

	Valley Swim Team – Phoenix ICE BREAKER INVITATIONAL A/BB/B/C Prelims/Finals Meet Dec 2-4, 2022 SANCTION NO. VS-23-42		Hosted by:  Valley Swim Team Phoenix
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-42 - USA Swimming, Inc., Virginia Swimming, Inc., VSTP, and Warrenton Aquatic and Recreation Center 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.		
LOCATION:	Warrenton Aquatic and Recreation Facility, 800 Waterloo Rd. Warrenton VA., (540) 349-2520		
FACILITY:	- Eight Lane 25 yard indoor pool, 4.5 (lane 1) to 11.8 feet in depth (lane 8); Non-Turbulent Lane Markers; Colorado Automatic & Semi-Automatic Timing System. There will be two additional 25 yard lanes for continuous warm-up/cool down lanes. - The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming - 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.		
CO-MEET DIRECTORS:	Greg Jones E-mail : infovstp@gmail.com Phone:(540) 560-7048	Chris Peterson chpeterson1981@gmail.com (540) 327-8775	Jerl Louk jerllouk@gmail.com (540) 325-4123
ELIGIBILITY:	- Open to all USA Swimming athletes registered before the first day of the meet from the following Teams: SWIMRVA, TAC-NJ, NCAP-PV, PWSC, TORP and VSTP. - Teams not listed wishing for an invite must receive confirmation from the Meet Director prior to entries being accepted - No on deck USA Swimming athlete registration will be permitted. 2021-2024 NAG time standards are in effect. - Age on Dec. 2, 2022 (First day of the meet) 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:	- All 13 & older swimmers will swim a preliminary/finals format with two heats of 13/14 and two heats of 15 & Over athletes qualifying for finals. 12 & Under swimmers will swim timed finals in the afternoon sessions. - All Friday sessions will be swum as timed finals distance session.		
ENTRIES:	- DEADLINE FOR THE RECEIPT OF ENTRIES IS NOV. 21, 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 Times (CT) will be accepted for events in which a swimmer does not have a time of record (except for 11-12 400 IM and 10 and under 200 butterfly, backstroke and breaststroke). CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. "No Time" (NT) entries will not be accepted. 12 & younger swimmers may enter a maximum of 4 individual events per day & a total of 10		

	individual events for the meet. 13 & older swimmers may enter a maximum of 3 events per day and a total of 8 events for the meet. • 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. Relays may be eliminated if necessary and relay fees will be refunded should this happen. Teams will be notified of cancellation by Tuesday, November 29th, 2022. • Email entries to: infovstp@gmail.com • Late entries will be accepted until December 1, 2022. ○ Late entries will be accepted if time and swimmer limits have not been exceeded. ○ If received prior to the posting of the heat sheet online, the swimmer will be seeded into the event; if after they will be entered in the slowest heat in an empty lane. • 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:	Individual events: \$11.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Relay Events: \$16.00 Deck Entries will be \$15 per event. • Checks should be made payable to: Valley Swim Team Phoenix. • Mail Payment to Jessica De Jong 115 Old Forest Circle Winchester, VA 22602 • Payment must be received by Tuesday, November 29th, 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, except event #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), 5-6 (13&O 1000 Free), 7-8 (11-12 400 IM), and 15-16 (12&U 500 Free) will be pre-seeded. • Swimmers should report directly to the blocks for their events with the exception of evening Finals sessions. There will be a clerk of course located outside of the Lifeguard room. • #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), 5-6 (13&O 1000 Free), 7-8 (11-12 400 IM), and 15-16 (12&U 500 Free) will require a positive check-in. • Positive check-in will close 12:30 pm Friday for event #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), and 5-6 (13&O 1000 Free). • Positive check-in will close 4:00 pm Friday for event #7-8 (11-12 400 IM), and 15-16 (12&U 500 Free). • Events #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), 5-6 (13&O 1000 Free), 7-8 (11-12 400 IM), and 15-16 (12&U 500 Free) will be swum fastest to slowest and alternating heats of girls and boys • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED INTO THAT EVENT. SWIMMERS WHO HAVE CHECKED-IN, WHO HAVE BEEN SEEDED AND FAIL TO SWIM THE EVENT WILL BE BARRED FROM THEIR NEXT SCHEDULED INDIVIDUAL EVENT, UNLESS EXCUSED BY THE REFEREE.
WARM-UP:	• Friday afternoon session: Warm-up at 12:00 pm; competition starts at 1:00 pm • Friday evening session: Warm-up not before 3:30 pm; competition starts not before 4:30 pm. • Morning sessions: Warm-ups not before 6:30 am; competition starts at 8:00 am. • Afternoon sessions: Warm-ups not before 12:00 pm; competition starts not before 1:00 • Finals sessions: Warm-ups not before 4:00 pm; competition starts not before 5:00 pm. 30 minutes will be general warm-up, followed by 20 minutes of specific warm-up. Lanes for starts and one way sprints, pace, and continued general warm-up will be provided with warm-up assignments • Lane assignment and warm-up times for individual clubs will be emailed no later than Wednesday, November 30th, 2022. The distance session will start no earlier than the estimated times. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.

