



**Frank Poulin Jr. Memorial  
Invitational  
November 17-19  
SANCTION NO. VS-24-26**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-24-26</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., and Old Dominion University 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, East Coast Aquatic Team 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 Norfolk.</li> </ul>
<b>LOCATION:</b>	<p>Old Dominion University J.C. Scrap Chandler Pool 1510 W 48th St, Norfolk, VA 23508 757-683-3384</p>
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• Indoor, short course, 25 yard, 4 – 15 feet deep, 8 lanes, with non-turbulent lane lines, and locker and shower facilities available. Colorado Timing system.</li> <li>• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming</li> <li>• Lifeguard and aquatic staff will be on-hand along with an AED device and other required equipment University EMT will be available if necessary.</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>Leigh Henniker <a href="mailto:lhenniker@gmail.com">lhenniker@gmail.com</a> (757) 553-0410</p>
<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>• 2021-2024 NAG time standards are in effect. (as appropriate)</li> <li>• Age on November 17, 2023, 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>FORMAT:</b>	<ul style="list-style-type: none"> <li>• All 13 and older swimmers will swim a time finals session in the morning.</li> <li>• All 12 and younger swimmers will swim a time finals session in the afternoon.</li> <li>• 1000 Free (Events 1, 2), 500 Free (Events 3, 4, 27, 28), and 400 IM (Events 75, 76) will be swum fastest to slowest and alternating heats of girls and boys.</li> </ul>

<b>ENTRIES:</b>	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Friday, November 3, 2023.</p> <ul style="list-style-type: none"> <li>• Entries must be submitted in short course yards times using Commlink-2 software.</li> <li>• Teams submit entries via email.</li> <li>• A printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries.</li> <li>• “No Time” (NT) entries will be accepted.</li> <li>• Coach Times (CT) will not be accepted</li> <li>• Swimmers may enter a maximum of 8 <i>individual event(s)</i>, and no more than 4 individual events and 1 relay event per day.</li> <li>• Entries will be processed in the order received and <u>accepted to the greatest extent possible</u> without exceeding the 4-hour/session timeline limit.</li> <li>• Email entries to: Art Anthony, <a href="mailto:coachart.ecat@gmail.com">coachart.ecat@gmail.com</a></li> <li>• 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$9  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)  Checks should be made payable to: ECAT.</p> <ul style="list-style-type: none"> <li>• Mail payment to: ECAT, PO Box 3193, Portsmouth, VA 23701</li> <li>• Payment must be received by November 14, 2023. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• Swimmers should report directly to the blocks for their events.</li> <li>• All events will be pre-seeded.</li> <li>• Coaches will be asked to submit scratches for distance events 1000 Free (Events 1, 2), 500 Free (Events 3, 4, 27, 28), and 400 IM (Events 75, 76) by Monday, November 13, 2023 to <a href="mailto:coachart.ecat@gmail.com">coachart.ecat@gmail.com</a>. These events will require positive check-in. Check-in will close 30 minutes prior to the start of the session. At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Morning sessions: Warm-ups not before 6:30 am; competition starts at 8:00 am.</li> <li>• Afternoon sessions: Warm-ups not before 11:30 am; competition; competition starts not before 1:00 pm</li> <li>• Friday distance session: Warm-ups will begin at 4:00 pm, with the first distance event starting at 5:00 pm.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the ECAT website NLT Monday, November 13<sup>th</sup> and will also be emailed to the contact person of the participating clubs.</li> <li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>AWARDS:</b>	<p>Individual events: Ribbons will be awarded for first through first through eighth place.</p>

	<ul style="list-style-type: none"> <li>• 13 &amp; Over events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>• 12 &amp; Younger events will be given separate awards for 11-12 and 10 and Under age groups.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection 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 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 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 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 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>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. Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: <u>Tommy Lovell</u></b>  <b>Email: scoutmastertommy@gmail.com</b></p>

