

	Marlins Thanksgiving Intrasquad November 19-20, 2022 SANCTION NO VS-23-44R	Hosted by 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-44R - USA Swimming, Inc., Virginia Swimming, Inc., Carter Athletic Center, 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., Carter Athletic Center, 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.	
LOCATION:	Carter Athletic Center, 4254 Colonial Avenue, Roanoke, VA 24018	
FACILITY:	25 yard six lane indoor pool with water depth 4 to 6 feet and starting blocks at the deep end. Colorado Timing system and 3-line scoreboard. 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. - 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: Doug McLaughlin Phone: (540)5218213 Email: aserir@ccamarlins.com	
ELIGIBILITY:	- Open to all athletes on CCA Marlins who are registered with USA Swimming before the first day of the meet. Depending upon the number of entries received, additional teams may be allowed. Please contact the meet director if interested in attending. - Age on November 19, 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 swimmers 12&Under and 13&Over will swim in Sunday 11/19 AM session - All swimmers 12&Under and 13&Over will swim in Sunday 11/20 AM session. - All events will be pre-seeded and timed finals, swimming slowest to fastest. - Swimmers 13 and Older will be allowed to swim a 50 easy right after their events for recovery then will exit the pool. - All swimmers will report behind the blocks, with two heats at a time, 9 & Overs will participate in an IMR or IMX meet format. Each swimmer age 9 & Over enters the entire event lineup for the meet either the IMR slate of events or the IMX slate of events, based on his/her age. IMX scores will be calculated and the highest scoring age swimmer in each age group, male and female, will be crowned the "Challenge" winner. - The IMR/IMX events are as follows:	

	<u>IMR:</u> 9 – 10: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM 11-12: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM 13 & Over: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM <u>IMX:</u> 9-10: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 11-12: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 13 & Over: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM 8 & Under swimmers will participate in the Saturday and Sunday Morning session. Five (5) events are offered to be swum for an IM Mini Score. - The IM Mini Events are as follows: 25 Breast, 25 Fly, 25 Back, 50 Free, 100 IM
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday November 8, 2022 - Each swimmer must enter the entire event lineup for the meet or session, either the IMR slate of events or the IMX slate of events, or the IM mini slate of events. - 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. - After the entry deadline, breaks may be added during sessions and clubs will be notified when receiving their lane assignments and warm-up times as referenced above under warm-ups. - Email entries to: aserir@ccamarlins.com - Deck entries will be accepted to the extent that open lanes are available. No additional heats will be added.
FEES:	Entry Fees: IM Mini 8 & under \$25 IMX or IMR 9-10 and 11-12 \$35 IMX or IMR 13 & Over \$45 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) - Checks should be made payable to: CCA Marlins - Mail payment to: CCA Marlins 4069 Postal drive PO Box 21683, Roanoke, VA 24018
SEEDING:	All events will be pre-seeded.
WARM-UP:	- Sunday 11/21 morning Open session's warmups start not before 7:00am, meet starts not before 8:00am - Sunday 11/21 morning Open session's warmups start not before 7:00am, meet starts not before 8:00am
AWARDS:	- IM Extreme Champion awards will be given for top male and female IMX point scorer in each age group: 9-10/11-12/13-14/15 & Over - IM Mini Champion awards will be given for the top male 8 & Under and top female 8 & Under
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. - 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: Sue Munson Email: susamunson@gmail.com Phone: (540) 314 5723 Officials will be needed for all positions during all sessions for this meet. Please send your availability to Douglas Mc Laughlin at dmclaughlin628@yahoo.com no later than Tuesday, November 8th, 2022
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	- Timers assignment will be sent to the participating teams - Timers should report to assigned lanes 10 min before the start of each session. - There will be 2 timers per lane. 500 free swimmers need to provide their own counters and timers. - Timers and counters must wear a mask
GENERAL:	- There will be a light refreshment and dinner available on Friday PM session for coaches and officials, light breakfast and Lunch for the Saturday sessions. - Heat sheets will be sent digitally, there will be no paper copies available 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

ORDER OF EVENTS

Saturday AM Session Warm-up: not before 7:00 am; Start: not before 8:00am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	13 & Over 200 Fly IMX	52
25	13 & Over 100 Bk IMR	26
29	9-12 100 Bk IMX	30
31	8 & U 25 Bk	32
33	9-12 50 BK IMR	34
27	13 & Over 200 IM IMX	28
35	9-12 100 Fly IMX	36
37	8 & U 50 Fr	38
21	13 & Over 100 Fly IMR	22
39	9-10 100 Fr IMR	40
41	11-12 200 Fr IMR	42
57	13 & Over 200 Fr IMR	58
43	9-10 200 Fr IMX	44
45	8 & U 25 Brst	46
47	9-12 50 Fly IMR	48
55	13 & Over 500 Fr IMX	56
49	11-12 500 Fr IMX	50

	Sunday November 20th, 2022	
	Open Morning session Warm-up not before: 7:00am; Start not before: 8:00am	
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
<u>23</u>	13 & Over 200 Bk IMX	<u>24</u>
1	9-12 200 IM IMX	2
53	13 & Over 100 Brst IMR	54
3	8 & U 25 Fly	4
5	13 & older 400 IM IMX	6
7	9-12 100 IM IMR	8
9	8 & U 100 IM	10
11	13 & older 200 IM IMR	12
13	9-12 100 Brst IMX	14
15	13 & Older 200 Brst IMX	16
17	9-12 50 Brst IMR	18
19	13 & Older 100 FR IMR	20