



**HVA CURRENT**  
**SPRING SHOWCASE - Changed Format**  
**March 28 - 30, 2025**  
**SANCTION NO. VS-25-75R**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-25-75R</b>.</li><li>• USA Swimming, Inc., Virginia swimming, Inc., HVA Current swim team, and the Hampton Virginia Aquaplex 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, HVA Current swim team agrees to comply and enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Hampton, Va.</li></ul>
<b>LOCATION:</b>	Hampton Virginia Aquaplex, 1908 Coliseum Drive, Hampton, Va. 23666. Phone: (757) 263-0999
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 8-lane, 50-meter indoor pool 6 feet 8 inches deep at one end and 13 feet deep at the diving board end; lanes are 8 feet 2 inches wide; overflow gutters; non-turbulent lane markers; Colorado Timing System.</li><li>• Warm-up/Warm-down Pool: 8-lane, 25-yard pool three feet six inches at one end and four feet six inches at the other end. NO DIVING is allowed in this pool.</li><li>• The 50-meter pool will be set up into two 25-yard courses.</li><li>• 1500 second level seating is available for spectators. Only swimmers, coaches, officials and meet volunteers are allowed on the pool deck.</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>• There will be lifeguards and additional Aquatics staff along with 2 AED located on the opposite sides of the pool deck in both the competition and warm-up/war-down pools. The Aquatics staff uses 2-way radios for communication.</li><li>• To provide parents/guardians who are outside the facility the ability to view their athlete's 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 DIRECTORS:</b>	Dave Henderson Phone:(757) 897-6127 (cell) Email: <a href="mailto:dave@hvacurrent.org">dave@hvacurrent.org</a>
<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>• Age on March 28, 2025 will determine age for the entire meet.</li><li>• Entry is open to all ages regardless of time with the following exceptions.<ul style="list-style-type: none"><li>➤ 8 &amp; Unders must have achieved the following to enter these events:<ul style="list-style-type: none"><li>• 100 Fly, Back and Breast - at least a 10&amp;U "B" time in the 50-yard event of the same stroke.</li><li>• 200 Free – at least a 10&amp;U "B" time in the 100 Free.</li><li>• 200 IM – at least a 10&amp;U "B" time in the 100 IM.</li></ul></li></ul></li><li>• 2024-2028 NAG time standards are in effect.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcomed 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 using the <a href="#">Disability Accommodation Form</a>.</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>• The 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>• <b>All events will be Timed Finals.</b> <ul style="list-style-type: none"> <li>➤ <b>Relays will be swum at the beginning and a different relay at the end of each session. There will be a 5-minute break after the relays at the beginning of each session. There will be a 5-minute break before the relays at the end of each session.</b></li> <li>➤ <b>Fly – Free Relay: The 1<sup>st</sup> &amp; 4<sup>th</sup> leg MUST be Fly. The 2<sup>nd</sup> &amp; 3<sup>rd</sup> leg MUST be Free.</b></li> <li>➤ <b>Mixed Relays (200 Medley &amp; 200 Free). These relays MUST have TWO Females and Two Males.</b></li> <li>➤ <b>200 Free Relay (TWO Age Groups)</b> <ul style="list-style-type: none"> <li>• 9 to 12 YO Relay MUST have Two 9 – 10 YO and TWO 11 – 12 YO</li> <li>• 13 &amp; Older Relay MUST have TWO 13 – 14 YO and TWO 15 &amp; Older</li> </ul> </li> </ul> </li> </ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>• <b>Friday:</b> <ul style="list-style-type: none"> <li>➤ Warm-ups start at 10:00 am</li> <li>➤ Competition starts at 11:10 am</li> </ul> </li> <li>• <b>Saturday and Sunday:</b> <ul style="list-style-type: none"> <li>➤ Warm-ups start at 8:00 am</li> <li>➤ Competition starts at 9:10 am</li> </ul> </li> <li>• <b>Both courses in the 50-Meter pool (North and South) will be used for warm-ups. .</b></li> <li>• <b>During the competition, the North end (Diving Board end) will be available for warm-ups/warm-down.</b></li> <li>• <b>The Program Pool will NOT be used for this meet.</b></li> <li>• Team warm-up information will be e-mailed out to all teams and available on the HVA Current web site at <a href="http://www.HVACurrent.org">www.HVACurrent.org</a> on Monday, March 24, 2025</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR RECEIPT OF ENTRIES IS TUESDAY, MARCH 18, 2025.</b></p> <ul style="list-style-type: none"> <li>• <b>10 &amp; Under swimmers may enter a maximum of 9 individual events. No more than 3 individual events and 2 relays per day on Friday and Sunday &amp; 3 relays on Saturday.</b></li> <li>• <b>11 to 18-Year-Old swimmers may enter a maximum of 9 individual events. No more than 3 individual events and 3 relays per day.</b></li> <li>• Entries must be submitted in Short Course yard times using Commlink-2 software.</li> <li>• Teams submit entries via e-mail.</li> <li>• A printout of entries must be included or the meet checklist/summary sheet with the name, email, and phone number of the person to contact in case of questions must accompany the entries.</li> <li>• All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• "No Time" (NT) entries will be accepted</li> <li>• Coaches Times (CT) will be accepted ONLY if a swimmer has never competed in an event. A CT MUST be slower than the "A" time standard.</li> <li>• <b>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.</b></li> <li>• Teams may enter any number of relays per event. Relay teams must be designated A, B, C, if a team enters more than one relay.</li> <li>• <b>E-Mail Entries To: <a href="mailto:dave@hvacurrent.org">dave@hvacurrent.org</a></b></li> </ul>

