



**ODAC / NSD Meet  
Dual Meet  
December 6, 2023  
APPROVAL #VS-24-06A**

Hosted by



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: <b>VS-24-06A</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., and Great Bridge Swim and Racquet Club 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>In applying for this approval, the Host Old Dominion Aquatic Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and City of Chesapeake.</li> </ul>
<b>LOCATION:</b>	Great Bridge Swim and Racquet Club, 1200 Back Road, Chesapeake VA 757-482-4494
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>6-Lane, 25-Meter pool, 5 feet deep at the start end and 3 ½ feet deep at the turn end, equipped with Swim-Quip non-turbulent land markers.</li> <li>The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.</li> <li>There will be lifeguards and additional Aquatics staff along with 1 AED located on the pool deck.</li> <li>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.</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Steve Bialorucki Email: Stevebialorucki@swimodac.com Phone: 757-374-2080
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li><i>Open to 8 and under athletes who are members of ODAC and NSD.</i></li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>2021-2024 NAG time standards are in effect.</li> <li>Age on December 6, 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>ATHLETES WITH A SERIOUS MEDICAL CONDITION:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.</li> <li>The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All 8-Under swimmers will swim timed final events in session 1</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS November 27, 2023</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in SCY or SCM times using Commlink-2 software.</li> <li>Teams submit entries via email.</li> <li>A printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries.</li> <li>Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. <b>CT must be slower than an "A" time.</b> All entry times other than</li> </ul>

	<p>CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> <li>• Swimmers may enter a maximum of <b>5 individual event(s)</b>.</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.</li> <li>• Email entries to: Craig Bialorucki @ Craig.bialorucki@gmail.com</li> <li>• <b>Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.</b></li> </ul>
<b>FEES:</b>	Individual events: No Charge
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• A Clerk of Course will be provided for 8 &amp; Younger swimmers</li> <li>• All events will be pre-seeded.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Session #1: Warm-ups at 6:00pm competition starts at 6:30pm</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the ODAC website no later than Sunday, December 3, 2023 and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• No awards will be given.</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 Virginia Swimming Best Practices, all athletes 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 Virginia Swimming 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>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> </ul> <p>Any event in which an athlete participated illegally will be rescored and re-awarded.</p>
<b>OFFICIALS:</b>	<ul style="list-style-type: none"> <li>• Meet Referee: Bonnie Johnson</li> <li>• Email: <a href="mailto:kurt.bonniejohnson@cox.net">kurt.bonniejohnson@cox.net</a></li> <li>• Phone: Phone: (757) 646-4518</li> </ul>

	<ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Bonnie Johnson, Email kurt.bonniejohnson@cox.net or Phone:757-646-4518, not later than January 6, 2023. • Officials meeting will be held one hour prior to the start of the meet.</li> </ul>
<b>SAFETY:</b>	<b>MEET SAFETY OFFICER: Craig Bialorucki</b> <b>Email: Craig.bialorucki@gmail.com</b> <b>Phone: 757-693-1296</b> Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Old Dominion Aquatic Club will provide all timers for the session. Old Dominion Aquatic Club will be utilizing a 3-watch system for the session</li> </ul>
<b>GENERAL:</b>	
<b>FACILITY RULES:</b>	Special facility rules and standard aquatic facility safety rules
<b>DIRECTIONS:</b>	<a href="https://www.mapquest.com/us/virginia/great-bridge-swim-racquet-club-290621288">https://www.mapquest.com/us/virginia/great-bridge-swim-racquet-club-290621288</a>
<b>HOTELS:</b>	

### ORDER OF EVENTS

<b>Evening Session</b>		
<b>6:00 pm Warmup – 6:30 pm Start</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	25 Free	2
3	25 Breast	4
5	25 Fly	6
7	25 Back	8
9	50 Free	10
11	50 Back	12
13	100 Free Relay	14