
	<p align="center">OCTOBER INTRASQUAD CLASSIC with the VIRGINIA GATORS October 19th, 2024 SANCTION NO. VS-25-24</p>		<p align="center">Hosted by:</p> 
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-24 USA Swimming, Inc., Virginia Swimming, Inc., Gator Aquatic Center, and Virginia Gators 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, Virginia Gators agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and the City of Roanoke. 		
LOCATION:	1130 Overland Rd, Roanoke VA, 24015		
FACILITY:	<ul style="list-style-type: none"> 25 Yard indoor pool, 8 lanes, 5 feet deep at the start and turn end and 6 feet deep in the middle of the pool. Equipped with non-turbulent lane lines. Daktronics Timing System and scoreboard Colorado timing system (CTS), Dolphin Wireless Stopwatch System, and an 8-lane name video display board will be used for meet. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. Meets at the Gator Aquatic Center will be fully staffed with American Red Cross certified Lifeguards at all times. There is a AEs on site as well first aid supplies located at the front desk. The closest EMT is located at 1742 Memorial Ave SW, Roanoke, VA 24015 Fire Station #7 which is 1.6 miles away 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: Morgan Richter E-Mail: morgan.lee.richter@gmail.com Phone: 817-648-9027		
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Gator team members registered with USA Swimming by the first day of the meet. No on deck Virginia Swimming athlete registration will be permitted. 2021-2024 NAG time standards are in effect. Age on October 19th, 2024 will determine age for the entire meet. No on deck Virginia Swimming athlete registration will be permitted. 		
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. 		
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> 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. This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion. The swimmer/coach shall provide a Personal Assistant(s) as needed. 		
FORMAT:	<ul style="list-style-type: none"> All swims will be held in one session 		
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS: Monday, October 14th</p> <p>Entries must be submitted in short course yard times using Commlink-2 software.</p> <ul style="list-style-type: none"> Teams submit entries via email. A printout of entries must be included or the meet checklist/summary sheet with the name of the 		

	<p>person to contact in case of questions must accompany the entries.</p> <ul style="list-style-type: none"> Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. <u>CT must be slower than an “A” time.</u> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. Swimmers may enter a maximum of 4 individual event(s). Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible without exceeding the 4-hour/session timeline limit. Email entries to: Morgan Richter, morgan.lee.richter@gmail.com 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.
FEES:	<p>Individual events: \$4.00 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: Virginia Gators. Mail payment to: Virginia Gators P.O. Box 4646 Roanoke, VA, 24015 Payment must be received by October 18, 2024 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:	<ul style="list-style-type: none"> An announcer will be on-deck providing event and heat information for swimmers and families. All events will be pre-seeded.
WARM-UP:	<ul style="list-style-type: none"> Warm-ups at 9:00am; competition starts at 10:00am. The approximate start time for the distance events will be posted on the Virginia Gators website no later than Tuesday, October 15, 2024, and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times. Lane assignment and warm-up times will be posted on the Virginia Gators website no later than Tuesday, October 15, 2024, and will also be emailed to the contact person of the participating clubs.
AWARDS:	Individual events: Ribbons will be awarded for first through eighth place.
RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention 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. 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 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.
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. ○ 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. <p>Any event in which an athlete participated illegally will be rescored and re-awarded.</p>
OFFICIALS:	<p>Meet Referee: Sue Munson Email: susmunson@gmail.com</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Sue Munson, susmunson@gmail.com no later than Wednesday, October 16th, 2024. • Officials will meet on the pool deck one hour before the start of any session.
SAFETY:	<p>Meet Safety Officer: Morgan Richter Email: morgan.lee.richter@gmail.com Phone: 817-648-9027</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
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 Harrisonburg Gators website no later than Tuesday, October 15th, 2024 and will also be emailed to the contact person of each of the individual clubs. • Athletes are responsible for providing their own timer and counter for the 500 Free.
GENERAL:	<ul style="list-style-type: none"> • Heat Sheets will be posted on the Roanoke Gators website in advance of the meet and sent to participating teams. Please print and bring a copy with you. Heat sheets will also be posted on Meet Mobile. • Swimmers are not permitted in any room of the building not directly associated with this swim meet. • Officials and coaches will have access to a separate hospitality area with snacks and drinks throughout the meet. • All results will be posted via Meet Mobile.
DIRECTIONS:	<ul style="list-style-type: none"> • The Gator Aquatic Center is located at 1130 Overland Rd Sw, Roanoke VA, 24015 • When arriving at the Gator Aquatic Center, continue straight up the hill. When you arrive at the stop sign, continue up the hill and the Gator Aquatic Center will be right in front of you. • Parking is available in the large main lot in front of the building
HOTELS:	<ul style="list-style-type: none"> • Sleep Inn, 4045 Electric Road (540) 772-1500 • Holiday Inn, 4468 Starkey Road (540) 774-4400 • Hampton Inn, 3816 Franklin Road (540) 989-4000

October Intrasquad Classic

ORDER OF EVENTS

Saturday, October 19th, 2024

Entry Limit: 4 events per swimmer
All times are *not earlier than*

Warm-ups: 9:00-9:50am Meet Start: 10:00am		
Girls	Events	Boys
1	13 and Over 200 IM	2
3	12 & Under 200 IM	4
5	13 & Over 100 Breast	6
7	12 & Under 50 Breast	8
9	13 & Over 200 Back	10
11	12 & Under 100 Back	12
13	13 & Over 100 Free	14
15	12 & Under 50 Free	17
17	13 & Over 200 Fly	18
19	12 & Under 100 Fly	20
10-minute break		
21	13 and Over 200 IM	22
23	12 & Under 200 IM	24
25	13 & Over 200 Breast	26
27	12 & Under 100 Breast	28
29	13 & Over 100 Back	30
31	12 & Under 50 Back	32
33	13 & Over 200 Free	34
35	12 & Under 100 Free	36
37	13 & Over 100 Fly	38
39	12 & Under 50 Fly	40
41	13 & Over 50 Free	42