AWARDS:	No awards will be given
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 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. - The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats (final and consolation), of all 13 & Over events.
OFFICIALS:	Meet Referee: Jessica De Jong Email: jepdejong@comcast.net Cell: 540-303-1355 - Officials will be needed for all positions and all sessions for this meet. - Officials should follow this link to apply to officiate no later than Tuesday Nov. 29, 2022 – https://forms.gle/RLxJgXbW8b8oo3p29 - Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair Jessica De Jong, jepdejong@comcast.net or (540) 303-1355 no later than Nov. 30, 2022. - Officials' meetings will be held at least one hour prior to the start of each session. - There will be a coaches' meeting in the hospitality area, prior to the start of each session, on completion of warm ups.
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. We will need 2 timers per lane per session. - The number of timers required per club and their lane assignments will be posted on the www.valleyswimteam.com no later than Tuesday, November 28th, 2022, and will also be emailed to the contact person of each of the individual clubs.. - Timer's meeting will be held approximately 30 minutes prior to the start of the session. - Swimmers in the 400 IM, 500 Free, and 1000 Free (events #1-8 and #15-16) and the 1000 free (#5-6) must provide their own timers and counters.		
GENERAL:	- A Hospitality Suite will be available (refreshments, lunch & dinner) for USA officials & coaches. - Swim meet results will be available on Meet Mobile.		
FACILITY RULES:	- Each club is responsible for supervising the conduct of their swimmers - Swimmers are not permitted in any room of the building not directly associated with this swim meet. - Only coaches, swimmers, and officials are allowed on the competition deck. - No cars are to be left in fire lanes or parked in the grass. - Parking in designated areas only, overflow parking available at nearby high school		
DIRECTIONS:	Directions are available on the Virginia Swimming website.		
HOTELS:	Red Roof Inn Warrenton 6 Broadview Avenue Warrenton, VA (540) 347-4141	Holiday Inn Express 410 Holiday Court Warrenton, VA (540) 341-3461	Hampton Inn 501 Blackwell Road Warrenton, VA (540) 349-4200

VSTP – ICEBREAKER ORDER OF EVENTS

Friday, December 2, 2022		
Session 1: Afternoon Session 13 & Older – Timed Finals		
Warm-up: 12:00 pm; Start: 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 400 Individual Medley	2
3	13 & Over 500 Freestyle	4
5	13 & Over 1000 Freestyle	6
Saturday, December 3, 2022		
Session 3: Morning Prelims 13 & Older		
Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	13-14 200 Breaststroke	18
19	15 & Over 200 Breaststroke	20
21	13-14 50 Freestyle	22
23	15 & Over 50 Freestyle	24
25	13-14 200 Butterfly	26
27	15 & Over 200 Butterfly	28
29	13-14 100 Backstroke	30
31	15 & Over 100 Backstroke	32
33	13-14 200 Freestyle	34
35	15 & over 200 Freestyle	36
37	13 & over 200 Medley Relay	38
Saturday, December 3, 2022		
Session 5: Evening Finals 13 & Older		
Warm-up: not before 4:00 pm; Start: not before 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	13-14 200 Breaststroke	18
19	15 & Over 200 Breaststroke	20
21	13-14 50 Freestyle	22
23	15 & Over 50 Freestyle	24
25	13-14 200 Butterfly	26
27	15 & Over 200 Butterfly	28
29	13-14 100 Backstroke	30
31	15 & Over 100 Backstroke	32
33	13-14 200 Freestyle	34
35	15 & Over 200 Freestyle	36
Sunday, December 4, 2022		
Session 7: Afternoon 12 & Younger Timed Finals		
Warm-up: not before 12:00 pm; Start: not before 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
73	11-12 200 Butterfly	74
75	12 & Under 100 Freestyle	76
77	12 & Under 200 Backstroke	78
79	12 & Under 100 Breaststroke	80
81	12 & Under 50 Butterfly	82
83	12 & Under 50 Backstroke	84
85	12 & Under 200 Freestyle Relay	86

Friday, December 2, 2022		
Session 2: Evening Session 12 & Under – Timed Finals		
Warm-up: not before 3:30 pm; Start: not before 4:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11-12 400 Individual Medley	8
9	12 & Under 200 Freestyle	10
11	12 & Under 200 Individual Medley	12
13	12 & under 50 Breaststroke	14
15	12 & Under 500 Freestyle	16
Saturday, December 3, 2022		
Session 4: Afternoon 12 & Younger - Timed Finals		
Warm-up: not before 12:00 pm; Start: not before 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	12 & Under 100 Individual Medley	40
41	12 & Under 50 Freestyle	42
43	12 & Under 100 Backstroke	44
45	12 & Under 200 Breaststroke	46
47	12 & Under 100 Butterfly	48
49	12 & Under 200 Medley Relay	50
Sunday, December 4, 2022		
Session 6: Morning Prelims 13 & Older		
Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	13-14 100 Butterfly	52
53	15 & Over 100 Butterfly	54
55	13-14 200 Backstroke	56
57	15 & Over 200 Backstroke	58
59	13-14 100 Freestyle	60
61	15 & Over 100 Freestyle	62
63	13-14 200 Individual Medley	64
65	15 & over 200 Individual Medley	66
67	13-14 100 Breaststroke	68
69	15& Over 100 Breaststroke	70
71	13 & Over 200 Freestyle Relay	72
Sunday, December 4, 2022		
Session 8: Evening Finals 13 & Older		
Warm-up: not before 4:00 pm; Start: not before 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	13-14 100 Butterfly	52
53	15 & Over 100 Butterfly	54
55	13-14 200 Backstroke	56
57	15 & Over 200 Backstroke	58
59	13-14 100 Freestyle	60
61	15 & Over 100 Freestyle	62
63	13-14 200 Individual Medley	64
65	15 & over 200 Individual Medley	66
67	13-14 200 100 Breaststroke	68
69	15& Over 100 Breaststroke	70