

	HOKI/ VT/ PRVT Time Trial (LCM) June 22, 2024 SANCTION NO. VS-24-110TT	Hosted by 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-110TT - USA Swimming, Inc., Virginia Swimming, Inc., H2OKI Aquatics, and Christiansburg Aquatic Center 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, H2OKI Aquatics agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and City of Christiansburg.	
LOCATION:	Christiansburg Aquatic Center, 595 N. Franklin St. Christiansburg, VA 24073. 540-381-7665	
FACILITY:	- Indoor 50-meter pool. 7' deep at the shallow end and 17'1" deep at the deep end; the pool has overflow gutters; non-turbulent lane markers; and Paddock starting blocks with backstroke handles and foot wedges. - Colorado Timing System will be used. - Sessions will be run in the 50M competition pool set up in the shallow end. - The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. - Lifeguards and AED devices are available at the facility. - 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:	Scott Baldwin edbaldwi@vt.edu 540-998-2327	
ELIGIBILITY:	- Open to all HOKI, VT and PRVT athletes who are registered with USA Swimming before the first day of the meet. ‡ 2021-2024 NAG time standards are in effect. - Age on June 22, 2024 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.	
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	- 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. - This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.	

	The swimmer/coach shall provide a Personal Assistant(s) as needed.
FORMAT:	- All Ages Saturday AM Session - All events will be timed finals.
WARM-UP:	Saturday AM session: Warm-ups at 8:00am; competition starts at 8:45am.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Thursday, June 20, 2024 - Athletes may enter 3 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 or the limits as mandated by current Commonwealth of Virginia guidelines. Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available.
FEES:	Meet Fee: \$10
SEEDING:	All events will be pre-seeded.
AWARDS:	No awards
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 according 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: George Zolovick Email: gzolovick@gmail.com Phone: 540-449-5413 • Officials will be needed for all positions and all sessions for this meet. • Contact George Zolovick with interest to officiate by: Friday June 21, 2024. • Officials meeting will be held in the Hospitality Room one hour before the start of each session.
SAFETY:	Meet Safety Officer: Nancy Anderson Email: nancylade@gmail.com Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• Timers will be required from participating clubs in proportion to the number of swimmers present • Timers meeting will be held 20 minutes prior to the start of each session. • Swimmers will be required to provide their own timer for Friday PM events. Swimmers will need to provide their own counter for the 800 Free.
GENERAL:	• Heat Sheets will be available through Meet Mobile.
FACILITY RULES:	FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES: • Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers are to stay in designated areas. • 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. • Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management. • Smoking is NOT permitted within the Town of Christiansburg Aquatic Center. • The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. • Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear. • 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.

<u>Saturday, June 22, 2024</u>	
Order of Events	
1	Mixed Open 400 Free
2	Mixed Open 400 IM
3	Mixed Open 100 Fly
4	Mixed Open 100 Back
5	Mixed Open 100 Breast
6	Mixed Open 100 Free
7	Mixed 12&Under 50 Fly
8	Mixed 12&Under 50 Back
9	Mixed 12&under 50 Breast
10	Mixed Open 50 Free
11	Mixed Open 200 Free
12	Mixed Open 200 Fly
13	Mixed Open 200 Back
14	Mixed Open 200 Breast
15	Mixed Open 200 IM
16	Mixed Open 800 Free