENERAL:	<ul style="list-style-type: none"> • Cavalier Aquatics will offer a hospitality room for all officials and coaches during the meet. • The heat sheet 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 only. Swimmer and spectator seating is available in the gym, there is space to bring personal fold out or lawn chairs • Parking: Overflow parking may be pre-arranged with Charlottesville High School on Saturday and Sunday. • YMCA lifeguards will be on deck and available for first aid.
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 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 Fall Invite ORDER OF EVENTS

Friday, January 12, 2024		
Evening Session		
Warmups: 4:30 PM, Start 5:30 PM		
Girls	Events	Boys
1	11 and over 1000 Freestyle	2

Saturday, January 13, 2024					
Morning Session			Afternoon Session		
Warm-up: 7:00 AM; Start: 8:30 AM			Warm-up: 11:00; Start: not before 12:00pm		
Girls	Events	Boys	Girls	Events	Boys
3	13-14 400 medley relay	4	31	11-12 200 medley relay	32
5	15 and over 400 medley relay	6	33	9-10 200 medley relay	34
5- Minute Break			35	8 and under 100 freestyle relay	36
7	13-14 100 butterfly	8	5- Minute Break		
9	15 and over 100 butterfly	10	37	11-12 100 butterfly	38
11	13-14 200 freestyle	12	39	9-10 100 butterfly	40
13	15 and over 200 freestyle	14	41	11-12 200 freestyle	42
15	13-14 100 breaststroke	16	43	9-10 200 freestyle	44
17	15 and over 100 breaststroke	18	45	8 and under 100 freestyle	46
19	13-14 200 backstroke	20	47	11-12 100 breaststroke	48
21	15 and over 200 backstroke	22	49	9-10 100 breaststroke	50
23	13-14 50 Freestyle Shootout	24	51	11-12 200 backstroke	52
25	15 & Over 50 Freestyle Shootout	26	53	11-12 50 backstroke	54
27	13-14 400 IM	28	55	10 and under 50 backstroke	56
29	15 and over 400 IM	30	57	8 and under 25 backstroke	58
5- Minute Break			59	11-12 50 freestyle	60
23	13-14 50 freestyle top 8	24	61	9-10 50 freestyle	62
25	15 & Over 50 Freestyle top 8	26	63	8 and under 25 Freestyle	64
23	13-14 freestyle top 4	24	65	11-12 200 IM	66
25	15 & Over 50 Freestyle top 4	26	67	10 and under 200 IM	68
23	13-14 freestyle top 2	24			
25	15 & Over freestyle top 2	26			

Sunday, January 14, 2024

Morning Session Warm-up: 7:00 AM; Start: 8:30 AM			Afternoon Session Warm-up: 12:00; Start: not before 1:30pm }		
<u>Girls</u>		<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
69	13-14 400 freestyle relay	70	97	11-12 200 freestyle relay	98
71	15 and over 400 freestyle relay	72	99	9-10 200 freestyle relay	100
5- Minute Break			101	8 and under 100 freestyle relay	102
73	13-14 200 butterfly	74	5- Minute Break		
75	15 and over 200 butterfly	76	103	11-12 200 butterfly	104
77	13-14 100 freestyle	78	105	11-12 50 butterfly	106
79	15 and over 100 freestyle	80	107	10 and under 50 butterfly	108
81	13-14 200 breaststroke	82	109	8 and under 25 butterfly	110
83	15 and over 200 breaststroke	84	111	11-12 100 freestyle	112
85	13-14 100 backstroke	86	113	9-10 100 freestyle	114
87	15 and over 100 backstroke	88	115	8 and under 50 freestyle	116
89	13-14 200 IM	90	117	11-12 200 breaststroke	118
91	15 and over 200 IM	92	119	11-12 50 breaststroke	120
93	13-14 500 freestyle	94	121	10 and under 50 breaststroke	122
95	15 and over 500 freestyle	96	123	8 and under 25 breaststroke	124
			125	11-12 100 backstroke	126
			127	9-10 100 backstroke	128
			129	11-12 100 IM	130
			131	9-10 100 IM	132
			133	8 and under 100 IM	134
			135	9-12 500 Free	136