



SMAC Fall Invite
November 19-20, 2022
SANCTION NO. VS-23-34



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 Waynesboro Family YMCA. 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-23-34 • USA Swimming, Inc., Virginia Swimming, Inc., and SMAC Swimming 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., and SMAC Swimming 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:	Waynesboro Family YMCA, 648 S. Wayne Avenue, Waynesboro, VA 22980 (540) 942-5107
FACILITY:	• Indoor 25 yard, 6 lane pool with Competitor lane lines. Colorado automatic Timing System with 6 line scoreboard. The pool is 9 feet deep at the start end and 4 feet deep at the turn end. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). • 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: Tracy Straight Email: str8weaver@gmail.com Phone: 540-241-4670
ELIGIBILITY:	• Open to all USA Swimming athletes registered before the first day of the meet. • No on-deck USA Swimming athlete registration will be permitted. • 2021-2024 NAG time standards are in effect. • Age on November 19, 2022 will determine age for the entire meet.
DISABILITY SWIMMERS:	• Athletes with a disability are welcome and shall provide advanced 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:	- There will be separate distance sessions on Saturday and Sunday afternoon. Distance sessions are limited to athletes 13 and over. - All 12 and younger swimmers will swim in the morning sessions. - All 13 and over swimmers will swim in the afternoon sessions. - The Saturday and Sunday distance sessions will follow the Saturday & Sunday afternoon session, which will start after a 20 minute break. - The Meet Director may add a break not more than 15 minutes between Events 28/29, 32/33, 34/35, 70/71, 74/75 and 78/79 depending on number of entries. - All events will be timed finals.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Thursday, November 10, 2022. Entries must be submitted in short course yard times using Commlink-2 software. Teams submit entries via email. - 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. - 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 5 individual events per day, including distance 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. - 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: Erik Nylander, eriknylander@gmail.com. - Deck entries for athletes already entered in the meet will be accepted in the order received, 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: \$7.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) - Checks should be made payable to: SMAC. Mail payment to: SMAC Swimming (Rob Rule) 3139 Village Drive Waynesboro, VA 22980 or bring a check to the meet - Payment should be received by Wednesday, November 15, 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 10 and under swimmers in the morning sessions will report to the Clerk of Course and they will be escorted to the blocks from there. All older swimmers should report directly to the blocks for their events. - Swimmers in the afternoon and distance sessions should report directly to the blocks for their events. - All events, except for events #65/66/67/68, #79/80 (500 Free), #25/26, #81/82 (400IM) and #37/38 (1000 Free) will be pre-seeded. Aforementioned events will be deck seeded after positive check-in. - Positive check-in for the Saturday and Sunday distance sessions will close at 2pm. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED INTO THE EVENT. - All positive check-in events will be swum fastest to slowest, alternating heats of girls and boys.
WARM-UP:	- Morning sessions: Warm-ups start not before 7:00 am; competition starts not before 8:30 am. - Afternoon sessions: Warm-ups not before 11:30 am; competition starts not before 12:30 pm.

