

	Winchester Swim Team Intra-Squad Meet November 5, 2025 SANCTION NO.VS-26-047	Hosted by 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-047 - USA Swimming, Inc., Virginia Swimming, Inc., Winchester Swim Team, and Winchester Parks and Rec 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, War Memorial Building, 1001 E. Cork Street, Winchester, 22601 (540) 662-4946	
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 with 2 timers per lane. - The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations - Jim Barnett Pak indoor pool has an AED on site, lifeguards who will be staffed during the meet, and access to medical supplies should they be needed. - 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: Trey Shafer Email: trey.shafer@winchesterswimteam.com Phone: 540-336-2406	
ELIGIBILITY:	- Open to all athletes on the Winchester Swim Team who are registered with USA Swimming before the first day of the meet. - All 18 & over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date. - No on-deck USA Swimming athlete registration will be permitted. 2025-2028 NAG time standards are in effect. (as appropriate) - Age on November 5, 2025 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.	
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. - The meet director reserves the ability to combine heats during the meet.	
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.	
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS OCTOBER 24, 2025. - Swimmers may enter a maximum of 3 individual event(s).	

	- 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. Deck entries will be accepted for swimmers already entered in the meet to the extent that open lanes are available. No heats will be added.
FEES:	Swimmer surcharge: \$10 per swimmer 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 5:30pm; competition starts at 6:15pm.
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 Prevention 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.
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. - Official's uniform is white polo shirt, blue pants/shorts/skirt, white socks, and white shoes. - Anyone in the process of achieving certification through on-deck training is welcome. Opportunities for training will be accepted on a first come, first served basis. - There will be an officials meeting approximately 30 minutes prior to the start.

	If you wish to officiate at this meet, please contact kelly.warnagiris@winchesterswimteam.com
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect. Meet Safety Officer Name: Trey Shafer Email: trey.shafer@winchesterswimteam.com
TIMERS:	A semi-automated Dolphin Timing System made by Colorado Timing System will be used for all events, 2 timers per lane with manual watch back ups.
GENERAL:	Meet Programs will be posted in the hall plus available through Meet Mobile. Access to the pool deck will be strictly limited to coaches, officials, marshals and timers. Parents not working the meet are limited to the spectator bleachers. Results will be posted on Meet Mobile.
FACILITY RULES:	Winchester Parks and Rec facility rules are in effect.

WST INTERSQUAD ORDER OF EVENTS

<u>Mixed</u>	<u>Events</u>
1	Open 400 Free
2	8 & under 25 Free
3	12 & under 50 Free
4	13 & over 50 Free
5	12 & under 100 IM
6	13 & over 200 IM
7	8 & under 25 Backstroke
8	12 & under 50 Backstroke
9	13 & over 100 Backstroke
10	8 & under 25 Breaststroke
11	12 & under 50 Breaststroke
12	13 & over 100 Breaststroke
13	8 & under 25 Butterfly
14	12 & under 50 Butterfly
15	13 & over 100 Butterfly
16	12 & under 100 Free
17	13 & over 100 Free
18	Open 800 Free