



**Speedo
SWIM AND TRI
Winter Championships
December 7-10, 2023
SANCTION NO. VS-24-41**



SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-41. • USA Swimming, Inc., Virginia Swimming, Inc., HOKI Swim, 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, 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 City/County of Christiansburg.
LOCATION:	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073 (540) 381-7665
FACILITY:	<ul style="list-style-type: none"> • 50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet. The race course will be set up to swim widths with the pool depth sloping from 7 to 17 feet. • The course of competition for Preliminary and Finals sessions will be held in two 25-yard courses swimming the width of the pool. • Colorado Timing System with color scoreboard and separate video board will be used. • The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4) The copy of the certification is on file with USA Swimming. • The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations • Medical supervision, lifeguards, AED device 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:	Name: Scott Baldwin Email: edbaldwi@vt.edu Phone: (540) 998-2327
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all athletes from: HOKI, BSC-SE, FSC-MD, LY, LAC, CA, PWSC, VABR, SMAC, WST, MOR-NC, RSA-NC and their respective unattached athletes. All athletes must be USA Swimming registered before the first day of the meet. • Teams not listed wishing for an invite must receive confirmation from the meet director prior to entries being accepted. • 2021 – 2024 NAG Motivational Time Standards are in effect. • No on-deck USA Swimming athlete registration will be permitted. • Age on December 7, 2023 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • 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:	<ul style="list-style-type: none"> ● Thursday PM Session will be Timed Finals for: 10&U and 11/12 200IM and 500 Free and 13&Over 500 Free and P/F for 13&Over 50 Free. ● All remaining Preliminary Events will be swum in the AM sessions Friday, Saturday, and Sunday. ● All 10&under and 11/12 Relays will swim in the preliminary session each day. ● The fastest heat (9) of single age 11-year-old and fastest heat (9) of 12-year-old swimmers will swim the final session each day. ● The fastest heat (9) of 10&under will swim in the final session each day. ● The top two heats (18) in the 13-14 and Top three heats (27) of Senior age groups will swim the final session each day except Senior Events #31 & 32 (400 IM) and where the top two heats (18), will swim in finals. ● The following events will be swum as timed finals with the top Heat (9) after seeding swimming in finals: <ul style="list-style-type: none"> ○ 11-12 (#33 & 34) 200 Back, (#71 & 72) 200 Fly, (#107 and 108) 200 Breast. ● All 13 & Over Relays will swim in Finals. ● Finals may be run in two courses (Women's course/ Men's Course). Decision will be made after all entries have been received and teams will be notified no later than Dec 1, 2023.
WARM-UP:	<ul style="list-style-type: none"> ● Thursday PM Session: Warmups: 2:30-3:50pm, <ul style="list-style-type: none"> ○ 13&Over Course Competition Start: 4:00pm ○ 12&Under Course will remain open for warmups until 4:50pm; Competition start 5:00pm ● Morning sessions: <ul style="list-style-type: none"> ○ Friday: Warm-ups start at 7:30 am; competition starts at 9:10 am. ○ Saturday: Warmups start at 8:30am; Competition starts at 10:10 am. ○ Sunday: Warmups start at 7:30 am; competition starts at 9:10 am. ● Exact times and Lane Assignments will be emailed after all entries have been received. No later than December 3, 2023. ● Friday and Saturday Finals: Warm-ups start not before 4:00 pm; competition starts not before 5:00 pm ● Sunday Finals: Warm-ups start not before 2:30 pm and competition starts not before 3:30 pm ● All Preliminary and Final warm-ups will be General followed by a specific period.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, NOVEMBER 28, 2023</p> <ul style="list-style-type: none"> ● Entries must be submitted in short course yard times using Commlink-2 software. ● Teams must submit entries via email. ● All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. ● <i>Swimmers may enter 3 individual events per day.</i> ● Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. ● Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. ● Email entries to: Scott Baldwin at edbaldwi@vt.edu ● Deck entries for athletes already entered in the meet will be accepted if open lanes are available without reseeding the event. No heats will be added.
FEES:	<p>Individual events: \$10.00 Relay events: \$20.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> ● Checks should be made payable to: H20kie Aquatics

