



SMAC Winter Invitational
January 27-28, 2023
SANCTION NO. VS-24-59



SANCTION:	<ul style="list-style-type: none">● Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO VS-24-59● 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.● In applying for this sanction, the Host, SMAC agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Madison County).
LOCATION:	Barbee Center Indoor Pool, Woodberry Forest School, 645 Woodberry Forest Drive, Woodberry Forest, VA 22989 540-672-3900 ext.5046
FACILITY:	<ul style="list-style-type: none">● The natatorium houses a 6-lane, 25-yard pool that has benefitted from various renovations in recent years, including upgraded lighting, a new HVAC air handling system with Paddock Evacuators, Paragon Track Start starting platforms, and a fully integrated Colorado Timing System. 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 meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. (USA-S Rule change.)● A Certified lifeguard will be on duty whenever swimmers are in the water. An AED is available on deck.● 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 in the video-streaming.
MEET DIRECTOR:	Name: Tracy Straight Email: str8weaver@gmail.com Phone: 540-241-4670
ELIGIBILITY:	<ul style="list-style-type: none">● 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 January 27, 2024, will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">● 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.
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 accommodation. Early notice (eg, 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 events will be timed finals. • After the entry deadline, breaks may be added during the sessions and clubs will be notified when receiving their lane assignments and warm-up times as referenced under warm-up. • All 13 & Over swimmers will swim in the AM session on Saturday/Sunday. • All 12 & Under swimmers will swim in the mid-day session on Saturday/Sunday. • All 10 & Under Developmental swimmers will be in the PM session on Saturday ONLY. • Swimmers can only participate in 1 session on Saturday. • Following the receipt of entries, the meet referee reserves the right to add breaks between events if needed. Teams will be notified no later than Monday, January 22.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Wednesday, January 17, 2024.</p> <ul style="list-style-type: none"> • 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, • 10 & U athletes may choose to enter events in Session 2 or Session 3 but not both. Session 2 is for more experienced swimmers and Session 3 is for newer swimmers. • 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: Geoff Alms geoffalms@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:	<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"> • 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, January 24, 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"> • All 10 and under swimmers in the 12 & under and 10& under 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. • All events, except for events #47/48/67/68 (500 Free), and #49/50/65/66 (400 IM) will be pre-seeded. The 500 Free and 400 IM events will be deck seeded after positive check-in. • Positive check-in for the Saturday and Sunday distance sessions will close 30 minutes prior to the session start time for the respective events. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED INTO THE EVENT. • All positive check-in events will swim fastest to slowest, alternating heats of girls and boys.

