



**SWIM AND TRI
Winter Championships
December 12-15, 2019
SANCTION NO. VS-20-54**



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-54. USA Swimming, Inc., Virginia Swimming, Inc., Hokie Aquatics, and Christiansburg 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:	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073 (540) 381-7665
FACILITY:	<ul style="list-style-type: none"> 50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet. The race course will be set up to swim widths with the pool depth sloping from 7 to 17 feet. The course of competition will be in held two 25-yard courses swimming the width of the pool. Colorado Timing System with color scoreboard and separate video board will be used. 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
MEET DIRECTOR:	Name: Scott Baldwin Email: edbaldwi@vt.edu Phone: (540) 998-2327
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all athletes with appropriate qualifying times from: HOKI, BSC-SE, FSC-MD, LASO, LY, NRG-MA, OCCS-PV, CYAC, NOVA, PSDN, PWSC, STRM, SFY, SMAC, SCAT, TSU, WST, MAC-NC, and their respective unattached athletes. All athletes must be USA Swimming registered before the first day of the meet. Teams not listed wishing for an invite must receive confirmation from the meet director prior to entries being accepted. No on-deck USA Swimming athlete registration will be permitted. Age on December 12, 2019 will determine age for the entire meet. 13&Over Events 200 yds and longer will require a minimum of a BB time (13/14 standard for 13/14 age group, 15/16 standard for 15 & over). 12&U events 200 yds and longer will require a B time (11/12 standard for 11/12 age group, 9/10 standard for 10&under events).
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"> Thursday PM Session will be Timed Finals for: 10&U and 11/12 500 Free and 11&Over 1650 Free. All 10 & Under Preliminary Events will swim in the afternoon sessions All 11 & 12 Preliminary Events will swim in afternoon session. All 13 & 14 and Senior events will swim a preliminary session in the morning session. The Top 1 heat (10) of single age 11 year old and Top 1 heat (10) of 12 year old swimmers will swim the final session each day. The Top 1 heat (10) of 10&Under will swim in the final session each day. The top two heats (20) in the 13-14 and Top three heats (30) of Senior age groups will swim the final session each day. Except Senior Events #15 and #16 (400 IM) and #61 and #62 (500 Free) where the top two heats (20) will swim in finals. The following events will be swum as timed finals with the top Heat (10) after seeding of each age group swimming in finals: <ul style="list-style-type: none"> 11-12 (#37 &38) 200 Back, (#71 &72)200 Fly, (#105 and 106) 200 Breast.

	<ul style="list-style-type: none"> • All 13 & Over Relays will swim in Finals. • All 10&Under and 11/12 Relays will swim in the preliminary session each day. • Finals may be run in two courses (Women's course/ Men's Course).
WARM-UP:	<ul style="list-style-type: none"> • Thursday PM Session: Warmups: 3:30-4:30pm, Meet Start: 4:45pm • Morning sessions: Warm-ups start at 6:30 am; competition starts at 8:15 am. • 12 &Under Sessions Warm-ups start not before 11:00 am; competition starts not before 12:00 pm. Exact times and Lane Assignments will be emailed after all entries have been received. No later than December 9, 2019. • Friday and Saturday Finals: Warm-ups start not before 4:00 pm; competition starts not before 5:00 pm • Sunday Finals: Warm-ups start not before 2:30 pm and competition starts not before 3:30 pm • All Preliminary and Final warm-ups will be General followed by a specific period.
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 must submit entries via email. • A Team Manager printout of entries must be included. Entry sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • For events that do not require a qualifying time, Coach Times (CT) entries will be accepted for events in which a swimmer does not have a time of record. CT's 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. • <i>Swimmers may enter 3 individual events per day.</i> • 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 <u>accepted to</u> the greatest extent possible without exceeding the 4-hour/session timeline limit. • Email entries to: Scott Baldwin at edbaldwi@vt.edu • Deck entries will not be accepted.
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"> ○ Includes free access to heat sheets: <ul style="list-style-type: none"> ▪ Online ▪ Meet Mobile ▪ Print copies. • Checks should be made payable to: H20kie Aquatics • Mail payment to: c/o Scott Baldwin 2211 Walnut Spring Rd Blacksburg, VA 24060 • Payment must be received by December 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Medals will be awarded for first through 3rd place. Ribbons 4th-10th place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and Senior age groups. ○ 11/12 events will be scored as single age groups, 11 yr olds and 12 yr olds. ○ 10& Under events will be scored as one age group. • Relay events: Ribbons will be awarded for 1st through 10th place.
SEEDING:	<ul style="list-style-type: none"> • Positive check-in: <ul style="list-style-type: none"> ○ Thursday Events: By 4pm on Thursday, December 6. ○ Friday Events: By 6pm Thursday, December 6.