	<ul style="list-style-type: none"> ● Mail payment to: c/o Scott Baldwin 2211 Walnut Spring Rd Blacksburg, VA 24060 ● Payment must be received by December 7, 2023 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. ● IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
AWARDS:	<ul style="list-style-type: none"> ● Individual events: Medals will be awarded for first through 3rd place. Ribbons 4th-10th place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and Senior age groups. ○ 11/12 events will be scored as single age groups, 11 yr olds and 12 yr olds. ○ 10& Under events will be scored as one age group. ● Relay events: Ribbons will be awarded for 1st through 10th place.
SEEDING:	<ul style="list-style-type: none"> ● Positive check-in: <ul style="list-style-type: none"> ○ Thursday Events: By 3:30pm on Thursday, December 7. <ul style="list-style-type: none"> ○ Please text intentions to: 540-998-2327 if you will NOT arrive before the deadline. ○ Friday Events: By 6pm Thursday, December 8. ○ Saturday Events: By 6pm Friday, December 9. ○ Sunday Events: By 6pm Saturday, December 10. ● SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. ● The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to all finals heats of all events, excluding timed final events
PENALTIES:	<ul style="list-style-type: none"> ● 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"> ● Entries using fraudulent or non-verifiable times. ● Athletes 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:	<ul style="list-style-type: none"> ● 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.

	<ul style="list-style-type: none"> ● In accordance 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:	<p>Meet Referee: George Zolovick Email: gzolovick@gmail.com Phone: (540) 449-5413</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions for this meet. ● Contact George Zolovick with interest to officiate no later than Monday, November 27, 2023. ● Officials meeting will be held in the Hospitality Room one hour before the start of each session. ● Signup Link: coming soon
SAFETY:	<p>Meet Safety Officer Name: Nancy Anderson Email: nancylade@gmail.com</p> <ul style="list-style-type: none"> ● Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> ● Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. ● The number of timers required per club and their lane assignments will be posted on the HOKI team website, http://www.h2okieaquatics.org no later than Sunday, December 3, 2023, and will also be emailed to the contact person of each of the individual clubs. ● Athletes entered in the Thursday Distance Session will need to provide their own timers and counters.
GENERAL:	<ul style="list-style-type: none"> ● Hospitality will be provided for coaches and officials ● Concessions will be available. ● Swim and Tri swim shop will be on site. ● Commemorative Meet T-shirts will also be available.
FACILITY RULES:	<p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> ● 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.

	<ul style="list-style-type: none">• The Aquatic Center strongly encourages showering prior to entering the pool.• All emergency exits and walkways must remain clear. <p>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.</p>
DIRECTIONS:	Christiansburg Aquatic Center: <u>MapQuest link HERE</u>

Event Order

Thursday, December 7, 2023			Thursday, December 7, 2023		
13&Over Pool			12&Under Pool		
Warmups: 2:30pm Meet Start: 4:00pm			Warmups: 2:30pm Meet Start: 5:00pm		
Girls	Event	BOYS	Girls	Event	BOYS
1	13/14 50 Free- Prelims	2	9	11/12 200 IM	10
3	15&Over 50 Free- Prelims	4	11	10&U 200 IM	12
5	13&Over 500 Free- Timed Finals	6	13	11/12 500 Free	14
1	13/14 50 Free - FINALS HEATS	2	15	10&Under 500 Free	16
3	15& Over 50 Free - FINALS HEATS	4			
Friday, December 8, 2023			Friday, December 8, 2023		
13&Over Pool			12&Under Pool		
Warmups: 7:30am Meet Start: 9:10am			Warmups: 7:30am Meet Start: 9:10am		
Girls	Event	BOYS	Girls	Event	BOYS
17	13/14 200 Free	18	33	11/12 200 Back	34
19	Senior 200 Free	20	35	10&Under 50 Back	36
21	13/14 100 Breast	22	37	11/12 200 Free	38
23	Senior 100 Breast	24	39	10&Under 200 Free	40
25	13/14 100 Fly	26	41	11/12 100 Fly	42
27	Senior 100 Fly	28	43	10&Under 100 Fly	44
29\$	13/14 400 IM	30\$	45	11/12 50 Breast	46
31\$	Senior 400 IM	32\$	47	10&Under 50 Breast	48
51	13/14 400 Medley Relay	52	49#	11/12 400 IM	50#
53	Senior 400 Medley Relay	54	55	10&U 200 Med Relay	56
\$ Positive Check-in Event Timed Final - top 2 heats swim at finals			57	11/12 200 Med Relay	58
* Relays will swim in Finals			@ Timed Final Event. Top Heat swims in Finals		
			# Timed Final Event. All heats swim in Preliminaries		

