

Valley Swim Team – Phoenix Polar Plunge A/BB/B/C Timed Final Meet

A/BB/B/C Timed Final Meet January 10-11, 2026 SANCTION NO. VS-26-064



| • | SANCTION NO. VS-26-064 | | | | | |
|---|--|--|--|--|--|--|
| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-064 | | | | | |
| | 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 Road, Warrenton, VA 20186 540-349-2520 | | | | | |
| FACILITY: | Eight lane 25 yard indoor pool, 4.5' (lane 1) to 11.8' (lane 8) in depth; Non-turbulent lane markers; Colorado Automatic & Semi-Automatic timing system. There are 2 continuous warm up/cool down lanes in the competition pool. | | | | | |
| | The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. | | | | | |
| | There will be Red Cross certified lifeguards and additional aquatics staff along with two AED located on the opposite sides of the pool deck, along with first aid kits and oxygen. | | | | | |
| | In order to provide parents/guardians who are outside of the facility with 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: Jerl Louk Chris Peterson Phone: 540-325-4123 540-327-8775 Email: entriesvstp@gmail.com | | | | | |
| 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. | | | | | |
| | All 18 & over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18 th birthday occurs during competition must complete the APT prior to that date. | | | | | |
| 2024-2028 NAG time standards are in effect. | | | | | | |
| | Age on January 10, 2026 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 using the Disability Accommodation Form. | | | | | |
| ATHLETES WITH A SERIOUS MEDICAL CONDITION: | 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 accommodations. Early notice (e.g., 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: | All 13 & Over swimmers will swim in the morning sessions. | | | | | |
| | All 13 & Over swimmers will swim in the distance sessions. | | | | | |
| | All 12 & Under swimmers will swim in the afternoon sessions. | | | | | |
| | All events will be timed finals. | | | | | |
| ENTRIES: | ADLINE FOR THE RECEIPT OF ENTRIES IS DECEMBER 28, 2025. | | | | | |
| | Entries must be submitted SCY times using Commlink-2 software. | | | | | |
| | Teams submit entries via email. | | | | | |
| | A printout of entries 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 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 <u>accepted to</u> 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. | | | | | |
| | <u> </u> | | | | | |

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 not permitted. 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 according 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 McKav** 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/vayst/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 | |
|---------|---|---|--|--|
| | | | | |

MEET TITLE ORDER OF EVENTS

Saturday January 10, 2026 Mid Day Session #2; 13 & Over Distance Morning Session #1; 13 & Over Warm-up: 10:00 AM; Start: 11:00am Warm-up: 7:00 AM; Start: 8:00 AM (Times are approximate) Girls **Events** Girls Bovs **Boys Events** 13 & Over 200 Breaststroke 2 11 13 & Over 1000 Freestyle 12 1 3 13 & Over 50 Freestyle 4 13 13 & Over 400 Individual Medley 14 5 6 13 & Over 200 Butterfly 7 13 & Over 100 Backstroke 8 13 & Over 200 Freestyle 10

Warm-up: 12:30 PM; Start: 1:30 PM (Times are approximate) Girls **Events Boys** Girls **Events Boys** 15 12 & Under 200 Freestyle 16 17 12 & Under 100 Butterfly 18 19 12 & Under 50 Breaststroke 20 12 & Under 100 Backstroke 21 22 23 12 & Under 200 Breaststroke 24 25 12 & Under 50 Freestyle 26 12 & Under 100 Individual 27 28

Afternoon Session #3: 12 & Under

Medley

| 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> | Events | Boys | | <u>Girls</u> | Events | Boys | |
| 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> | Events | Boys | <u>Girls</u> | Events | Boys |
| 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 | | | |