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|  | <p align="center"> <b>H2okie Aquatics</b><br/> <b>Short Course Send Off</b><br/> <b>Intra-Squad</b><br/> <b>March 21, 2023</b><br/> <b>SANCTION NO. VS-23-88</b> </p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p align="center"> <b>Hosted by</b><br/> <b>H2okie Aquatics</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-23-88</b>.</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Christiansburg Aquatic Center, and H2okie Aquatics, 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><span style="background-color: #00FF00;">■</span> In applying for this sanction, the Host, H2okie Aquatics, 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 Christiansburg.</li> </ul>                                                              |                                                                      |
| <b>LOCATION:</b>                                                                  | <ul style="list-style-type: none"> <li>Christiansburg Aquatic Center at 595 N Franklin St, Christiansburg, VA 24073 (540) 381-7665</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                      |
| <b>FACILITY:</b>                                                                  | <ul style="list-style-type: none"> <li>10 non-turbulent Lane lines 25-yard Pool. 6 feet at Starting end 6 ft at turn end. Indoor pool, this is a SCY meet.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).</li> <li>Colorado Timing System.</li> <li>Lifeguards will be on duty during this event. In addition, AED's are on premises.</li> <li>In order to provide parents/guardians/spectators 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>                                                             | Name: Scott Baldwin<br>Phone: (540) 998-2327<br>Email: edbaldwi@vt.edu                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                      |
| <b>ELIGIBILITY :</b>                                                              | <ul style="list-style-type: none"> <li>Open to all USA Swimming Athletes from H2okies, registered before the first day of the meet</li> <li>Age on March 21, 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 age swimmers will swim in one session each day.</li> <li>All events will be pre-seeded and timed finals.</li> <li>Swimmer recovery breaks will be added as needed</li> <li>All swimmers will report behind the block, with two heats at a time, clerk of course will be provided for all 10 and under swimmers</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                      |
| <b>WARM-UP:</b>                                                                   | Warm-ups start at 4:30pm; 5:30pm Meet Start                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                      |
| <b>ENTRIES:</b>                                                                   | <p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday, March 20th.</b> Swimmers may enter a maximum of 3 <b>individual event(s) per session</b> and one relay,</p> <ul style="list-style-type: none"> <li>All entry times must have been achieved in a USA Swimming sanctioned, approved, or observed meet.</li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit and the limits of the Commonwealth of Virginia.</li> <li>Email entries to Scott Baldwin at edbaldwi@vt.edu</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>                                                                      | \$5.00 per swimmer.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                      |

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| <b>SEEDING:</b>        | <ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>AWARDS:</b>         | <ul style="list-style-type: none"> <li>• No 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 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 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 <a href="#">George Zolovick</a></b><br/> <b>Email: <a href="mailto:gzolovick@gmail.com">gzolovick@gmail.com</a></b><br/> <b>Phone: (540) 449-5413</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 George Zolovick at <a href="mailto:gzolovick@gmail.com">gzolovick@gmail.com</a> no later than Monday, March 20th, 2023</li> <li>• There will be a timer briefing approximately 30 minutes before the session starts.</li> <li>• Officials meeting will be at 45 minutes before the session start time in the hospitality room.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>SAFETY:</b>         | Virginia Swimming Meet Safety Procedures will be in effect.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>TIMERS:</b>         | <ul style="list-style-type: none"> <li>• Volunteer timers will be needed from HOKI parents.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>GENERAL:</b>        | <ul style="list-style-type: none"> <li>• Limited Hospitality will be available</li> <li>• Heat sheets will be sent digitally and available on H2okie Aquatics 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 CHRISTIANSBURG AQUATIC 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> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

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|                    | <ul style="list-style-type: none"> <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 Centers 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> | <b>Address:</b> 595 N Franklin St, Christiansburg                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

## H2okie Short Course Send Off Intrasquad Meet

### ORDER OF EVENTS

| <b>Thursday March 21, 2023</b><br><b>Warm-up: 4:30 PM Start: 5:30PM</b> |                       |
|-------------------------------------------------------------------------|-----------------------|
| <b><u>Event #</u></b>                                                   | <b><u>Events</u></b>  |
| 1                                                                       | Mixed Open 400 IM     |
| 2                                                                       | Mixed Open 100 IM     |
| 3                                                                       | Mixed 12 & U 50 Fly   |
| 4                                                                       | Mixed Open 200 Breast |
| 5                                                                       | Mixed Open 100 Back   |
| 6                                                                       | Mixed Open 100 Fly    |
| 7                                                                       | Mixed 12& U 50 Breast |
| 8                                                                       | Mixed Open 200 Back   |
| 9                                                                       | Mixed Open 100 FREE   |
| 10                                                                      | Mixed Open 100 Breast |
| 11                                                                      | Mixed Open 200 FLY    |
| 12                                                                      | Mixed 12&U 50 Back    |
| 13                                                                      | Mixed OPEN 200 FLY    |
| 14                                                                      | Mixed Open 50 Free    |
| 15                                                                      | Mixed Open 200 IM     |
| 16                                                                      | Mixed Open 500 free   |
|                                                                         |                       |