Saturday, December 9, 2023			Saturday, December 9, 2023		
13&Over Pool			12& Under Pool		
Warmups: 8:30am Meet Start: 10:10am			Warmups: 8:30am Meet Start: 10:10am		
Girls	Event	BOYS	Girls	Event	BOYS
59	13/14 200 Fly	60	71@	11/12 200 FLY	72@
61	Senior 200 Fly	62	73	10&Under 50 Free	74
63	13/14 100 Back	64	75	11/12 50 Free	76
65	Senior 100 Back	66	77	10&Under 100 Breast	78
67	13/14 200 Breast	68	79	11/12 100 Breast	80
69	Senior 200 Breast	70	81	10&Under 50 Fly	82
85	13/14 400 Free Relay	86	83	11/12 50 BACK	84
87	Senior 400 Free Relay	88	89	10&Under 200 FREE Relay	90
\$ Positive Check-in Event			91	11/12 200 FREE Relay	92
* Relays will swim in Finals			@ Timed Final Event. Top Heat swims in Finals		
			# All Relays will swim in Preliminary Session		
Sunday, December 10, 2023			Sunday, December 10, 2023		
13/14 and Senior Session			12&Under Pool		
Warmups: 7:30am Meet Start: 9:10am			Warmups: 7:30am Meet Start: 9:10am		
Girls	Event	BOYS	Girls	Event	BOYS
93	13/14 200 Back	94	107@	11/12 200 Breast	108@
95	Senior 200 Back	96	109	11/12 50 Fly	110
97	13/14 100 Free	98	111	10&Under 100 Back	112
99	Senior 100 Free	100	113	11/12 100 Back	114
101	13/14 200 IM	102	115	10&Under 100 Free	116
103	Senior 200 IM	104	117	11/12 100 Free	118
105*	1650 Free	106*	119	10&Under 100 IM	120
* 1650 Will swim at the conclusion of the Preliminary Session and may be swum in two courses.			121	11/12 100 IM	122
			@ Timed Final Event. Top Heat swims in Finals		

FINALS

ORDER OF EVENTS

Friday Finals		
Warmup: Not Before 4pm Meet Start: Not Before 5pm		
Girls	Event	BOYS
7	13/14 200 Free	8
9	Senior 200 Free	10
31	11/12 200 Free	32
33	10&Under 200 Free	34
11	13/14 100 Breast	12
13	Senior 100 Breast	14
35	11/12 50 Breast	36
37	10&Under 50 Breast	38
15	13/14 100 Fly	16
17	Senior 100 Fly	18
39	11/12 100 Fly	40
41	10&Under 100 Fly	42
19	13/14 400 IM	20
21	Senior 400 IM	22
43	11/12 200 Back	44
45	10&Under 50 Back	46
23*	13/14 400 Medley Relay	24*
25*	Senior 400 Medley Relay	26*

Saturday Finals		
Warmup: Not Before 4pm Meet Start: Not Before 5pm		
Girls	Event	BOYS
77	11/12 200 FLY	78
49	13/14 200 Fly	50
51	Senior 200 Fly	52
79	11/12 50 BACK	80
53	13/14 50 Free	54
55	Senior 50 Free	56
81	10&Under 50 Free	82
83	11/12 50 Free	84
57	13/14 200 Breast	58
59	Senior 200 Breast	60
85	10&Under 100 Breast	86
87	11/12 100 Breast	88
61	13/14 100 Back	62
63	Senior 100 Back	64
89	10&Under 200 IM	90
91	11/12 200 IM	92
65\$	13/14 500 Free	66\$
67\$	Senior 500 Free	68\$
69*	13/14 400 Free Relay	70*
71*	Senior 400 Free Relay	72*

--	--	--

Sunday Finals

Warmup: Not before 2:30pm Meet Start: Not Before 3:30pm

Girls	Event	BOYS
105	11/12 200 Breast	106
107	10&Under 100 Back	108
109	11/12 100 Back	110
93	13/14 200 Back	94
95	Senior 200 Back	96
111	10&Under 100 Free	112
113	11/12 100 Free	114
97	13/14 100 Free	98
99	Senior 100 Free	100
115	10&Under 50 Fly	116
117	11/12 50 Fly	118
101	13/14 200 IM	102
103	Senior 200 IM	104
119	10&Under 100 IM	120
120	11/12 100 IM	122