



**Williamsburg Aquatic Club Summer Sizzle
A/BB/B/C
June 22-23, 2019
SANCTION NO. VS-19-108**



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-108 USA Swimming, Inc., Virginia Swimming, Inc., Williamsburg Aquatic Club and the Collegiate School Aquatic 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:	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, Va. 23234 Phone: (804) 271-8271									
FACILITY:	<p>Competitive Pool:</p> <ul style="list-style-type: none"> The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming. Indoor 8 lane 50 meter x 25 yard pool, has 9 ft. wide lanes with non-turbulent lane lines, a depth of 7'6" at the sides and 8'2" in the center. Omega starting blocks, CTS6 with Dolphin wireless stopwatches and full color LED scoreboard will be used. There is Spectator Seating for 700 Plus. <p>Instructional Pool:</p> <ul style="list-style-type: none"> Indoor 6 lane 25 yard pool for continuous warm-up/warm-down. 									
MEET DIRECTOR:	<table border="0"> <tr> <td>Name: Harold Baker</td> <td>Chris Tonk</td> <td>Earl Anderson</td> </tr> <tr> <td>Email: coachharold2@cox.net</td> <td>ctonk99@yahoo.com</td> <td>snikt.daddy@gmail.com</td> </tr> <tr> <td>Phone: (757) 229-8662</td> <td>(757) 250-3340</td> <td>(757) 259-0383</td> </tr> </table>	Name: Harold Baker	Chris Tonk	Earl Anderson	Email: coachharold2@cox.net	ctonk99@yahoo.com	snikt.daddy@gmail.com	Phone: (757) 229-8662	(757) 250-3340	(757) 259-0383
Name: Harold Baker	Chris Tonk	Earl Anderson								
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ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. No on-deck Virginia Swimming athlete registration will be permitted. Age on June 22nd, 2019 will determine age for the entire meet. 									
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcomed 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 10 & under as well as the 11 & 12 Boy swimmers will swim in the A.M. sessions. All 13 & overs as well as the 11 & 12 Girl swimmers will swim in the P.M. sessions. All events will be Timed Finals. 									
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at 7:30 A.M.; competition starts at 8:30 A.M. Afternoon sessions: Warm-ups not before 12:30 P.M.; competition starts not before 1:30 P.M. Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter. The approximate start time for the distance sessions will be posted on the Swimvac.com website no later than Tuesday June 18, 2019 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 Swimvac.com website no later than Tuesday June 18, 2019 and will also be emailed to the contact person of the participating clubs. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. 									
ENTRIES:	<p>THE DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY JUNE 12, 2019.</p> <ul style="list-style-type: none"> Entries must be submitted in Long Course Meter times using Hy-Tek Team Manager and 									

	<p>Commlink-2 software, or on a VSI master entry sheet.</p> <ul style="list-style-type: none"> • Teams submit entries via email. • A Team Manager 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) 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. NT Entries will be accepted. • Swimmers may enter a maximum of 4 individual events and 1 relay events per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events; which actions may require reseeding. Relays may also be eliminated if necessary and relay fees will be refunded should this happen. • Email entries to: Harold Baker at coachharold2@cox.net. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official on the provided forms.
FEES:	<p>Individual events: \$6.50 Relay events: \$14.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Williamsburg Aquatic Club • Mail payment to: Williamsburg Aquatic Club 3013 South Court Williamsburg Va. 23185 • Payment must be received by Wednesday June 12, 2019 for all entries. 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 as this will delay the acceptance of your entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for 1st through 8th place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & over age groups. ○ 11 & Over events will be given separate awards for 11-12, 13-14, and 15 & over age groups. ○ 10 & Under events will be given separate awards for 9-10 and 8 & under age groups. ○ Heat winner ribbons will be awarded for all 10 & Under individual events. • Relay events: Ribbons will be awarded for 1st through 8th Place.
SEEDING:	<ul style="list-style-type: none"> • All events, except #45 & #46(13 & over 1500 Free) will be pre-seeded. • Swimmers in the afternoon sessions should report directly to the blocks for their events. • Events #45 & #46(13 & over 1500 Free), #54(11 & 12 400 I.M.), #61 & #62 (10 & under 400 Free), #63(11 & 12 400 Free), #71 & #72(13 & over 400 I.M.), #73 (11 & 12 400 I.M.), #88 (11 & 12 400 Free), #89 & #90 (13 & over 400 Free) will require a positive check-in to swim. • Positive check-in will close at the end of warm-ups. These events will be reseeded only if reseeding results in fewer Heats. • The Meet Director reserves the right to limit the number of heats in the 400's and above if the session exceeds the 4 hour rule. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • All Positive Check in events will be swum slowest to fastest in the normal # order.
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.