WARM-UP:	<ul style="list-style-type: none"> ● Saturday/Sunday 13&O session: Warm-ups not before 8:00 am; competition starts not before 9:00 am. ● Saturday/Sunday 12 & Under session: Warm-ups not before 10:30 pm; competition starts not before 11:30 pm. ● Saturday 10 & Under Developmental session: Warm-ups not before 1:30 pm; competition starts not before 2:00 pm. ● 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, January 23, 2023. ● There will be a 15 minute break immediately following event #46 and # 64. ● 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, January 22, 2024 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:	<ul style="list-style-type: none"> ● Individual events: Ribbons will not be awarded at this meet. <ul style="list-style-type: none"> ○ Heat winner prizes will be awarded for all 12 & under individual events.
RULES:	<ul style="list-style-type: none"> ● The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection 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 a 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 accordance 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:	<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. ○ Athletes competed in the incorrect age group. ○ The 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:	<p>Meet Referee: Beth Arnold Email: arnoldaa@gmail.com Phone: 434-962-7529</p> <p>Officials will be needed for all positions and all sessions for this meet.</p> <ul style="list-style-type: none"> • All officials willing to work should notify Rob Rule at rrule3139@gmail.com Please specify which days and sessions you are able to work. We will send a sign-up to all participating teams. • Officials meetings will be held 1 hour prior to the start of each morning session at the start end of the pool. • A coaches meeting will be held 15 minutes prior to the start of the first session on Saturday morning.
SAFETY:	<p>MEET SAFETY OFFICER: Name: Tracy Straight Email: str8weaver@gmail.com Phone: 540-241-4670 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 SMAC Swimming (smacswim.org) website no later than Monday, January 22, 2024, and will also be emailed to the contact person of each of the individual clubs. • Swimmers in the distance events (500 Free & 400 IM) will need to provide a timer and a lap counter.
GENERAL:	<ul style="list-style-type: none"> • Swimmers may sit/camp in the lobbies or on deck. Spectators will be allowed in to watch their swimmers event from the balcony, but then must exit the pool to one of the lobbies. SMAC will have volunteers to assist spectators 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 to the side of Lane 1 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, January 16 and emailed to contacts for each attending team.
FACILITY RULES:	<ul style="list-style-type: none"> • 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:	<p>PLEASE DO NOT CALL WOODBERRY FOREST SCHOOL FOR DIRECTIONS!! THANK YOU</p> <ul style="list-style-type: none"> • Woodberry Forest School is located on Rt. 15, 12 miles south of the intersection of Rt. 15 and Rt. 29. Turn into Woodberry at Rt. 622 (there are signs designating the school). Once you pass the guard house the Barbee Center is the first building on the left. • FROM THE NORTH: Take Rt. 29S to Rt. 15S. Turn left into Woodberry after 12 miles on Rt. 622. • FROM THE EAST: Take Rt. 3W to Rt. 20S to Rt. 15N. Turn right into Woodberry 3 miles north of Orange on Rt. 622. • FROM THE SOUTH: Take 29N to Rt.230E to Rt. 15N. Turn right into Woodberry after 1 mile on RT.622.
HOTELS:	<p>Following are some available Hotels in the area.</p> <ul style="list-style-type: none"> • Holiday Inn Express Orange Hotel, www.hiexpress.com - (540) 672-6691 About 4 minutes from the pool • Microtel Inn & Suites Culpeper, www.microtelinn.com - (800) 771-7171 About 12 minutes from the pool

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| | <ul style="list-style-type: none">• Best Western Culpeper Inn, www.bestwesternvirginia.com - (540) 825-1253 About 12 minutes from the pool• Culpeper Super 8 Motel, www.super8.com - (540) 825-8088 About 12 minutes from the pool• Holiday Inn Express Hotel & Suites Culpeper, www.hiexpress.com - (540) 825-7444 About 12 minutes from the pool |
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SMAC Winter Invitational Order of Events

Saturday, January 27

Session 1: 13 & Overs

Warm-up: not before 8:00am; Start not before 9:00am

Girls	Events	Boys
1	13 & Over 200 IM	2
3	13 & Over 200 BK	4
5	13 & Over 100 Fly	6
7	13 & Over 200 BR	8
9	13 & Over 100 FR	10

Session 2: 12 & Under

Warm-up: not before 10:30am; Start not before 11:30am

Girls	Events	Boys
11	12 & Under 50 BK	12
13	12 & Under 200 BK	14
15	12 & Under 100 BR	16
17	12 & Under 50 Fly	18
19	12 & Under 200 Fly	20
21	12 & Under 100 FR	22
23	12 & Under 100 IM	24

Session 3: Developmental 10 & Under

Warm-up: not before 1:30 pm; Start not before 2:00pm

Girls	Events	Boys
25	8 & Under 25 Freestyle	26
27	8 & Under 25 Breaststroke	28
29	8 & Under 25 Backstroke	30
31	8 & Under 25 Butterfly	32
33	10 & Under 50 Freestyle	34

Sunday, January 28

Session 4: 13 & Overs

Warm-up: not before 8:00am; Start not before 9:00am

Girls	Events	Boys
35	13 & Over 50 FR	36
37	13 & Over 100 BK	38
39	13 & Over 200 Fly	40
41	13 & Over 100 BR	42
43	13 & Over 200 FR	44
45	13 & Over 50 BK	46
47	13 & Over 500 FR	48
49	13 & Over 400 IM	50

Session 5: 12 & Under

Warm-up: not before 10:30am; Start not before 11:30am

Girls	Events	Boys
51	12 & Under 50 FR	52
53	12 & Under 100 BK	54
55	12 & Under 50 BR	56
57	12 & Under 200 BR	58
59	12 & Under 100 Fly	60
61	12 & Under 200 IM	62
63	12 & Under 200 FR	64
65	12 & Under 400 IM	66
67	12 & Under 500 FR	68