



**PILGRIM'S TREAT
Developmental Meet
November 23, 2019
APPROVED NO. VS-20-042A**



Coast Guard Blue Dolphins

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., APPROVED NO: VS-20-042A USA Swimming, Inc., Virginia Swimming, Inc., Brittingham-Midtown Aquatic Center, and Coast Guard Blue Dolphins Swim Team, Inc., 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:	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573		
FACILITY:	<ul style="list-style-type: none"> 8-lane, 50 meter indoor pool 4-14 feet in depth; overflow gutters; non-turbulent lane markers; Colorado Timing System. Configured for 6-lane 25 yard 6-14 feet in depth for the competition portion of the pool swimming from the deep end of the pool. The meet director reserves the right to configure the meet in 8 lanes if meet length dictates it is necessary. 2 continuous warm-up / cool down lanes (6 feet in depth) in the non-competition portion of the pool. Manual timing, 3 watches per lane and Infinity starting system will be used The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4) 		
MEET DIRECTORS:	<table border="0"> <tr> <td>Jodi Clark Email: coachjodiclark@gmail.com Phone: (757) 876-8400</td> <td>Steve Hennessy Email: coachsteve2423@gmail.com Phone: (757) 603-7948</td> </tr> </table>	Jodi Clark Email: coachjodiclark@gmail.com Phone: (757) 876-8400	Steve Hennessy Email: coachsteve2423@gmail.com Phone: (757) 603-7948
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ELIGIBILITY:	<ul style="list-style-type: none"> Open to all local swimmers registered with an area recreation team or Virginia Swimming athletes registered by the first day of the meet. Swimmers are eligible to enter events in which they have times that are slower than a "BB" time. 2017-2020 NAG time standards are in effect. No on deck Virginia Swimming athlete registration will be permitted. Age on November 23, 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 swimmers will swim in one session All events will be timed finals 		
WARM-UP:	<ul style="list-style-type: none"> Warm-ups at 11:30 am; competition starts at 12:30 pm. Lane assignments for individual clubs will be posted on the CGBD website no later than Tuesday, November 19, 2019 and will also be emailed to the contact person of the participating clubs. 		
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 13, 2019</p> <ul style="list-style-type: none"> Entries must be submitted in Short Course 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 of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. Coach Times (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 a "BB" time. Swimmers may enter a maximum of <i>3 individual events</i> and <i>2 relay event</i> per day. 		

	<ul style="list-style-type: none"> 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 3-hour/session timeline limit Email entries to: coachsteve2423@gmail.com 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>Entry Fee: \$15.00 per swimmer</p> <ul style="list-style-type: none"> Checks should be made payable to: CGBD Mail entries to: Coast Guard Blue Dolphins Swim Team, Inc. 607 Lotz Drive Yorktown, VA 23692 Payment must be received by Wednesday, November 20, 2019 for all entries
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded Swimmers should report directly to the blocks for their events
AWARDS:	<ul style="list-style-type: none"> Individual events: Candy will be awarded for first through sixth place Heat winner awards will be awarded for all events. Relay events: Candy will be awarded for first through third place.
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. 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. 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 VSI best practices, all swimmers 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 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: (757) 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 Genny Kimbel, CGBD Officials Chair, Email: gennykimbel@gmail.com, no later Wednesday, November 20, 2019 • There will be an Officials' Meeting 45 minutes prior to the start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs may be required to provide timers in proportion to the number of swimmers they have entered in meet. • The number of timers required per club and their lane assignments will be posted on the CGBD website: http://www.cgbdswimming.org no later than Tuesday, November 19, 2019 and will also be emailed to the contact person of each of the individual clubs.
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 violates 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 the City of Newport News 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. • Spectator Seating: Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area. • Team Banners: Team Banners cannot be hung from a water return pipe that runs over the team seating areas. • Programs: Meet Programs will be sold for \$3.00. • First Aid: A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms. • Lost and Found: Lost and Found will be located next to the Announcer's Table. • Hospitality: CGBD will provide water for all coaches and officials during the meet.
FACILITY RULES:	<ul style="list-style-type: none"> • Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door). • Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable. • No coolers in the pool area. They are allowed in the Gym. • Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.). • No shaving anywhere in the venue. • No running or horseplay in the facility. • Shoes/sandals must be worn by all in/around the recreation center, except for the pool area. • Clean up your area when you leave after each session. Trash cans and recycle bins are located throughout the facility. Lost and Found is located next to the Announcer. • Officials only inside the ropes. • Coaches, officials, and meet staff only in the Hospitality Room. • The Aquatic Center will close during electrical storms. • NO SMOKING in the Aquatic Center (pool area) or the rest of the building.
DIRECTIONS:	From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to MacLawhorne Drive. Turn right at the light. Pool is on the left.

