

March 21 - March 24, 2024
2023 Eastern Zone Sectional Meet Christiansburg, VA

USA
-Welcome
Barb Ship, Meet Referee

- Welcome
- Credentials
- Leadership Team
- Meet Jury
- Pre-Competition
- Conduct of Competition
- Contact Info

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## Credentials

- Prior to receiving a deck pass - registration, certifications and APT must be current for Coaches and Athletes (18\&Over)
- Minor Athlete Abuse Prevention Policy (MAAPP) -annual requirement that must be completed prior to scratch deadline
- Check your deck pass before arriving!


## Leadership Team

- Admin Referee: Betsy Russell (NE)
- Head Starter: Courtney Johnston (PVS
- Team Lead Chief Judge: Jess Workman (NE)
- Time Trials Meet Referee: Sue Munson (VA)
- Please be sure to leave the on-site Coach contact cell number for your team so that we can reach you should the need arise. Use this ink to leave that information:
https://forms.gle/tvuyEFWncNWZxWev9

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## Meet Jury

- Athlete -
- Coach - Mike Salpeter
- Official - Jorge Zamora


## Pre-Competition <br> USA

Late Entries: Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements: Late entries must be submitted to Scott Baldwin, dbaldwi@vt.edu
o Entries must be received no later than 12:00 pm (EST) Tuesday, March 19, 2024.
The team or athlete must pay a one-time processing fee of \$150 and entry fees of $\$ 32$ per individual event.
o Late entries may not be used to improve the seed time of an earlier entry.

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## Competition

## Timelines:

All prelim start times are 8:45 am Friday, Saturday and Sunday Estimated Pre-Scratch Prelim End Times:
Thursday - 4:16 pm (Start time is $3: 30 \mathrm{pm}$ )
Friday - $11: 40 \mathrm{am}$
Saturday - 12:26 pm
Sunday - 11:35 am
Finals start times are 5:30pm on Friday and Saturday and 4:30pm on Sunday
Sunday distance approximate start time 3:00 pm with a 3:30pm finish.

## Competition

Prelims: Fly-over starts Distance Freestyle:

- Each athlete provide their own timer and counter (if desired)
- Athletes will be seeded in events if not SCRATCHED.
- Thursday distance will be swum Fastest to Slowest with any Time Trial distance swimmers added to the end and included in the last not complete heat
- May request afternoon swim on SUNDAY (at Admin Resolution Desk - please write PRELIM). Will be swum Slowest to Fastest.
-Fastest heat per gender that did not request a prelim swim will compete at finals on SUNDAY. Remaining heats will be scheduled so that the last heat will finish just prior to warm-ups for finals.

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## Competition

Scratches:

- Scratches for Thursday distance events are due by 5pm Wednesday, March 20.
- Prelims-Scratches for Friday prelims including relays are due by 4:00 pm on
- Scratches for Thursday and Friday can be emailed/texted to the admim referee -

Scratches for Thursday and Friday can be emailed/texted to the admim
once prelims start on Friday, all scratches must be done in person only

- No Show during prelims
- Barred from further individual and relay events AND TIME TRIALS for the day
- Must positively check-in with admin ref before evening scratch deadline to be Must positively check-in with
seeded for subsequent days
- May DFS at administrative table or with chief judge at starting area
- No penalty
- Counts toward 3 event max for the day (with time trials)


## USA <br> Competition

Scratches cont:

- From Finals - At administrative table
- 30 min after event is read (will also try and scroll results)

Intent to Scratch

- No show during finals follows National Scratch Rules - removed from meet
if initially qualified for finals.
- Be sure to scratch your swimmer from finals, REGARDLESS OF PLACEMENT, if they will not be returning/swimming in finals so that we can minimize chasces of empty lanes
scratches, especially on Sunday

Swim Offs
Please listen for results or check scrolling. We will be swimming
off/resolving places $8 / 9,16 / 17,24 / 25 / 26$
off/resolving places $8 / 9,16 / 17,24 / 25 / 26$

- Come to admin table if you think athlete may be in a swim- off
- Must be contested/resolved BEFORE the end of prelims within 45 min after

Do not leave the pool - athlete or coach unless you are certain that there is no possibility that you are in a tie that must be resolved.

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## Competition

- Finals Order is C, B, A
- C is limited to 18 \& Under athletes
- "A" Finalists Paraded
- "A" Finalists report to ready room 5 minutes before parade time includes top heat of distance
- All other finalist report straight to the blocks
- No Show in Friday and Saturday Finals will be barred from the remainder of the meet (no buy in)
- No Show in Sunday Finals will incur $\$ 50$ fine


## Competition

Awards will be given immediately following the conclusion of the " A " final to the top 3 finishers.

- Chief judges will direct the top 3 finishers to the podium.
- The coach of winning athlete will present awards. Be there quickly so athletes may warm down
- Will start as soon as all athletes are present


## USA <br> Competition

Time Trials (limited to no more than 1 hour)

- Sign-up location - in the Fun Pool area
- Thursday:
- Begin 15 minutes after the timed finals
- Distance Only to be included in slowest heats if possible
- Contact Scott Baldwin directly to sign-up
- Sign-up closes at 3:30 pm
- Friday, Saturday and Sunday
- Begin not before 15 min after conclusion of prelims
- Sign-up - Begins each morning at 7am; Closes at 10:00 am or when the time limit has been reached, whichever is earlier
Maximum of three (3) during the meet and are included in the limitation of three (3) events per day.

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## Admin Contact Information

- Barb Ship 301-520-4624 (Meet Ref)
- Betsy Russell 339-364-8380 (Admin Ref)
- Once we start Prelims on Thursday, All Scratch for prelims and finals in person at the Resolution desk.
- DFS in person
- In case of emergency, please contact both meet and admin referees


## USA <br> Competition

Results

- Available on Meet Mobile (not official)
- Will be announced
- Once events are closed, results showing scratches will be posted at https://www.teamunify.com/team/va/page/system/res/136262


## Questions?

- Come to administrative table regarding times and scratches.
- See deck or meet referees for disqualification
- Requests for initial splits should be made to the administrative referee. If for backstroke, must be made before the event is swim

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## Host Info -Facility

- Venue Hours
- Warm up Hours
- Internet Access
- Emergencies and Medical Services
- Parking \& Traffic Patterns
- Facility Maps
- Hospitality



## Host Info

- VENUE HOURS
- Thursday, March 23
- 10:00AM -8:00PM
- Distance Warm-up Competition Pool: 2:00PM - 3:15PM
- Friday, March 24 through Sunday, March 26
- 6:30AM until 30 minutes following the conclusion of finals
- Guest network available throughout the facility for swimmers and coaches.


## USA

## Host Info

- Warm-up
- Feet first entry -NO equipment in competition pool
- Preliminaries
- 8:20 am - Pool cleared
- Lane 7 will be reserved for one-way starts for the last 15 minutes of each period
- Lane 8 will be open for push pace for the last 15 minutes of each period
- Additional lanes for one-way starts and pace will open upon request
- Finals
- Open warm-up
- Pool cleared 10 minutes prior to the start of Finals

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## Host Info

- Medical Services
- Lifeguards will serve as primary responders for any incident in the aquatics center.
- Hospitals located at:
- Lewis Gale Hospital, 3700 S. Main St, Blacksburg, VA (540)9511111
- Carilon Memorial Hospital, 2900 Lamb Circle, Christiansburg, VA (540)731-2000
- Urgent Care: MedExpress Urgent Care, 100 Spradlin Farm Dr, Christiansburg, VA (540)381-2745


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- Pool Lavout


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## Host Info

- Hospitality

