



**FRIENDLY CITY SPLASH
with the VIRGINIA GATORS
May 6, 2023
SANCTION NO. VS-23-83**



SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-83 - USA Swimming, Inc., Virginia Swimming, Inc., Valley Area Swim Team, Inc. (Virginia Gators of Harrisonburg) and the City of Harrisonburg/Westover Park 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, Valley Area Swim Team, Inc. 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 Harrisonburg.
LOCATION:	Westover Park, 305 S. Dogwood Drive, Harrisonburg, Virginia
FACILITY:	- Competition pool is a heated 25-yard, 6 lane pool, 12 feet deep at the start end and 4 feet deep at the turn end with non-turbulent lane lines. An additional warm-up/warm-down is a 25-yard, 8 lane pool, 5 feet deep across, is available, subject to water temps at time of meet. - Colorado timing system (CTS), Dolphin Wireless Stopwatch System, and a 6-line name video display board will be used for meet. - The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). - Meets at the Westover Pool – The pool will be fully staffed with American Red Cross certified Lifeguards at all times. There are AEDs on site as well first aid supplies located at several locations in the Facility. The Lifeguard Office has a full first aid kit as well as ice. The closest EMT is located at Harrisonburg Fire Station 1 which is 1.1 miles away. - Spectators will be allowed on deck during competition, with some restrictions. - 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.
MEET DIRECTOR:	Name: Jolanthe Erb E-Mail: hburggators@gmail.com Phone: 540/433-5775
ELIGIBILITY:	- Open to all athletes registered with USA Swimming before the first day of the meet. - No on-deck USA Swimming athlete registration will be permitted. 2021-2024 NAG standards are in effect. - Age on May 6, 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:	- There will be one session open to all ages of athletes registered with USA Swimming. - All events will be timed finals.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS: Tuesday, April 25, 2023 - Entries must be submitted in short course yard times using CommLink-2 software. - Teams submit entries via e-mail. - Coach Times (CT) and "No Time" (NT) 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 4 individual events. - 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.

	- The Meet Referee reserves the right to combine heats and events, which may require reseeding. - Email entries to: Jolanthe Erb, hburggators@gmail.com - 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.
FEES:	Individual events: \$6.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) - Checks should be made payable to: Virginia Gators, Harrisonburg. - Mail payment to: Virginia Gators P.O. Box 984 Harrisonburg, VA 22803 - Payment for all entries must be received by Wednesday, May 3, 2023, unless prior arrangements have been made. - Failure to pay entry fees by this deadline could result in teams being barred from the meet.
SEEDING:	- Clerk of Course will be used for all swimmers for all sessions to ensure extra safety precautions. - All events will be pre-seeded.
WARM-UP:	- Warm-up and lane assignments will be emailed to all teams on Monday, May 1, 2023. - Warm-ups will start no earlier than 8:00am on Saturday. - Session 1: Saturday, 5/6 - 11/over warmup: 9:10a - 9:30a; 10/under: 9:30a - 9:50a; 10:00am start
AWARDS:	No awards will be given.
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.
RULES:	- 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 keeping 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 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.
OFFICIALS:	Meet Referee: Beth Arnold

	Email: arnoldeaa@gmail.com Phone: 540-383-9080 • Officials will be needed for all positions and all sessions for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Beth Arnold arnoldeaa@gmail.com no later than Wednesday, April 26, 2023. • Officials will meet on the pool deck one hour before the start of any session.
SAFETY:	• Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • Two timers per lane. The number of timers required per club and their lane assignments will be posted on the Harrisonburg Gator website no later than Monday, May 1, 2023, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	• Heat Sheets will be posted on the Harrisonburg Gators website in advance of the meet and sent to participating teams. Please print and bring a copy with you. Heat sheets will also be posted on Meet Mobile. • Swimmers are not permitted in any room of the building not directly associated with this swim meet. • Officials and coaches will have access to a separate hospitality area with snacks and drinks throughout the meet. • All results will be posted via Meet Mobile.
FACILITY RULES:	• Locker room and restroom areas: we ask that swimmers arrive in their suits. Restrooms will be available during the meet and locker rooms after swimmers are finished. Coach, official, and volunteer restrooms will be separate from swimmer restrooms. • No smoking is permitted in the building. • No food or drink on the pool deck, including glass bottles. Any food or drink must be consumed in designated areas (near grassy area). The overhang area on deck will be set aside for Meet Officials and other staff. • The Splash Pad area will be closed and off limits to any spectators/families attending the meet. • No alcohol allowed in the park. • Please be courteous in sharing the locker rooms and bathrooms by keeping them neat and cleaning up after yourself on deck and in the viewing area to keep cleaning costs to a minimum.
DIRECTIONS:	• Westover Pool is located at 305 S. Dogwood Dr., Harrisonburg, VA. • From Interstate 81, take exit 245. Off the ramp, take a left onto VA-253/Port Republic Rd. Continue straight for 1.2 miles. Turn right onto S Dogwood Dr. Continue for .5 miles. Turn left into Westover Park. • Parking is available in the large main lot past the building. Please do not park in the lots up the hill on Saturday to avoid a bicycle race.
HOTELS:	• Courtyard Marriot: 1890 Evelyn Byrd Avenue, Harrisonburg, VA, (540) 432-3031. • Hotel Madison at James Madison University: 710 South Main St, Harrisonburg, VA, 22801. (540) 564-0200, about 5 minutes from the pool. • Hampton Inn: 85 University Boulevard, Harrisonburg, VA, (540) 432-1111. Continental breakfast. • Residence Inn - Marriott 1945 Deyerle Ave. Harrisonburg, VA (540) 437-7426 Quality Inn - 1881 Evelyn Byrd Ave. Harrisonburg, VA (540) 645-6469

FRIENDLY CITY INVITATIONAL ORDER OF EVENTS

Session 1

Saturday, May 6, 2023

Warm-ups (subject to change based on entries)

13/older: 9:10a – 9:30a

12/under: 9:30a – 9:50a

Meet Start

10:00am

Entry Limit: 4 events per swimmer/day

Girls	Events	Boys
1	12/Under 100 Free	2
3	13/Older 100 Free	4
5	12/Under 100 IM	6
7	13/Older 200 IM	8
9	8/Under 25 Back	10
11	12/Under 50 Back	12
13	13/Older 100 Back	14
15	8/Under 25 Breast	16
17	12/Under 50 Breast	18
19	13/Older 100 Breast	20
21	8/Under 25 Fly	22
23	12/Under 50 Fly	24
25	13/Older 100 Fly	26
27	8/Under 25 Free	28
29	12/Under 50 Free	30
30	13/Older 50 Free	32