



**SMAC Fall Invite  
Open  
November 18-19, 2023  
SANCTION NO. VS-24-35**



	<ul style="list-style-type: none"> <li>• Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• Email entries to: Craig Charley <a href="mailto:craigryancharley@gmail.com">craigryancharley@gmail.com</a></li> <li>• 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$7.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: SMAC</li> <li>• <b>Mail payment to: SMAC Swimming (Rob Rule)</b> <b>3139 Village Drive</b> <b>Waynesboro, VA 22980 or bring a check to the meet</b></li> <li>• Payment should be received by Tuesday, November 14, 2023, for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All 12 and under swimmers in the afternoon sessions will report to the Clerk of Course and they will be escorted to the blocks.</li> <li>• Swimmers in the morning session and distance sessions should report directly to the blocks for their events.</li> <li>• All events will be pre-seeded.</li> <li>• Coaches will be asked to submit scratches for distance events #55-56 and #91-92) (500 Free), events #45-46 and #57-58 (400IM) and events #13-14 (1000 free). At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Morning sessions: Warm-ups start not before 7:00 am; competition starts not before 8:30 am.</li> <li>• Afternoon sessions: Warm-ups not before 11:00 am; competition starts not before 12:00 pm.</li> <li>• Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the Saturday and Sunday morning sessions, with the distance session competition starting 5 minutes thereafter.</li> <li>• Warm-up times and start times will be posted on the SMAC Swimming website <a href="http://www.smacswim.org">www.smacswim.org</a> and will be emailed to the contact person of the participating clubs by Monday, November 13, 2023.</li> <li>• The approximate start time for the distance sessions times will be posted on the SMAC Swimming website (<a href="http://www.smacswim.org">www.smacswim.org</a>) and will be emailed to the contact person of the participating clubs by Monday November 13.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the SMAC Swimming website (<a href="http://www.smacswim.org">www.smacswim.org</a>) website no later than Tuesday, November 14, 2023 and will also be emailed to the contact person of the participating clubs.</li> <li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Heat winner ribbons/prizes will be awarded for all 12 and under</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> </ul>

	<ul style="list-style-type: none"> <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>● 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 Best Practices, all athletes should shower before entering the pool.</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> <li>●</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> <li>● Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Beth Arnold</b>  <b>Email: <a href="mailto:arnoldeaa@gmail.com">arnoldeaa@gmail.com</a></b>  <b>Phone: (434) 962-7529 (mobile)</b></p> <ul style="list-style-type: none"> <li>● Officials will be needed for all positions and all sessions for this meet.</li> <li>● Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Rob Rule, <a href="mailto:rrule3139@gmail.com">rrule3139@gmail.com</a> 540-440-0288 no later than Monday, November 13, 2023.</li> <li>● Officials' meetings will be held one hour prior to the start of each session in the downstairs hallway. A coaches meeting will be held 15 minutes prior to the start of the first session on Saturday morning.</li> </ul>
<b>SAFETY:</b>	<p><b>MEET SAFETY OFFICER</b>  <b>Name: Tracy Straight</b>  <b>Email: <a href="mailto:str8weaver@gmail.com">str8weaver@gmail.com</a></b>  Phone: 540-241-4670  Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>● Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>● The number of timers required per club and their lane assignments will be posted on the SMAC Swimming (<a href="http://smacswimming.org">smacswimming.org</a>) website no later than Tuesday, November 14, 2023 and will also be emailed to the contact person of each of the individual clubs.</li> <li>● Swimmers in the distance sessions will need to provide a timer and a lap counter.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>● Concessions will be available in the swimmer camp area in the YMCA gymnasium.</li> <li>● 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.</li> <li>● Coaches and Officials hospitality will be available on the pool level in a separate room.</li> <li>● The Clerk of Course will be located in the Child Watch area for all 10 &amp; Under swimmers.</li> </ul>

<b>FACILITY RULES:</b>	<ul style="list-style-type: none"><li>• No smoking or running in the facility.</li><li>• Everyone will be expected to abide by the facility rules.</li><li>• Swimmers, coaches, and teams will be held responsible for any damage.</li></ul>
<b>DIRECTIONS:</b>	700 S Wayne Ave, Waynesboro, VA 22980
<b>HOTELS:</b>	<ul style="list-style-type: none"><li>• Holiday Inn Express on Windigrove Drive, Waynesboro, Va 22980</li><li>• Best Western</li></ul>

# **Order of Events**

## **SMAC Fall Invite**

### **Saturday November 18th**

Session 1(13 over): Warm-ups: Not before 7:00 AM, Meet starts Not Before 8:30 AM  
Entry Limit: 5 events per swimmer

Girls	Event	Boys
1	13 and over 200 Freestyle	2
3	13 and over 100 Butterfly	4
5	13 and over 200 Breast	6
7	13 and over 100 Backstroke	8
9	13 and over 50 Freestyle	10
11	13 and over 200 IM	12

#### Saturday Distance Session Session 2: (13 and over)

Warm-up: Starts Immediately after Conclusion of Session 1, 15 Minute warm-up,  
Session Starts 5 minutes after conclusion of warm-ups.

Girls	Event	Boys
13	13-over 1000 Free	14

#### Session 3 (12 and under):

Warm-ups: Not before 11:00 AM, Meet Starts: Not Before 12:00PM  
Entry Limit: 5 events per swimmer

Girls	Event	Boys
15	11-12 200 Freestyle	16
17	10 and under 200 Freestyle	18
19	8 and under 25 Freestyle 11-12 100 Fly	20
23	8 & under 25 Fly	24
25	10 and under 100 Fly	26
27	11-12 200 Back	28
29	10 and under 50 back	30
31	11-12 50 back	32
33	11-12 200 breast	34
35	10 and under 50 breast	36
37	11-12 50 breast	38
39	10 and under 100 IM	40
41	11-12 100 IM	42
43	15 minute Break – open warm-up	44
45	11-12 400 IM	46

### Sunday November 19th

#### Session 4 (13 and over)

Warm-ups: Not before 7:00 AM, Meet starts Not Before 8:30 AM

Entry Limit: 5 events per swimmer

Girls	Event	Boys
47	13 and over 200 back	48
49	13 and over 100 free	50
51	13 and over 200 Fly	52
53	13 and over 100 Breast	54
55	13 and over 500 Free	56

#### Sunday Distance Session 5 (13 and over)

Warm-ups: Starts Immediately after Conclusion of Session 4, 15 Minute warm-up,  
Session Starts 5 minutes after conclusion of warm-ups.

Girls	Event	Boys
57	13 & Over 400 IM	58

#### Session 6 (12 and under)

Warm-ups: Not before 11:00 AM, Meet Starts: Not Before 12:00PM

Entry Limit: 5 events per swimmer

Girls	Event	Boys
59	11-12 200 IM	60
61	10 and under 200 IM	62
63	8 & under 25 Breast	64
65	11-12 100 Free	66
67	10 and under 100 Free	68
69	11-12 200 Fly	70
71	10 and under 50 Fly	72
73	8 & under 25 Backstroke	74
75	11-12 50 Fly	76
77	10 and under 100 Breast	78
79	11-12 100 Breast	80
81	10 and under 100 Back	82
83	11-12 100 Back	84
85	10 and under 50 Free	86
87	11-12 50 Free	88
	15 minute Break – open warm-up	
89	10 and under 500 Free	90
91	11-12 500 Free	92