	<p style="text-align: center;"><b>Phone: 757-532-4378</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair Megan Parker, <a href="mailto:meganparker65@gmail.com">meganparker65@gmail.com</a> or _757-355-4880 no later than Tuesday, November 14, 2023.</li> <li>• Announce any meetings, place, and time. Officials meetings must be at least one hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	<p>Virginia Swimming Meet Safety Procedures will be in effect.</p> <p><b>MEET SAFETY OFFICER: Tiffany Reese</b>  <b>EMAIL: <a href="mailto:treese1022@gmail.com">treese1022@gmail.com</a></b>  <b>PHONE: (757) 343-6523</b></p>
<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 session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the ECAT website no later than November 13, 2023, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Athletes are responsible for providing their own timer and counter for distance events.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Meet Programs: Heat sheets and/or psych sheets will be available on Meet Mobile.</li> <li>• Snack food: A concession stand will be available during the meet.</li> <li>• Swim Shop: A Swim Shop will be open during the meet.</li> <li>• Hospitality: ECAT will provide a Hospitality Room for coaches, officials and officials in training. Breakfast and lunch will be served. Snacks will be provided during the day.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator that violates Aquatic Center rules, posted at the pool and in the meet program will be disqualified from the meet and escorted from the facility.</li> <li>• ODU policies prohibit food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers.</li> <li>• Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition.</li> <li>• Parking: Parking will be available on the ODU campus in designated areas ONLY. Further details will be sent to team contact prior to the meet.</li> <li>• Swimmer bags and equipment are only allowed on the deck and are not permitted to be left in the athletic locker-rooms.</li> <li>• Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, or chewing gum will be permitted on the pool deck.</li> <li>• No shaving anywhere in the venue.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• From Southside: Take 264 to Norfolk and exist Waterside Drive. Waterside drive becomes Boush Street and you will make a left onto Brambleton Avenue. Follow Brambleton Avenue you see signs for Hampton Boulevard/ODU. Bear right onto</li> </ul>

	<p>Hampton Boulevard. Follow Hampton Boulevard to 43rd Street (approximately 3 miles) and make a right follow down 48th Street facility is on your right.</p> <ul style="list-style-type: none"> <li>• From Peninsula: I-64 E until you reach exit 276, VA-406/NAVAL Base/Terminal Boulevard. Once on the exit ramp, stay right as it splits. Once on I-564, stay right again, following the first exit for Terminal Boulevard. Continue straight through two traffic lights, and at the third light, turn left onto Hampton Boulevard. Follow Hampton Boulevard. to 48th Street and make a right. Follow to 1520 West 48th Street.</li> </ul>
<b>HOTELS:</b>	SpringHill Suites by Marriott Norfolk Old Dominion University 4500 Hampton Blvd, Norfolk, VA 23508

**MEET TITLE  
ORDER OF EVENTS**

**Day 1, 11/17/2023**

<b>Distance Session</b>		
<b>Warm-up: 4:00 pm; Start: 5:00 pm</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	13 and Older 1000 yard Free	2
3	12-Under 500 yard Free	4

**Day 2, 11/18/2023**

<b>Morning Session</b>			<b>Afternoon Session</b>		
<b>Warm-up: Not before 6:30 am; Start: 8:00 am</b>			<b>Warm-up: Not before 11:30 am; Start: 1:00 pm</b>		
			<small>(Times are approximate)</small>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
5	13 and Older 200 Freestyle Relay	6	29	12-Under 200 Freestyle Relay	30
7	13-14 200-yard IM	8	31	11-12 100-yard IM	32
9	15 and Older 200-yard IM	10	33	10-Under 100-yard IM	34
11	13-14 100-yard Backstroke	12	35	11-12 50-yard Backstroke	36
13	15 and Older 100-yard Backstroke	14	37	10-Under 50-yard Backstroke	38
15	13-14 200-yard Breaststroke	16	39	12-Under 200-yard Backstroke	40
17	15 and Older 200-yard Breaststroke	18	41	11-12 50-yard Breaststroke	42
19	13-14 100-yard Butterfly	20	43	10-Under 50-yard Breaststroke	44
21	15 and Older 100-yard Butterfly	22	45	12-Under 200-yard Breaststroke	46
23	13-14 50-yard Freestyle	24	47	11-12 50-yard Butterfly	48
25	15 and Older 50-yard Freestyle	26	49	10-Under 50-yard Butterfly	50
27	13 and Older 500-yard Freestyle	28	51	12-Under 200-yard Butterfly	52
			53	11-12 50-yard Freestyle	54
			55	10-Under 50-yard Freestyle	56

