



**2020 WAC Summer Sizzle  
A/BB/B/C Mini Meet  
July 26<sup>th</sup>, 2020  
SANCTION NO. VS-20-111C**



*We have taken enhanced Health and Safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Collegiate School Aquatic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID 19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-111C</b>.</li> <li>• 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.</li> <li>• An inherent risk of exposure to COVID-19 exists in any public place where people are present. Covid-19 is as extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease if Control and Prevention, Senior Citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Williamsburg Aquatic Club and The Collegiate School Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Virginia Swimming Sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>• <b>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU AMY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORSEEN, OR UNFORSEEN, IN CONNECTION WITH EXPOSURE, INFECTION, ANDOR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</b></li> </ul>
<b>LOCATION:</b>	<p>Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, Va. 23234 Phone: (804) 271-8271</p>
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• The 50 Meter Competition Pool has a depth of 7 Feet and 7 inches at the sides and 8 Feet 2 inches in the center. Competition lanes are a minimum of 9 feet wide.</li> <li>• The 50-Meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.</li> <li>• This meet will be swum in the 50 Meter course.</li> <li>• Warm-up and warm-down lanes will be available for 5 minutes after every cycle of events. Coaches will monitor to ensure that Social Distancing will be enforced</li> <li>• Non-Turbulent Lane Markers will be used.</li> <li>• Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches will be used.</li> <li>• The Spectator seating will be marked for Social Distancing. We will be using every other row of seats with colored tape marking the spot to sit 10 feet apart.</li> <li>• 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.</li> </ul>

	<ul style="list-style-type: none"> <li>In Applying for this sanction, Williamsburg Aquatic Club agrees to comply and enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and Chesterfield County.</li> </ul>
<b>MEET DIRECTOR:</b>	<p>Name: Harold Baker  Email: coachharold2@cox.net  Phone: 757-229-8662</p>
<b>ELIGIBILITY:</b>	<p>Open to all Virginia Swimming athletes from Williamsburg Aquatic Club registered before the first day of the Meet.</p> <ul style="list-style-type: none"> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>2017-2020 NAG time standards are in effect. (Use in announcements when appropriate)</li> <li>Age on July 26<sup>th</sup> will determine age for the entire meet.</li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All swimmers will swim in a single session.</li> <li>All events will be timed finals.</li> <li>The layout of the Timers and the Clerk of Course will follow the format <i>shown on the diagram that is included</i>.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Morning session: Warm-ups will start at 8:00 A.M.; competition starts at 8:45 A.M.</li> <li>Warm-up times for the WAC Swimmers will be posted on the Williamsburg Aquatic Club website no later than Tuesday July 21st and will also be emailed to the parents of the WAC Club.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 12:00 P.M. Sunday July 19<sup>th</sup>.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted on the WAC website by the deadline date.</li> <li>"No Time" (NT) entries will be accepted.</li> <li>Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT <b>must be slower than an "A" time</b>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>Swimmers may enter a maximum of <b>4 individual event for the Meet</b>.</li> <li>The Meet Director reserves the right to limit entries in any events. This may include combining heats and events, which may require reseeding.</li> <li>All Entries will be submitted through the WAC Team Unify Website.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$5.00 per Event  Swimmer surcharge: \$2.50 per person participating in the Meet in any capacity.</p> <ul style="list-style-type: none"> <li>Fees charges will be emailed to the individual Swimming Families.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</li> <li>Clerk of Course will be provided for all events based on the COVID rules set up by the Facility and by Virginia Swimming.</li> <li>No Events will require a positive check-in.</li> <li>All Events will be swum Slowest to Fastest.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through 8th place. <ul style="list-style-type: none"> <li>13 &amp; Over events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>11 &amp; Over events will be given separate awards for 11-12, 13-14, and 15 &amp; Over age groups.</li> <li>12 &amp; Under events will be given separate awards for 11-12, 9-10 and 8 &amp; Under age groups.</li> </ul> </li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>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"> <li>Entries using fraudulent or non-verifiable times.</li> <li>Athlete competed in the incorrect age group.</li> <li>Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>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.</li> <li>Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>Athletes <b>MUST</b> arrive in their suits on. Locker Rooms will not be available.</li> <li>All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.</li> <li>Coaches, officials and spectators must wear masks.</li> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>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.</li> <li>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</li> <li>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>.</li> <li>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 <b>PROHIBITED</b>.</li> <li>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.</li> <li>In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Bryan Wallin</b>  <b>Email: <a href="mailto:thewallins@comcast.net">thewallins@comcast.net</a></b>  <b>Phone: 804-389-2438</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair Mike Burrows, at <a href="mailto:m.burrows@cox.net">m.burrows@cox.net</a> no later than Sunday July 19<sup>th</sup> .</li> <li>The Officials Briefing will start 1 hour before the start of the Meet. The exact starting time will be announced by Tuesday July 21<sup>st</sup>.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	The number of timers and their lane assignments will be posted on the Williamsburg Aquatic Club website through the Genie Sign-up System.
<b>GENERAL:</b>	Hospitality & Concessions will be available on a minimal basis. Electronic heat sheets will be available.
<b>FACILITY RULES:</b>	The Special Covid-19 Safety rules will be sent out to all members of Williamsburg Aquatic Club. There will be signs at the Pool explaining the rules to follow and will be enforced by the Marshalls.
<b>DIRECTIONS:</b>	Go to <a href="http://swimwac.com">swimwac.com</a> – Click on Meets & Events – Click onto Meet Venues

**Williamsburg Aquatic Club 2020 Summer Sizzle  
ORDER OF EVENTS**

**Sunday July 26<sup>th</sup>, 2020**

<b>Morning Session</b> <b>Warm-ups: Not Earlier than 8:00 A.M.</b> <b>Start: Not Earlier than 8:45 A.M.</b>			<b>Morning Session Continued</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	12 & under 50 Free	2	21	13 & over 200 Free	22
3	13 & over 50 Free	4	23	12 & under 50 Breast	24
5	11 & over 200 Back	6	25	13 & over 100 Fly	26
	5 Minute Break		27	12 & under 100 Fly	28
7	12 & under 100 Back	8		5 Minute Break	
9	13 & over 100 Back	10	29	12 & under 100 Free	30
	5 Minute Break		31	13 & over 100 Free	32
11	12 & under 50 Fly	12		5 Minutes Break	
13	11 & over 200 Fly	14	33	11 & over 200 Breast	34
	5 Minute Break		35	12 & under 100 I.M.	36
15	12 & under 100 Breast	16		5 Minute Break	
17	13 & over 100 Breast	18	37	12 & under 200 I.M.	38
	5 Minute Break		39	13 & over 200 I.M.	40
19	12 & under 200 Free	20	41	12 & under 50 Back	42