



WINCHESTER SWIM TEAM
Intrasquad 400
Nov. 1, 2023
SANCTION NO. VS-24-42



SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-42. • 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. • In applying for this sanction, the Host, Winchester Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and the City of Winchester.
LOCATION:	Jim Barnett Park, 1001 East Cork Street, Winchester, VA 22601
FACILITY:	<ul style="list-style-type: none"> • The Jim Barnett Swim Facility provides a 25-meter indoor pool with 6 lanes, pool depth varies from 11'5" deep at the start end and 3'5" deep at the turn ends, with non-turbulent lane markers. • A semi-automated Dolphin Timing System made by Colorado Timing System will be used for all events. • Six lanes will be used for competition. • The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. • Lifeguards and AED equipment will be available to athletes participating in the meet. The AED is located at the guard office and hallway. • 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:	<p>Trey Shafer & Tiffanie Lugo Email: trey.shafer@winchesterswimteam.com tiffanie.lugo@winchesterswimteam.com Phone: (540) 336-2406</p>
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming athletes registered before the first day of the meet from the following teams: WST and their Unattached swimmers registered in Virginia Swimming. • No on deck Virginia Swimming athlete registration will be permitted. • 2021-2024 NAG time standards are in effect. (as appropriate) • Age on November 1, 2023 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • 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:	<ul style="list-style-type: none"> • All swimmers will swim in the only session. • All events will be timed finals.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, OCTOBER 26, 2023.</p> <ul style="list-style-type: none"> • 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 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 2 individual event(s). • Entries will be processed in the order received and accepted to the greatest extent possible

	<p>without exceeding the 4-hour/session timeline limit.</p> <ul style="list-style-type: none"> Email entries to: William Shafer, trey.shafer@winchesterswimteam.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:	<p>Individual events: \$1.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p>
SEEDING:	<ul style="list-style-type: none"> Swimmers should report directly to the blocks for their events. All events will be deck-seeded. Coach will be asked to submit scratches for all events. The events will be seeded prior to the start of the meet. Deadline for scratches is 6:40 pm. All events will be swum slowest to fastest.
WARM-UP:	<ul style="list-style-type: none"> Warm-ups at 6:30pm; competition starts at 7:10pm. Warm-ups are OPEN. Warm-ups will be 30 minutes.
AWARDS:	<ul style="list-style-type: none"> No awards given.
RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection 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:	<ul style="list-style-type: none"> A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> 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. <p>Any event in which an athlete participated illegally will be rescored and re-awarded.</p>
OFFICIALS:	<p>Meet Referee: Kelly Warnagiris Email: Kelly.warnagiris@winchesterswimteam.com Phone: (703) 283-9121</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet.

	<ul style="list-style-type: none"> Team officials chair should submit the names and session availability of certified officials, as well as the names Kelly Warnagiris, Kelly.warnagiris@winchesterswimteam.com, or (703) 283-9121 no later than October 30th. Officials meeting will be held at 6:00pm, location to be announced.
SAFETY:	MEET SAFETY OFFICER: William Shafer Email: trey.shafer@winchesterswimteam.com Phone: (540) 336-2406 Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> Two timers per lane. 2 semi-automated Dolphin Timing Watches and a Manual Watch for each lane. Athletes are responsible for providing their own counter for distance events.
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 Intrasquad 400
ORDER OF EVENTS**

Warm-up: 6:30pm; Start: 7:10pm		
(Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1*	OPEN mixed 400 IM	1*
2*	OPEN mixed 400 Free	2*

***mixed events**