

	8-UNDER SUPER CIRCUIT SERIES November 5, 2022 SANCTION NO. VS-23-15	Hosted by: 
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We have taken enhanced health and safety measures for all attending this event. However, we cannot guarantee that you will not become infected with COVID-19. You must follow all posted instructions while visiting Great Bridge Swim and Racquet Club/ODAC. 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 of 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 of COVID-19.

SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-15 - USA Swimming, Inc., Virginia Swimming, Inc., and Old Dominion Aquatic Club, and the 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. - 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 Center of Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. - USA Swimming Inc., Virginia Swimming, Inc, Old Dominion Aquatic Club, and the Great Bridge Swim and Racquet Club cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. 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, VIRGINIA SWIMMING AND OLD DOMINION AQUATIC CLUB 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:	Great Bridge Swim and Racquet Club, 1200 Back Road, Chesapeake VA 757-482-4494
FACILITY:	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. - We will be using 3 stopwatches for this meet. - The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).
MEET DIRECTOR:	Steve Bialorucki Phone: (757) 471-1828 Email: stevebialorucki@swimodac.com
ELIGIBILITY:	- Open to all USA Swimming athletes registered before the first day of the meet registered prior to the first day of the meet. - No on deck Virginia Swimming athlete registration will be permitted. - Age on November 5, 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:	- Events will be swum in one session. - All events will be timed finals.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, Oct 26, 2022 - Entries must be submitted in short course meters times using Commlink-2 software. - Teams submit entries via e-mail. - 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, regardless of how they are submitted. - No Time (NT) and Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. - Swimmers may enter a maximum of <i>5 individual events</i> per day. - 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. - The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which may require reseeding. - Email entries to: stevebialorucki@swimodac.com - Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official on the provided forms.
FEES:	Individual events: \$4.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) - Checks should be made payable to: ODAC Meets - Mail payment to: Steve Bialorucki 5165 Stratford Chase Drive Virginia Beach, VA 23464 Phone: (757) 471-1828 - Payment must be received by November 5, 2022, 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.
SEEDING:	- All events will be pre-seeded. Swimmers will be staged by heat assignment.
WARM UP:	- Warmups will start at 9:00am; competition will start at 9:50 - Each team will be assigned a 20 min warmup.
AWARDS:	- Individual events: Ribbons will be awarded for first through sixth place in each event. - Awards will be given for each age group: 6 and under, 7-year-olds and 8-year-olds.
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 USAS 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, the swimmer or the swimmer's legal guardian is responsible for ensuring 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 • The overhead start procedure will not be used for this meet. • 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. • Any 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: Bonnie Johnson kurt.bonniejohnson@cox.net Phone: (757) 646-4518 Officials will be needed for all positions and all sessions for this meet. • 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 November 5, 2022. • Officials meeting will be held one hour prior to the start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
GENERAL:	• NO SMOKING on the pool deck or in the spectator gallery. • Each Team is encouraged to ensure the good conduct of swimmers in all areas of the building, including but not limited to locker rooms and hallways. • NO GLASS containers are permitted in or around the pool area.

Old Dominion Aquatic Club
8-Under Super Circuit Series
November 5, 2022
ORDER OF EVENTS
Sanction Number: VS-23-15

Warm Up: 9:00 am; Start: 9:50 am

Saturday, November 5, 2022		
Girls Event #	Event	Boys Event #
1	6-under 25 Meter Freestyle	2
3	7- & 8-year-old 25 Meter Freestyle	4
5	6-Under 25 Meter Butterfly	6
7	7- & 8-year-old 25 Meter Butterfly	8
9	6-Under 25 Meter Freestyle Kick	10
11	7- & 8-year-old 25 Meter Freestyle Kick	12
13	6-Under 25 Meter Backstroke	14
15	7- & 8-year-old 25 Meter Backstroke	16
17	6-Under 25 Meter Butterfly Kick	18
19	7- & 8-year-old 25 Meter Butterfly Kick	20
21	6-Under 25 Meter Breaststroke	22
23	7- & 8-year-old 25 Meter Breaststroke	24
25	6-Under 50 Meter Backstroke	26
27	7-8-year-old 50 Meter Backstroke	28
29	6-Under 50 Meter Freestyle	30
31	7- & 8-year-old 50 Meter Freestyle	32
33	7- & 8-year-old 100 Meter IM	34
35	7- & 8-year-old 50 Meter Butterfly	36