	<ul style="list-style-type: none"> <li>● <b>Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added. Late entries MUST be submitted ONLY to the Meet Director. \$20.00/event.</b></li> </ul>
<b>FEES:</b>	<p>Individual Events:  8 &amp; Under 25's                 \$5.00  10 &amp; Older Events             \$12.00  Relay Events:                   \$20.00  Swimmer Fee:                 \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>● <b>Make Checks payable to: HVA Current</b></li> <li>● <b>Mail payment to: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Cell (757) 897-6127</b></li> <li>● <b>Payment must be received by Tuesday, March 25, 2025 for all entries.</b> Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>● <b>IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is not required for delivery.</b></li> <li>● <b>Late Entries: \$20.00/event</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>● Individual Events: Ribbons will be awarded for first (1<sup>st</sup>) through eight (8<sup>th</sup>) place.</li> <li>● Relay Events: Awards will be presented to first (1<sup>st</sup>) through third (3<sup>rd</sup>) place for Girls &amp; Boys events.</li> <li>● No Scores will be kept.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>● All events will be pre-seeded.</li> <li>● Swimmers in the 10 &amp; Under, 11 - 12, 13 - 14 and 15 &amp; Older events should report directly to the blocks for their events.</li> <li>● 8 &amp; Unders entered in the 25-yard events should report to the window side of the pool to be lined up in correct heat and lane order. An announcement will be made when the 8 &amp; Unders should report.</li> <li>● Individual events will be swum <b>slowest to fastest</b>.</li> <li>● All <b>relays</b> will compete <b>fastest to slowest</b>.</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 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 re-scored 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 USAS 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> </ul>

	<ul style="list-style-type: none"> <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 hanging is PROHIBITED.</li> <li>In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool.</li> <li>An athlete suspected of sustaining a concussion or exhibiting signs of 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 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>OFFICIALS:</b>	<p><b>MEET REFEREE: Tommy Lovell</b>  <b>E-mail:</b> <a href="mailto:scoutmastertommy@gmail.com">scoutmastertommy@gmail.com</a>  <b>Phone:</b> (757) 532-4378</p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet. Officials Training will be available.</li> <li>Team Officials Chair should submit names and session availability of certified officials as well as name and session availability of any trainees to Sean Roberts, HVA Current Officials Chair at <a href="mailto:officials@hvacurrent.org">officials@hvacurrent.org</a> or (757) 329-3152 (cell) no later than Tuesday, March 25, 2025. Thank you for your help in advance.</li> <li>Officials' briefings will be held in the hospitality room one hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	<p><b>MEET SAFETY OFFICER:</b> Dave Henderson  <b>Email:</b> <a href="mailto:dave@hvacurrent.org">dave@hvacurrent.org</a>  <b>Phone:</b> (757) 897-6127  VSI Safety and Warm-up procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Two timers per lane will be used.</li> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each season.</li> <li>The number of timers per club and their lane assignments will be posted on the HVA Current web site at <a href="http://www.HVAcurent.org">www.HVAcurent.org</a> no later than Monday, March 24, 2025 and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li><b>Heat Sheets:</b> Published in Meet Mobile. Printed copies will be provided for coaches and officials.</li> <li><b>Snack Bar:</b> The Aquaplex will operate a snack bar during the meet.</li> <li><b>Apparel &amp; Swim Shop:</b> There will be an apparel and swim shop vendor operating during the meet.</li> <li><b>Hospitality:</b> Hospitality will be provided for coaches and officials in the Team Room behind the starting blocks at the office end of the pool. Breakfast, Lunch and Dinner will be served. Drinks and snacks will be provided during the day.</li> </ul>
<b>RESULTS:</b>	<ul style="list-style-type: none"> <li>All results will be announced and posted on the hallway wall near the locker room entrance</li> <li>A copy of the meet results will be sent via e-mail to each team entering the meet.</li> <li>The results will be posted on the Virginia Swimming web site <a href="http://www.virginiawimming.org">www.virginiawimming.org</a> after the conclusion of the meet.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li><b>No glass containers of any kind are permitted in the facility.</b></li> <li><b>Swimmer/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator that violates Aquaplex, rules posted at the pool and in this meet announcement, may be disqualified from the meet and escorted from the facility.</li> <li><b>Deck Access:</b> Access to the competition and instructional pools deck will be strictly controlled. Only swimmers, coaches, officials, event staff and volunteers working that session will be permitted on the deck during warm-ups and the competition.</li> <li><b>NO SMOKING</b></li> </ul>
<b>DIRECTIONS :</b>	<ul style="list-style-type: none"> <li>See facility address on page one and use your choice of map app.</li> </ul>

