



Marlins Back to the Pool!!
Dual
September 24, 2022
SANCTION NO. VS-23-26



Hosted by

We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Carter Athletic Center pool. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-26. • USA Swimming, Inc., Virginia Swimming, Inc., North Cross School, and CCA Marlins, 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. • An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., Virginia Swimming, Inc., North Cross School, and CCA MARLINS cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.
LOCATION:	• Carter Athletic Center at North Cross School: 4254 Colonial Ave, Roanoke, VA 24018 (540) 9897284.
FACILITY:	• 6 non-turbulent Lane lines 25-yard Pool. 6 feet at Starting end 4 ft at turn end. Colorado Timing System. Indoor pool, this is a SCY meet. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). • Carter Athletic 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.
MEET DIRECTOR:	Name: Doug McLaughlin Phone: (540)5218213 Email: aserir@ccamarlins.com
ELIGIBILITY:	• Open to all USA Swimming Athletes from CCA Marlins or VA Gators, registered before the first day of the meet • Age on September 24, 2022 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:	• All age swimmers will swim in the one session • All events will be mixed • All the 25 Yard events will be starting from the shallow end of the pool in the water, • All events will be pre-seeded and timed finals. • Swimmer recovery breaks will be added as needed • 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
WARM-UP:	Warm-ups start at 12:00 pm; competition starts at 1:15pm.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday September 13th. Swimmers may enter a maximum of 4 <i>individual event(s) per session</i> and one relay, • All entry times must have been achieved in a USA Swimming sanctioned, approved, or observed meet. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit and the limits of the Commonwealth of Virginia. • Email entries to Amina Serir at aserir@ccamarlins.com • Deck entries will be accepted to the extent that open lanes are available. No extra heats will be added
FEES:	Individual events: \$6.00 Relay events: \$12 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)
SEEDING:	• Only two heats of swimmers can be standing behind the starting heat, there will be a heat coordinator to help place the swimmers, • All events will be pre-seeded.
AWARDS:	• Heat winners will receive a rubber ducky, no other 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 applicable 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 the MAAPP policy 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 accordance with VSI best practices, all swimmers 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: Name Susan Munson Email: susamun@cox.net Phone: (540) 314 5723 - Officials will be needed for all positions during that one session for this meet. Please send your availability to Douglas McLaughlin at dmclaughlin628@yahoo.com no later than Tuesday, September 13th, 2022 - There will be a timer briefing approximately 30 minutes before the session starts. - Officials meeting will be at one hour before the session start time in the hospitality room.
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 section. - The number of timers required per club and their lane assignments will be posted on the CCA Marlins Website no later than September 28 and will also be emailed to the contact person
GENERAL:	- Hospitality room will be open for coaches and officials - A small concession store will be available - Heat sheets will be sent digitally and available on CCA Marlins website, there will be no paper copies during the meet.
FACILITY RULES:	FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH ALL CARTER ATHLETIC CENTER RULES: - 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. - Each facility 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. - The Aquatic Centers 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.
DIRECTIONS:	Address: 4254 Colonial Ave, Roanoke, VA 24018

Marlins Back to the Pool!

ORDER OF EVENTS Marlins Back to the pool!!

Marlins Back to the pool!! Order of the Events		
Morning Session		
Open		
Warm-up: 12:00 PM Start: 1:15PM		
<u>Mixed</u>	<u>Events</u>	<u>Mixed</u>
<u>1</u>	Open 200 BACK	<u>1</u>
2	Open 50 FREE	2
3	8&U 25 BACK	3
4	Open 100 BREAST	4
5	OPEN 200 FREE	5
6	8&U 25 FLY	6
7	OPEN 100 BACK	7
8	8& U 100 free Relay	8
9	OPEN 200 FLY	9
10	Mixed 8&U 25 FREE	10
11	Open 100 FREE	11
12	200 BREAST	12
13	Mixed 8&U 25 BREAST	13
14	Mixed Open 100 FLY	14
15	Mixed Open 200 IM	15
16	Mixed 12&U 100 IM	16
17	Open 200 Free Relay	17