



DOLPHIN HOLIDAY GAMES
December 6-8, 2019
SANCTION NO. VS-20-47



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-47.• USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphins Swim Team, Inc., and Fort Eustis 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:	Fort Eustis Aquatic Center, Building 641 (corner of Washington Ave & Tyler Ave), Fort Eustis, VA 23604, Phone: (757) 878-1090 or 878-1091
FACILITY:	<ul style="list-style-type: none">• Eleven (11) lane 25-yard indoor pool, 9 feet deep in lane 1 sloping to 7 feet deep in lanes 7-11. All sessions will be run using an eight-lane course for competition with two additional lanes for continuous warm-up/warm-down.• The Meet Director reserves the right to use up to 10 lanes for competition should it become necessary to keep the sessions under 4 hours.• The Facility uses a Daktronics Automatic Timing System with a 10-lane scoreboard and Kiefer Wave Eater racing Lane Lines• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).
MEET DIRECTOR:	Joe Kimbel Phone: (757) 876-9082 Email: cqbdmeetchief@gmail.com Steve Hennessy Phone: (757) 450-0706 Email: coachsteve24232@gmail.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming registered swimmers registered before the first day of the meet.• No on deck USA Swimming athlete registration will be permitted.• 8&U swimmers entered into Event #1-2 (10&U 500 Free) must have a 10 & U "B" time in the 200 Free or 500 Free to be eligible in the event.• 2017-2020 National Age Group Time Standards are in effect.• Age on December 6, 2019 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">• Friday Distance session for all eligible swimmers.• Saturday and Sunday:<ul style="list-style-type: none">○ 11&O swimmers will swim a preliminary session in the morning session. There will be five separate Final heats as follows:<ul style="list-style-type: none">▪ E Final – Fastest 10, 11-12 year old Swimmers▪ D Final – Fastest 10, 13 year old Swimmers▪ C Final – Fastest 10, 14 year old Swimmers▪ B Final – Fastest 10, 15 year old Swimmers▪ A Final – Fastest 10, 16 & Over Swimmers○ 11-12 portion of the 400 Medley and 500 Free will be swum as timed final events. All heats for 11-12 swimmers will be swum in the morning prelim session. Only 13&O swimmers will swim these events in the evening final session.• All 10&U swimmers will compete in the afternoon session on Saturday, and Sunday. All events are timed finals.
WARM-UPS:	<ul style="list-style-type: none">• Friday evening Distance session warm-up will start at 4:00 pm; competition starts: 5:00 pm• Saturday and Sunday Morning prelims session warm-up will start at 7:00 am; competition starts: 8:10 am• Saturday and Sunday Afternoon Timed Final session warm-up will start no earlier than 12:00 noon; competition starts no earlier than 1:00 pm• Saturday and Sunday evening final session warm-up will start no earlier than 4:00 pm;

	<p>competition starts no earlier than 5:00 pm.</p> <ul style="list-style-type: none"> • Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than December 2, 2019 and will be emailed to the contact person of the participating clubs. • If any session runs late, the following session warm-ups will begin immediately after the earlier session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, NOVEMBER 26, 2019</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, • Teams submit entries via e-mail. • A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • No Time (NT) entries will not be accepted. • All entry times other than Coach Times (CT) must have been achieved in USA Swimming sanctioned, approved, or observed competition. 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. • Swimmers may enter a maximum of 3 individual events per day for 11&O swimmers and 4 individual events per day for 10&U swimmers. Swimmers will be limited to one relay event per day. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • Email entries to: Joe Kimbel, Email: cgbdmeetdirector@gmail.com • Deck entries will be accepted in the order received 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: \$7.00 Relay Events: \$15.00 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: CGBD. • Mail payment to: CGBD Team Office 607 Lotz Drive Yorktown, VA 23692 • Payment must be received by December 2, 2019 for all entries. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded, except for events #1-2 (10&U 500 Free), #3-4 (11&O 1650 Free), #19-20 (400 Medley), and 65-66 (11&O 500 Free), which will be deck seeded. • The Events #1-2 (10&U 500 Free), #3-4 (11&O 1650 Free), #19-20 (400 Medley), and #65-66 (11&O 500 Free), will require positive check-in. • Positive check-in will close at the end of warm-ups. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Swimmers in all sessions should report directly to the blocks for their events. The Events #1-2 (10&U 500 Free), 3-4 (11&O 1650 Free), #19-20 (400 Medley), and #65-66 (11&O 500 Free), will be swum fastest to slowest, alternating Girls than Boys.
AWARDS:	<p>Individual events: Medals will be awarded first through third place and ribbons fourth through tenth place. Medals will be awarded first through third place and ribbons fourth and fifth place.</p> <ul style="list-style-type: none"> • 11 & Over events will be given separate awards for 11-12, 13, 14, 15, and 16&O age groups • 10 & Under events on Friday will be given separate awards for 8&U, 9, and 10 age groups. • Timed Final events on Saturday and Sunday will be awarded 8&U, 9, and 10 age groups.
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