	<ul style="list-style-type: none"> ○ Saturday Events: By 6pm Friday, December 7. ○ Sunday Events: By 6pm Saturday, December 8. <p>● SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED.</p>
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 USAS member coach as being proficient in performing a racing dive or must start each race from within the water. If unaccompanied by a member coach, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement. ● The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.12.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to all heats (final, consolation, and bonus, as appropriate). ● 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>. ● 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. ● 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. ● 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 Referee: George Zolovick Email: gzolovick@gmail.com Phone: (540) 449-5413</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 (host team officials chair Scott Greiner, Email: sgreiner@vt.edu or Phone: (540) 230-2680 no later than Tuesday, December 10, 2019. ● Officials meetings will be held one hour prior to the start of each session. ● Signup: https://www.signupgenius.com/go/20F0A4FA4AB2BA1F94-20181 ● Officials who signup to work 4 sessions or more will receive a free Meet Polo Shirt- (*while supplies last.)
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.

	<ul style="list-style-type: none"> • The number of timers required per club and their lane assignments will be posted on the HOKI team website, http://www.h2okieaquatics.org no later than Monday, December 9, 2019, and will also be emailed to the contact person of each of the individual clubs. • Athletes entered in the Thursday Distance Session will need to provide their own timers and counters.
GENERAL:	<ul style="list-style-type: none"> • Hospitality will be provided for coaches and officials • Concessions will be available. • Swim and Tri swim shop will be on site. • Commemorative Meet T-shirts will also be available.
FACILITY RULES:	<p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> • Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers are to stay in designated areas. • No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations. • Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management. • Smoking is NOT permitted within the Town of Christiansburg Aquatic Center. • The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. • Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear. <p>Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet.</p>
DIRECTIONS:	Christiansburg Aquatic Center: MapQuest link HERE

Event Order

Thursday, December 12, 2019

Distance Session

Warmups: 3:30pm Meet Start: 4:45pm

Girls	Event	BOYS
1	10&Under 500 Free	2
3	11/12 500 Free	4
5	11&Over 1650 Free	6
All Timed Final Events		
Positive Check in Required		

Friday, December 13, 2019

13/14 and Senior Session

Warmups: 6:30am Meet Start: 8:15am

Girls	Event	BOYS
7	13/14 200 Free	8
9	Senior 200 Free	10
11	13/14 100 Breast	12
13	Senior 100 Breast	14
15	13/14 100 Fly	16
17	Senior 100 Fly	18
19\$	13/14 400 IM	20\$
21\$	Senior 400 IM	22\$
23*	13/14 400 Medley Relay	24*
25*	Senior 400 Medley Relay	26*
\$ Positive Check-in Event		
* Relays will swim in Finals		

Friday, December 13, 2019

12 &Under Session

Warmups: Not before 11am

Meet Start: Not before 12pm

Girls	Event	BOYS
27#	11/12 200 Med Relay	28#
29#	10&Under 200 Med Relay	30#
31	11/12 200 Free	32
33	10&Under 200 Free	34
35	11/12 50 Breast	36
37	10&Under 50 Breast	38
39	11/12 100 Fly	40
41	10&Under 100 Fly	42
43 @	11/12 200 Back	44 @
45	10&Under 50 Back	46
47#	11/12 400 IM	48#

@ Timed Final Event. Top Heat swims in Finals

Timed Final Event. All heats swim in Preliminaries

Saturday, December 14, 2019

13/14 and Senior Session

Warmups: 6:30am Meet Start: 8:15am

Girls	Event	BOYS
49	13/14 200 Fly	50
51	Senior 200 Fly	52
53	13/14 50 Free	54
55	Senior 50 Free	56
57	13/14 200 Breast	58
59	Senior 200 Breast	60
61	13/14 100 Back	62
63	Senior 100 Back	64
65\$	13/14 500 Free	66\$
67\$	Senior 500 Free	68\$
69*	13/14 400 Free Relay	70*
71*	Senior 400 Free Relay	72*
\$ Positive Check-in Event		
* Relays will swim in Finals		

