
	<p align="center"><b>Marlins Back to the Pool Intrasquad Meet with National Pools</b>  <b>September 21, 2024</b>  <b>SANCTION NO: VS-25-13</b></p>		<p align="center"><b>Hosted by</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-25-13</b>.</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., North Cross School and CCA Marlins 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 CCA Marlins agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and the City of Roanoke.</li> </ul>		
<b>LOCATION:</b>	<ul style="list-style-type: none"> <li>• Carter Athletic Center at North Cross School: 4254 Colonial Ave, Roanoke, VA 24018 (540)-989-7284.</li> </ul>		
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 6 non-turbulent Lane lines 25-yard Pool. 6 feet at Starting end 4 ft at turn end. Colorado Timing System. Indoor pool, this is a SCY meet.</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>• We will be having one lifeguard on duty and an available at the facility.</li> <li>• Carter Athletic Center 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 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.</li> </ul>		
<b>MEET DIRECTOR:</b>	<p>Name: Amina Serir  Phone: (540)-521-8213  Email: <a href="mailto:aserir@ccamarlins.com">aserir@ccamarlins.com</a></p>		
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all CCA Marlins team members registered with USA Swimming before the first day of the meet.</li> <li>• No on-deck USA Swimming athlete registration will be permitted.</li> <li>• 2021-2024 NAG time standards are in effect.</li> <li>• Age on September 21, 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 will swim in one session.</li> <li>• All events will be mixed.</li> <li>• All the 25 Yard events will be starting from the deep end of the pool.</li> <li>• All events will be pre-seeded and timed finals, swimming slowest to fastest.</li> <li>• Swimmer recovery breaks will be added as needed.</li> <li>• All swimmers will report behind the block, clerk of course will be provided for all 10 and under swimmers.</li> </ul>		

<b>WARM-UP:</b>	Mid-day session: Warm-ups start at 9:00 am; competition starts at 10:15am.
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, September 10th.</b></p> <ul style="list-style-type: none"> <li>Swimmers may enter a <i>maximum of 4 individual event(s) per session and one relay.</i></li> <li>All entry times will be accepted, including NT and Coach time.</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.</li> <li>Email entries to Amina Serir at <a href="mailto:aserir@ccamarlins.com">aserir@ccamarlins.com</a></li> <li><b>Deck entries will be accepted to the extent that open lanes are available. No extra heats will be added.</b></li> </ul>
<b>FEES:</b>	<p>Individual events: \$8.50</p> <p>Relay events: \$15</p> <p>Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</li> <li>All events will be swum slowest to fastest</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Heat winners will receive a small prize, no other awards will be given.</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>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention 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 understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</li> <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 a swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>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>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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Name Susan Munson</b></p> <p><b>Email: <a href="mailto:susmunson@gmail.com">susmunson@gmail.com</a></b></p> <p><b>Phone: (540) 314 5723</b></p>

	<ul style="list-style-type: none"> <li>Officials will be needed for all positions during that one session for this meet. Please send your availability to Douglas McLaughlin at dmclaughlin628@yahoo.com no later than Wednesday, September 11th, 2024</li> <li>There will be a timer briefing approximately 30 minutes before the session starts.</li> <li>Officials meeting will be one hour before the session start time in the hospitality room.</li> </ul>
<b>SAFETY:</b>	<p>MEET SAFETY DIRECTOR: Brooke Spurlock</p> <p>Email: bspurloc@standard.com</p> <p>Phone: (804) 922-9880</p> <ul style="list-style-type: none"> <li>VSI Safety and Warm-up procedures will be in effect.</li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each section.</li> </ul> <p>The number of timers required per club and their lane assignments will be posted on the CCA Marlins Website no later than September 19<sup>th</sup>, and will also be emailed to the contact person</p>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Hospitality room will be open for coaches and officials.</li> <li>A small concession store will be available.</li> <li>Heat sheets will be sent digitally and available on CCA Marlins website, there will be no paper copies during the meet.</li> </ul>
<b>FACILITY RULES:</b>	<p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH ALL CARTER ATHLETIC CENTER RULES:</p> <ul style="list-style-type: none"> <li>Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult.</li> <li>Observers are to stay in designated areas.</li> <li>No tape of any kind is to be used inside to hang signs, banners, or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations.</li> <li>Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management.</li> <li>Smoking is NOT permitted.</li> <li>Each facility is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.</li> <li>No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director.</li> <li>No glass containers of any kind are to be brought into the pool complex.</li> <li>Parking violators will be subject to fines and/or towing as posted.</li> <li>The Aquatic Center strongly encourages showering prior to entering the pool.</li> <li>All emergency exits, and walkways must remain clear.</li> <li>Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li><b>Address:</b> 4254 Colonial Ave, Roanoke, VA 24018</li> </ul>

# Marlins Back to the Pool!

## ORDER OF EVENTS Marlins Back to the pool!!

<u>Mixed</u>	<u>Events</u>
1	OPEN 200 Back
2	OPEN 50 Free
3	8&U 25 Back
4	OPEN 100 Breast
5	9-12 50 Fly
6	OPEN 200 Free
7	8&U 25 Fly
8	OPEN 100 Back
9	9-12 50 Breast
10	OPEN 200 Fly
11	8&U 25 Free
12	OPEN 100 Free
13	9-12 50 Back
14	OPEN 200 Breast
15	8&U 25 Breast
16	OPEN 100 Fly
17	OPEN 200 IM
18	12&U 100 IM
19	8&U 100 Free Relay
20	OPEN 200 Free Relay