	- Distance sessions: The pool will be opened for 20 minutes of open warm-ups immediately following the finish of the Saturday and Sunday afternoon sessions, with the distance session competition starting 5 minutes thereafter. - Warm-up times and start times will be posted on the SMAC Swimming website www.smacswim.org and will be emailed to the contact person of the participating clubs by Monday, November 14, 2022. - The approximate start time for the distance sessions times will be posted on the SMAC Swimming website (www.smacswim.org) and will be emailed to the contact person of the participating clubs by Monday November 14. The distance sessions will start no earlier than the estimated times. - Lane assignment and warm-up times for individual clubs will be posted on the SMAC Swimming website (www.smacswim.org) website no later than Monday, November 14, 2022 and will also be emailed to the contact person of the participating clubs. - If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
AWARDS:	- Individual events: Ribbons will be awarded for first through 8th place for all events. 10 & Under events will be given separate awards for 9-10, 8 and younger age groups. 11 and over events will be given separate awards for 11-12, 13-14 and 15 and over age groups. - There will only be one set of awards for all Open Distance Events - Heat winner prizes may be awarded for all 10 & under individual events.
Covid Rules	Currently there are no Covid restrictions in place. Meet Director will inform all Team contacts if there is a change.
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 according with Virginia Swimming Best Practices, all athletes should shower before entering the pool. - 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:	- 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..
OFFICIALS:	Meet Referee: Beth Arnold Email: arnoldeaa@gmail.com Phone: (434) 962-7529 (mobile) • 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 Tom Woodworth, tom.woodworth6@gmail.com (540) 649-2485 no later than Monday, November 14, 2022. • Officials' meetings will be held one hour prior to the start of each session. A coaches meeting will be held 15 minutes prior to the start of the first session on Saturday morning.
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 session. • The number of timers required per club and their lane assignments will be posted on the SMAC Swimming (smacswimming.org) website no later than Monday, November 14, 2022 and will also be emailed to the contact person of each of the individual clubs. • Swimmers in the distance sessions will need to provide a timer and a lap counter.
GENERAL:	• Concessions will be available in the swimmer camp area in the YMCA gymnasium. • Swimmers may sit/camp in the upstairs YMCA gymnasium. Spectators will be allowed in to watch their swimmers event, but then must exit the pool. SMAC will have volunteers to assist spectators on when and where they will enter and exit the pool to watch their swimmers' event. A small seating area is available in the observation room, which is reserved for handicapped spectators. No seating is available in the hallways. • Coaches and Officials hospitality will be available on the pool level in a separate room. • The Clerk of Course will be located in the Child Watch area for all 10 & Under swimmers. • The meet will follow all CDC, USA Swimming, Virginia Swimming, and facility protocols in place at the time of the meet. The guidelines will be posted on the SMAC website no later than Monday, November 14 and emailed to contacts for each attending team.
FACILITY RULES:	• No smoking or running in the facility. • Everyone will be expected to abide by the facility rules. • Swimmers, coaches, and teams will be held responsible for any damage.
DIRECTIONS:	Take exit 96 off Interstate 64. Go north towards Waynesboro. Take second left (Windsor) and go straight until the road "T"s into Lyndhurst Road. Turn right onto Lyndhurst (changes to Wayne Avenue). The YMCA is ½ mile on the right.
HOTELS:	• Holiday Inn Express on Windgrove Drive, Waynesboro, Va 22980

Order of Events

SMAC Fall Invite

Saturday November 19th

Session 1(12 and under): Warm-ups: Not before 7:00 AM, Meet starts Not Before 8:30 AM
Entry Limit: 5 events per swimmer

Girls	Event	Boys
1	11-12 200 Freestyle	2
3	10 and under 200 Freestyle	4
5	11-12 100 Fly	6
7	10 and under 100 Fly	8
9	11-12 200 Back	10
11	10 and under 50 back	12
13	11-12 50 back	14
15	11-12 200 breast	16
17	10 and under 50 breast	18
19	11-12 50 breast	20
21	10 and under 100 IM	22
23	11-12 100 IM	24
	15 minute Break – open warm-up	
25	11-12 400 IM	26

Saturday December 19th

Session 2 (13 and over): Warm-ups: Not before 11:30 AM, Meet Starts: Not Before 12:30PM
Entry Limit: 5 events per swimmer

Girls	Event	Boys
27	13 and over 200 Freestyle	28
29	13 and over 100 Butterfly	30
31	13 and over 200 Breast	32
33	13 and over 200 Backstroke	34
35	13 and over 50 Freestyle	36

Saturday Distance Session

Session 3: Warm-up: Starts Immediately after Conclusion of Session 2, 20 Minute warm-up, Session Starts 5 minutes after conclusion of warm-ups (Not before 3:00PM)

Girls	Event	Boys
37	1000 Free	38

Sunday December 20th

Session 4 (12 and under): Warm-ups: Not before 7:00 AM, Meet starts Not Before 8:30 AM
Entry Limit: 5 events per swimmer

Girls	Event	Boys
39	11-12 200 IM	40
41	10 and under 200 IM	42
43	11-12 100 Free	44
45	10 and under 100 Free	46
47	11-12 200 Fly	48
49	10 and under 50 Fly	50
51	11-12 50 Fly	52
53	10 and under 100 Breast	54
55	11-12 100 Breast	56
57	10 and under 100 Back	58
59	11-12 100 Back	60
61	10 and under 50 Free	62
63	11-12 50 Free	64
	15 minute Break – open warm-up	
65	10 and under 500 Free	66
67	11-12 500 Free	68

Sunday December 20th

Session 5 (13 and over): Warm-ups: Not before 11:30 AM, Meet Starts: Not Before 12:30PM
Entry Limit: 5 events per swimmer

Girls	Event	Boys
69	13 and over 200 IM	70
71	13 and over 100 free	72
73	13 and over 200 Fly	74
75	13 and over 100 Back	76
77	13 and over 100 Breast	78
79	13 and over 500 Free	80

Sunday Distance Session

Session 3: Warm-up: Starts Immediately after Conclusion of Session 2, 20 Minute warm-up, Session Starts 5 minutes after conclusion of warm-ups (Not before 3:00PM)

Girls	Event	Boys
81	13 & Over 400 IM	82