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ORDER OF EVENTS

Warm-up: 11:30 am; Start: 12:30 am

<u>Mixed</u>	<u>Relay Events</u>	
1	10 & Under 100 Freestyle Relay	
2	12 & Under 200 Freestyle Relay	
3	14 & Under 200 Freestyle Relay	
4	Open 200 Freestyle Relay	
<u>Girls</u>	<u>Individual Events</u>	<u>Boys</u>
5	10 & Under 100 Individual Medley	6
7	11-14 100 Individual Medley	8
9	Open 200 Individual Medley	10
11	10 & Under 25 Freestyle	12
13	10 & Under 50 Freestyle	14
15	11-14 50 Freestyle	16
17	Open 100 Freestyle	18
19	10 & Under 25 Breaststroke	20
21	10 & Under 50 Breaststroke	22
23	11-14 50 Breaststroke	24
25	Open 100 Breaststroke	26
27	10 & Under 25 Backstroke	28
29	10 & Under 50 Backstroke	30
31	11-14 50 Backstroke	32
33	Open 100 Backstroke	34
35	10 & Under 25 Butterfly	36
37	10 & Under 50 Butterfly	38
39	11-14 50 Butterfly	40
41	Open 100 Butterfly	42
<u>Mixed</u>	<u>Relay Events</u>	
43	10 & Under 100 Medley Relay	
44	12 & Under 200 Medley Relay	
45	14 & Under 200 Medley Relay	
46	Open 200 Medley Relay	



ENTRY FORM FOR INDIVIDUALS

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Hosted by:



Coast Guard Blue Dolphins

TEAM NAME: _____ COACH NAME: _____ PHONE: _____

			Evt #	Event Description	Entry Time
Swimmer's Name		<input type="checkbox"/> M			
(Last, First, MI)		<input type="checkbox"/> F			
Date of Birth	Age:	USS ID#			

Swimmer's Name		<input type="checkbox"/> M			
(Last, First, MI)		<input type="checkbox"/> F			
Date of Birth	Age:	USS ID#			

Swimmer's Name		<input type="checkbox"/> M			
(Last, First, MI)		<input type="checkbox"/> F			
Date of Birth	Age:	USS ID#			

Swimmer's Name		<input type="checkbox"/> M			
(Last, First, MI)		<input type="checkbox"/> F			
Date of Birth	Age:	USS ID#			

Swimmer's Name		<input type="checkbox"/> M			
(Last, First, MI)		<input type="checkbox"/> F			
Date of Birth	Age:	USS ID#			



MEET ENTRY SUMMARY

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FEMALE SWIMMERS

MALE SWIMMERS

Age Group

Number

Age Group

Number

8&Y: _____

8&Y: _____

9-10: _____

9-10: _____

11-12: _____

11-12: _____

13-14: _____

13-14: _____

15&O: _____

15&O: _____

Total Female: _____

Total Female: _____

Total Swimmers _____ X \$15.00 per swimmer = Entry Fee: _____

Total Relays _____ X \$0.00 (included) = Relay Fee: _____ \$0.00

Total Meet Fees: _____

Check Number: _____

NAME AND ADDRESS OF PERSON TO CONTACT FOR ENTRY QUESTIONS

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____