# HVAC SPRING SHOWCASE

## Friday, March 28, 2025 – ORDER OF EVENTS

**Friday Timed Finals**  
**Warm-ups: 10:00 am – 11:00 am; Start 11:10 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	13 – 14 100 Medley Relay	8
9	15 & Older 100 Medley Relay	10
33	11 – 12 100 Medley Relay	34
35	10 & Under 100 Medley Relay	36
5 Minute Break		
11	13 - 14 100 Freestyle	12
13	15 & Older 100 Freestyle	14
37	11 – 12 100 Freestyle	38
39	10 & Under 100 Freestyle	40
15	13 – 14 50 Breaststroke	16
17	15 & Older 50 Breaststroke	18
41	11 – 12 50 Breaststroke	42
43	10 & Under 50 Breaststroke	44
19	13 – 14 200 Backstroke	20
21	15 & Older 200 Backstroke	22
45	11 – 12 200 Backstroke	46
23	13 – 14 100 Butterfly	24
25	15 & Older 100 Butterfly	26
47	10 & Under 100 Butterfly	48
49	11 – 12 100 Butterfly	50
27	13 – 14 200 IM	28
29	15 & Older 200 IM	30
51	10 & Under 200 IM	52
53	11 – 12 200 IM	54
5 Minute Break		
31	13 – 14 200 Mixed Free Relay	
32	15 & Older 200 Mixed Free Relay	
55	10 & Under 200 Mixed Free Relay	
56	11 – 12 200 Mixed Free Relay	

**HVAC Spring Showcase**  
**Saturday, March 29, 2025 – Order of Events**  
**Saturday Timed Finals**  
**Warm-ups: 8:00 am – 9:00 am; Start 9:10 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
63	13 – 14 100 Free Relay	64
65	15 & Older 100 Free Relay	66
89	11 -12 100 Free Relay	90
91	10 & Under 100 Free Relay	92
5-Minute Break		
67	13 - 14 200 Butterfly	68
69	15 & Older 200 Butterfly	70
93	11 – 12 200 Butterfly	94
95	8 & Under 25 Butterfly	96
71	13 – 14 50 Backstroke	72
73	15 & Older 50 Backstroke	74
97	11 - 12 50 Backstroke	98
99	10 & Under 50 Backstroke	100
75	13 – 14 200 Breaststroke	76
77	15 & Older 200 Breaststroke	78
101	11 – 12 200 Breaststroke	102
103	8 & Under 25 Backstroke	104
79	13 – 14 50 Freestyle	80
81	15 & Older 50 Freestyle	82
105	11 - 12 50 Freestyle	106
107	10 & Under 50 Freestyle	108
83	13 – 14 100 IM	84
85	15 & Older 100 IM	86
109	11 – 12 100 IM	110
111	10 & Under 100 IM	112
5-Minute Break		
87	13 – 14 200 Mixed Medley Relay	
88	15 & Older 200 Mixed Medley Relay	
113	10 & Under 200 Mixed Medley Relay	
114	11 – 12 200 Mixed Medley Relay	

# HVAC Spring Showcase

Sunday, March 30, 2025 – Order of Events

Sunday Timed Finals

Warm-ups: 8:00 am – 9:00 am; Start 9:10 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
121	13 – 14 100 Fly-Free Relay	122
123	15 & Older 100 Fly-Free Relay	124
143	11 – 12 100 Fly-Free Relay	144
145	10 & Under 100 Fly-Free Relay	146
5-Minute Break		
125	13 - 14 100 Breaststroke	126
127	15 & Older 100 Breaststroke	128
147	11 -12 100 Breaststroke	148
149	10 & Under 100 Breaststroke	150
151	8 & Under 25 Breaststroke	152
129	13 - 14 200 Freestyle	130
131	15 & Older 200 Freestyle	132
153	11 –12 200 Freestyle	153
155	10 & Under 200 Freestyle	156
157	8 & Under 25 Freestyle	158
133	13 – 14 50 Butterfly	134
135	15 & Older 50 Butterfly	136
159	11 - 12 50 Butterfly	160
161	10 & Under 50 Butterfly	162
137	13 – 14 100 Backstroke	138
139	15 & Older 100 Backstroke	140
163	11 - 12 100 Backstroke	164
165	10 & Under 100 Backstroke	166
5-Minute Break		
141	13 & Older 200 Free 2-Age Group Relay	142
167	12 & Under 200 Free 2-Age Group Relay	168