



**Winchester Swim Team
Intra-Squad Meet
Dec 11, 2022
SANCTION NO. VS-23-57**



SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-57 - USA Swimming, Inc., Virginia Swimming, Inc., and Winchester Parks and Recreation 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:	Jim Barnett Park, 1001 East Cork Street, Winchester, VA 22601
FACILITY:	- The Jim Barnett Swim Facility provides a 25-meter indoor pool with 6 lanes, pool depth varies from 11' deep at the start end and 3'5" deep at the turn end, with non-turbulent lane lines. - A semi-automated Dolphin Timing System made by Colorado Timing System will be used for all events - The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). - 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.
MEET DIRECTOR:	William Shafer trey.shafer@winchesterswimteam.com (540) 336-2406
ELIGIBILITY:	- Open to all Virginia Swimming athletes registered before the first day of the meet from the following teams: WST. - No on deck Virginia Swimming athlete registration will be permitted. - List any other discriminating factors for eligibility of the meet (qualifying times, qualifying periods, classifications, age restrictions, etc.) 2021-2024 NAG time standards are in effect. - Age on December 11, 2022 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 swimmers will swim in the evening session. - All events will be timed finals. - Breaks may be added at the discretion of the Meet Referee to allow swimmers time between swims if the timeline allows.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS DECEMBER 3, 2022. "No Time" (NT) entries will be accepted. - Swimmers may enter a maximum of 6 individual event(s). - Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. 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:	Swimmer surcharge: \$6.00 per person (entered in the meet in any capacity)
SEEDING:	- Swimmers should report directly to the blocks for their events. - All events will be deck seeded.
WARM-UP:	Warm-ups at 4:00pm; competition starts at 4:45pm.
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 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 kelly.warnagiris@winchesterswimteam.com (703) 283-9121 • Officials will be needed for all positions and all sessions for this meet. • Official's meetings will be conducted at 4:15pm. Location to be announced.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	Two timers per lane.
GENERAL:	Information pertaining to but not limited to: Hospitality, concessions, heat sheets, swim shop, etc.
FACILITY RULES:	Special facility rules and standard aquatic facility safety rules

**WST INTERSQUAD
ORDER OF EVENTS**

Warm-up: 4:00pm; Start: 4:45		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	Open 400 Free	2
3	8 & under 25 Free	4
5	12 & under 50 Free	6
7	13 & over 50 Free	8
9	12 & under 100 IM	10
11	13 & over 200 IM	12
13	8 & under 25 Backstroke	14
15	12 & under 50 Backstroke	16
17	13 & over 100 Backstroke	18
19	8 & under 25 Breaststroke	20
21	12 & under 50 Breaststroke	22
23	13 & over 100 Breaststroke	24
25	8 & under 25 Butterfly	26
27	12 & under 50 Butterfly	28
29	13 & over 100 Butterfly	30
31	12 & under 100 Free	32
33	13 & over 100 Free	34
*35	Open mixed 800 Free	*35

**Mixed event*