	<p>swimmer is unattached, the fine will be levied on the swimmer.</p> <ul style="list-style-type: none"> 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, 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. 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. 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 the requirement. The overhead start procedure will be used for the prelim sessions. The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to all 11&O events, excluding the relays, 11-12 400 Medley and 11-12 500 Free and the 1650 Free. 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. 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>. In accordance with VSI best practices, all swimmers should shower before entering the pool. Any 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 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 Referees: Will Murphy Email: wlmurphy@aol.com Phone: 804-301-8529</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Genny Kimbel via email at gennykimbel@gmail.com, no later than December 2, 2019 There will be an Officials' Meeting one hour prior to each session in hospitality.
SAFETY:	<ul style="list-style-type: none"> 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 CGBD Web site no later than December 2, 2019 and will also be emailed to the contact person of each of the individual clubs. Swimmers competing in the 1650 Free and the 500 Free are responsible for providing their own lap counters and timers. Also, swimmers competing in the 400 Medley are responsible for providing their own timers.
GENERAL:	<ul style="list-style-type: none"> Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violate Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. Please note that Ft. Eustis prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed, plastic containers. Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats.

	<ul style="list-style-type: none"> • Team Areas: Team seating will be available in the pool and gym area. Please note that Ft. Eustis requires everyone leaving the pool area and entering any other part of the facility to wear shoes (or sandals). • Spectator Seating: Bleacher seating will be available for spectators. Please note that Ft. Eustis prohibits coolers or chairs in the pool area. • Team Banners: Team Banners can not be hung from a water return pipe that runs over the team seating areas. • Meet Programs: Meet programs will be sold for \$10.00. Finals programs will be free with purchase of a meet program otherwise they are \$2.00 • Swim Shop: Swim & Sports Stop will be operating a swim shop on the Adventure Pool deck during the meet on Saturday and Sunday for your apparel needs. • Hospitality: CGBD will provide a Hospitality Room for coaches and officials. Breakfast, lunch and Dinner will be served. Drinks and snacks will be provided during the day.
<p>FACILITY RULES:</p>	<ul style="list-style-type: none"> • PLEASE READ THOROUGHLY. RULES WILL BE ENFORCED BY MEET MARSHALL, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHALL. • FORT EUSTIS AUTOMOBILE ACCESS: DRIVERS LICENSE AND AUTOMOBILE REGISTRATION ARE REQUIRED TO ENTER FORT EUSTIS. • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquatic Center rules, posted at the pool and in the meet program, will be disqualified from the meet and escorted from the facility. • The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. • Deck Access: Access to the competition pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition. • Balcony area: No chairs permitted in the balcony seating area. • SWIMMERS WILL NOT BE ALLOWED IN THE BALCONY AREA. THE BALCONY SEATING AREA WILL BE FOR SPECTATORS ONLY. SWIMMERS MUST STAY ON THE COMPETITION POOL DECK. • The Adventure Pool side of the building WILL NOT be available for seating.
<p>DIRECTIONS:</p>	<p>From the north/south, take Fort Eustis Blvd. from I-64 exit 250A, Route 17, Jefferson Avenue, Warwick Blvd. After passing through main gate, the road becomes Washington Blvd. In ½ mile you will come to a traffic circle. Go straight through it, DO NOT BEAR OFF. The first right will be Tyler Avenue. The Aquatic Center is on the left corner. Additional parking is available 50 yards past the entrance to the Center on both the right and left sides of Tyler Avenue.</p>