	<ul style="list-style-type: none"> ○ 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:	<ul style="list-style-type: none"> ● The current USA Swimming Rules and Regulations will apply. ● 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) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval. ● 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. ● Chase starts maybe used at the Meet Director and Referee's discretion to keep the Sessions within the 4 hour time frame. ● 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 into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. ● In accordance with VSI best practices, all swimmers should shower before entering the pool. ● In accordance with VSI 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:	<p>Meet Referee: Genny Kimbel Email: gennykimbel@gmail.com Phone: 7567-876-9134</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions for this meet. ● Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Shawn Nelson at email: Ishawnnelson@gmail.com or Phone at (757) 810-6057 no later than Sunday June 16th, 2019. ● The Officials Meetings will Start at 7:30 A.M. for the Saturday & Sunday A.M. Sessions. They will start at 12:30 P.M. for the Saturday & Sunday P.M. Sessions. These meeting will be held in the Hospitality Room right off of the Pool Deck.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> ● 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 swimvac.com no later than Tuesday June 18, 2019, and will also be emailed to the contact person of each of the individual clubs. ● Swimmers must provide their own Timer and Lap Counter for the Distance Sessions at the end of the P.M. Sessions.
GENERAL:	<p>Hospitality will be provided for Coaches and Officials. Food & Drink concession will be provided. Heat Sheets will be sold. Tri & Swim will provide for your Swimming needs in the Entrance Lobby. If necessary, overflow parking will be available at Martin's behind the Aquatics Center.</p>
FACILITY RULES:	<p>All Participants, Volunteers, workers and spectators are expected to follow the posted rules of the CSAC as well as follow the directions/rules given by the Lifeguards, the Pool Staff and/or Management. No Spectators/Parents will be allowed on the deck unless they are working the Meet. Shoes are required in all areas of the Facility except when on the Pool Deck. No Lawn/Deck Chairs are permitted in the grandstand.</p>

	<p>Only Painters tape can be used to hang Posters, Meet Programs, Results, or Banners.</p> <p>No Glass containers will be allowed in the Aquatic Center.</p> <p>Doors will not be propped open (HVAC) and the front door is the only entry/exit door from the facility.</p> <p>No items should block any of the 4 HVAC vents on the Pool Decks.</p> <p>No Smoking is permitted on the CSAC/SwimRVA campus, including all Parking lots.</p> <p>The Aquatic Center strongly encourages showering prior to entering the Pool.</p> <p>CSAC is not responsible for any lost or stolen items.</p>
DIRECTIONS:	Go to Swimwac.com . Click onto "Meets & Events". Click onto Meet venues.
HOTELS:	Available upon request.

**WILLIAMSBURG AQUATIC CLUB SUMMER SIZZLE
ORDER OF EVENTS**

Saturday June 22, 2019

Morning Session Warm-up: 7:30 A.M.; Start: 8:30 A.M.			Afternoon Session Warm-up: 12:30 P.M.; Start: 1:30 P.M. (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & under 100 Free	2	24	11 & 12 100 Free	
	11 & 12 100 Free	3	25	13 & over 200 Free	26
4	10 & under 50 Breast	5	27	11 & 12 50 Breast	
	11 & 12 50 Breast	6	28	11 & 12 200 Breast	
	11 & 12 200 Breast	7	29	13 & over 100 Breast	30
8	10 & under 50 Fly	9	31	11 & 12 50 Fly	
	11 & 12 50 Fly	10	32	13 & over 100 Fly	33
11	10 & under 200 Free	12	34	11 & 12 200 Free	
	11 & 12 200 Free	13	35	13 & over 200 Back	36
14	10 & under 100 Back	15	37	11 & 12 100 Back	
	11 & 12 100 Back	16	38	13 & over 200 I.M.	39
17	10 & under 200 I,M,	18	40	11 & 12 200 I.M.	
	11 & 12 200 I.M.	19	41	11 & 12 200 Fly	
21	11 & 12 200 Fly	20	42	13 & over 200 Med. Relay 11 & 12 200 Med. Relay	43
	10 & under 200 Med. Relay	22	44		
	11 & 12 Med. Relay	23	45	<u>Distance Session</u> 13 & over 1500 Free	46

Sunday June 23, 2019

Morning Session Warm-up: 7:30 A.M.; Start: 8:30 A.M.			Afternoon Session Warm-up: 12:30 P.M.; Start: 1:30 P.M. (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
	11 & 12 200 Back	47	67	11 & 12 50 Back	
48	10 & under 50 Back	49	68	13 & over 100 Back	69
	11 & 12 50 Back	50	70	11 & 12 100 Fly	
51	10 & under 100 Fly	52	71	13 & over 400 I.M.	72
	11 & 12 100 Fly	53	73	11 & 12 400 I.M.	
	11 & 12 400 I.M.	54	74	13 & over 200 Breast	75
55	10 & under 100 Breast	56	76	11 & 12 100 Breast	
	11 & 12 100 Breast	57	77	13 & over 50 Free	78
58	10 & under 50 Free	59	79	11 & 12 50 Free	
	11 & 12 50 Free	60	80	13 & over 200 Fly	81
61	10 & under 400 Free	62	82	11 & 12 200 Back	
	11 & 12 400 Free	63	83	13 & over 100 Free	84

64	10 & under 200 Free Relay	65		85	11 & 12 200 Free Relay	
	11 & 12 200 Free Relay	66		86	13 & over 200 Free Relay	87
				88	<u>Distance Session</u> 11 & 12 400 Free	
				89	13 & over 400 Free	90