Saturday, December 14, 2019

12 & Under Session

Warmups: Not before 11am Meet Start: Not before 12pm

Girls	Event	BOYS
73#	11/12 200 FREE Relay	74#
75#	10&Under 200 FREE Relay	76#
77@	11/12 200 FLY	78@
79	11/12 50 BACK	80
81	10&Under 50 Free	82
83	11/12 50 Free	84
85	10&Under 100 Breast	86
87	11/12 100 Breast	88
89	10&Under 200 IM	90
91	11/12 200 IM	92

@ Timed Final Event. Top Heat swims in Finals

All Relays will swim in Preliminary Session

Sunday, December 15, 2019

13/14 and Senior Session

Warmups: 6:30am Meet Start: 8:15am

Girls	Event	BOYS
93	13/14 200 Back	94
95	Senior 200 Back	96
97	13/14 100 Free	98
99	Senior 100 Free	100
101	13/14 200 IM	102
103	Senior 200 IM	104
\$ Positive Check-in Event		
%(1) heat of each gender (top 10 girls / top 10 Boys) will swim		

Sunday, December 15, 2019

12 & Under Session

Warmups: Not before 11am Meet Start: Not before 12pm

Girls	Event	BOYS
105@	11/12 200 Breast	106@
107	10&Under 100 Back	108
109	11/12 100 Back	110
111	10&Under 100 Free	112
113	11/12 100 Free	114
115	10&Under 50 Fly	116
117	11/12 50 Fly	118
119	10&Under 100 IM	120
121	11/12 100 IM	122

@ Timed Final Event. Top Heat swims in Finals

FINALS

ORDER OF EVENTS

Friday Finals		
Warmup: Not Before 4pm Meet Start: Not Before 5pm		
Girls	Event	BOYS
7	13/14 200 Free	8
9	Senior 200 Free	10
31	11/12 200 Free	32
33	10&Under 200 Free	34
11	13/14 100 Breast	12
13	Senior 100 Breast	14
35	11/12 50 Breast	36
37	10&Under 50 Breast	38
15	13/14 100 Fly	16
17	Senior 100 Fly	18
39	11/12 100 Fly	40
41	10&Under 100 Fly	42
19	13/14 400 IM	20
21	Senior 400 IM	22
43	11/12 200 Back	44
45	10&Under 50 Back	46
23*	13/14 400 Medley Relay	24*
25*	Senior 400 Medley Relay	26*

Saturday Finals		
Warmup: Not Before 4pm Meet Start: Not Before 5pm		
Girls	Event	BOYS
77	11/12 200 FLY	78
49	13/14 200 Fly	50
51	Senior 200 Fly	52
79	11/12 50 BACK	80
53	13/14 50 Free	54
55	Senior 50 Free	56
81	10&Under 50 Free	82
83	11/12 50 Free	84
57	13/14 200 Breast	58
59	Senior 200 Breast	60
85	10&Under 100 Breast	86
87	11/12 100 Breast	88
61	13/14 100 Back	62
63	Senior 100 Back	64
89	10&Under 200 IM	90
91	11/12 200 IM	92
65\$	13/14 500 Free	66\$
67\$	Senior 500 Free	68\$
69*	13/14 400 Free Relay	70*
71*	Senior 400 Free Relay	72*

Sunday Finals		
Warmup: Not before 2:30pm Meet Start: Not Before 3:30pm		
Girls	Event	BOYS
105	11/12 200 Breast	106
107	10&Under 100 Back	108
109	11/12 100 Back	110
93	13/14 200 Back	94
95	Senior 200 Back	96
111	10&Under 100 Free	112
113	11/12 100 Free	114
97	13/14 100 Free	98
99	Senior 100 Free	100
115	10&Under 50 Fly	116
117	11/12 50 Fly	118
101	13/14 200 IM	102
103	Senior 200 IM	104
119	10&Under 100 IM	120
120	11/12 100 IM	122