ORDER OF EVENTS
Friday, December 6, 2019

Evening Session		
Warm-up: 4:00 pm; Start: 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 500 Freestyle	2
3	11 & Over 1650 Freestyle	4

Saturday, December 7, 2019

Sunday, December 8, 2019

Morning Prelim Session			Morning Prelim Session		
Warm-up: 7:00 am; Start: 8:10 am			Warm-up: 7:00 am; Start: 8:10 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	11 & Over 50 Freestyle	6	53	11 & Over 200 Butterfly	54
7	11 & Over 200 Breaststroke	8	55	11 & Over 100 Freestyle	56
9	11 & Over 100 Backstroke	10	57	11 & Over 200 Backstroke	58
11	11 & Over 50 Breaststroke	12	59	11 & Over 100 Breaststroke	60
13	11 & Over 100 Butterfly	14	61	11 & Over 200 Medley	62
15	11 & Over 200 Freestyle	16	63	11 & Over 50 Butterfly	64
17	11 & Over 50 Backstroke	18	65	11 & Over 500 Freestyle**	66
19	11 & Over 400 Medley**	20	67	11-12 200 Freestyle Relay	68
21	11-12 200 Medley Relay	22	69	13-14 200 Freestyle Relay	70
23	13-14 200 Medley Relay	24	71	15 & Over 200 Freestyle Relay	72
25	15 & Over 200 Medley Relay	26			
Afternoon Timed Final Session			Afternoon Timed Final Session		
Warm-up: 12:00 noon; Start: 1:00 pm			Warm-up: 12:00 noon; Start: 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	8 & Under 25 Freestyle	28	73	9-10 100 Medley	74
29	9-10 100 Butterfly	30	75	8 & Under 25 Backstroke	76
31	8 & Under 50 Butterfly	32	77	9-10 50 Freestyle	78
33	9-10 100 Freestyle	34	79	8 & Under 50 Freestyle	80
35	8 & Under 50 Freestyle	36	81	9-10 50 Butterfly	82
37	9-10 100 Breaststroke	38	83	8 & Under 25 Breaststroke	84
39	8 & Under 50 Breaststroke	40	85	9-10 100 Backstroke	86
41	9-10 200 Medley	42	87	8 & Under 50 Backstroke	88
43	8 & Under 100 Medley	44	89	9-10 50 Breaststroke	90
45	9-10 50 Backstroke	46	91	8 & Under 100 Freestyle	92
47	8 & Under 25 Butterfly	48	93	9-10 200 Freestyle	94
49	9-10 200 Medley Relay	50	95	8 & Under 100 Freestyle Relay	96
51	8 & Under 100 Medley Relay	52	97	9-10 200 Freestyle Relay	98
Evening Final Session			Evening Final Session		
Warm-up: 4:00 pm; Start: 5:00 pm			Warm-up: 4:00 pm; Start: 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	11 & Over 50 Freestyle	6	53	11 & Over 200 Butterfly	54
7	11 & Over 200 Breaststroke	8	55	11 & Over 100 Freestyle	56
9	11 & Over 100 Backstroke	10	57	11 & Over 200 Backstroke	58
11	11 & Over 50 Breaststroke	12	59	11 & Over 100 Breaststroke	60
13	11 & Over 100 Butterfly	14	61	11 & Over 200 Medley	62
15	11 & Over 200 Freestyle	16	63	11 & Over 50 Butterfly	64
17	11 & Over 50 Backstroke	18	65	13 & Over 500 Freestyle**	66
19	13 & Over 400 Medley**	20			

Note: Evening finals will be swum E Final: 11-12; D Final: 13; C Final: 14, B Final: 15; A Final: 16&O
**** 11-12 400 Medley & 11-12 500 Free are timed final events.**