

	- Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. 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. - Swimmers may enter a maximum of 4 individual events per day and a total of 8 individual events for the entire meet. - Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. - Email entries to: The Administrative Referee, Tony Knick, email: entriesvstp@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:	Individual events: \$ 12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Checks should be made payable to: Valley Swim Team Phoenix. - Mail payment to: Valley Swim Team Phoenix, PO Box 42, Strasburg, VA 22657 - Payment must be received by Wednesday January 7, 2026. 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 will be pre-seeded except for 13 & Over 1000 Freestyle, 13 & Over 400 IM,, and 13 & Over 1650 Freestyle. 13 & Over 1000 Freestyle, 13 & Over 400 IM, and 13 & Over 1650 Freestyle will require positive check-in. - Positive check-in will close 30 minutes prior to the start of the session. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. - The 1650 Freestyle and 1000 Freestyle will be swum alternating girls & boys from fastest to slowest. - The 1650 Freestyle will be limited to a maximum of 10 total heats combined girls & boys. Teams will be notified NLT December 31, 2025 if their athletes were not accepted. - Swimmers should report directly to the blocks for their events. - Coaches who wish to scratch a swimmer from a distance event prior to the start of the MEET START DATE, should notify the Admin Referee.
WARM-UP:	- Morning sessions: 13 & Over Warm-ups at 7:00 AM; competition starts at 8:00 AM. - Mid-Day Distance sessions: 13 & Over warm-ups not before 10:00 AM, competition starts not before 11:00 AM. - Saturday Afternoon session: 12 & Under warm-ups not before 12:30 PM; competition starts not before 1:30 PM. - Sunday Afternoon session: 12 & Under warm-ups not before 2:00 PM; competition starts not before 3:00pm. - Distance sessions: The pool will be opened for 55 minutes of open warm-ups immediately following the finish of the morning session(s), with the distance session competition starting 5 minutes thereafter. - The approximate start time for the distance sessions will be posted on the VSTP website no later than Monday January 5, 2026 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 for individual clubs will be posted on the VSTP website no later than Monday January 5, 2026 and will also be emailed to the contact person of the participating clubs. - If the morning or distance session runs late, the distance and afternoon warm-ups will begin immediately after the morning or distance session ends.
AWARDS:	No awards will be given.
RULES:	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:	• 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: Kelly Warnagiris Email: kelly.warnagiris@winchesterswimteam.com Phone: 703-283-9121 • Officials will be needed for all positions and all sessions for this meet. • Officials interested in officiating should fill out the application to officiate, no later than Monday January 5, 2026 : Officials Sign-Up Form • Official's meetings will be held 1 hour prior to the start of the session. Meetings will be held in the hospitality room off the pool deck.
SAFETY:	MEET SAFETY OFFICER: Caitlin McKay Email: cahanly@gmail.com Phone: 313-600-0760 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 https://www.gomotionapp.com/team/vavst/page/home no later than Monday, January 5, 2026 and will also be emailed to the contact person of each of the individual clubs. • Athletes in 1000 Freestyle, 400 IM and 1650 Freestyle must provide their own timers and counters.
GENERAL:	• A hospitality suite will be available (refreshments, breakfast and lunch) for USA officials and 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
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**MEET TITLE
ORDER OF EVENTS**

Saturday January 10, 2026

Morning Session #1; 13 & Over Warm-up: 7:00 AM; Start: 8:00 AM			Mid Day Session #2; 13 & Over Distance Warm-up: 10:00 AM; Start: 11:00am (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 200 Breaststroke	2	11	13 & Over 1000 Freestyle	12
3	13 & Over 50 Freestyle	4	13	13 & Over 400 Individual Medley	14
5	13 & Over 200 Butterfly	6			
7	13 & Over 100 Backstroke	8			
9	13 & Over 200 Freestyle	10			
Afternoon Session #3; 12 & Under Warm-up: 12:30 PM; Start: 1:30 PM (Times are approximate)					
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
15	12 & Under 200 Freestyle	16			
17	12 & Under 100 Butterfly	18			
19	12 & Under 50 Breaststroke	20			
21	12 & Under 100 Backstroke	22			
23	12 & Under 200 Breaststroke	24			
25	12 & Under 50 Freestyle	26			
27	12 & Under 100 Individual Medley	28			

Sunday January 11, 2026

Morning Session #4; 13 & Over Warm-up: 7:00 AM; Start: 8:00 AM			Mid Day Session #5; 13 & Over Distance Warm-up: 10:00 AM; Start: 11:00 AM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	13 & Over 100 Butterfly	30	39	13 & Over 1650 Freestyle	40
31	13 & Over 200 Backstroke	32			
33	13 & Over 100 Freestyle	34			
35	13 & Over 200 Individual Medley	36			
37	13 & Over 100 Breaststroke	38			

Early Afternoon Session #6; 12 & Under Warm-up: 2:00 PM; Start: 3:00 PM (Times are approximate)						
<u>Girls</u>	<u>Events</u>	<u>Boys</u>		<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	11-12 200 Butterfly	42				
43	12 & Under 100 Freestyle	44				
45	12 & Under 200 Backstroke	46				
47	12 & Under 100 Breaststroke	48				
49	12 & Under 50 Butterfly	50				
51	12 & Under 200 Individual Medley	52				
53	12 & Under 50 Backstroke	54				