

	<p>Marlins 10&under Polar Dip January 25, 2020</p> <p>SANCTION NO. VS-20-71</p>	<p>Hosted by CCA and</p> 
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SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-71 USA Swimming, Inc., Virginia Swimming, Inc., CCA Marlins, 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:	<ul style="list-style-type: none"> Carter Athletic Center in North Cross School: 4254 Colonial Ave, Roanoke, VA 24018 (540) 9897284.
FACILITY:	<ul style="list-style-type: none"> Carter Center: 6 Lane 25-yard Pool. 6 feet at Starting end 4 ft at turn end. Colorado Timing System- single line scoreboard. 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:	<p>Name: Kathie Callis & Douglas McLaughlin Email kathycallis447@gmail.com & dmclaughlin628@yahoo.com Phone: (540) 761-9488 & (540) 521-8213</p>
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all 10 and under USA Swimming athletes registered before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. Age on January 25th, 2020 will determine age for the meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcome and shall provide 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 events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> Warm-ups: 8:00-8:45AM. Meet Start 9:00 AM. Lane assignments and warm up times for individual clubs will be posted on the CCA website no later than Tuesday, January 21, 2020 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY January 14th, 2020</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 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, regardless of how they are submitted. Coach Time (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 an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. Swimmers may enter a maximum of 4 individual events. Email entries to: Amina Serir, at aserir@ccamarlins.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>There will be a flat Swimmer Surcharge fee of \$20. No additional fees per event.</p> <ul style="list-style-type: none"> • Checks should be made payable to: CCA Marlins. • Mail payment to: Attn: Amina Serir, 4254 Colonial Ave, Roanoke, VA 24018 • Payment must be received by Tuesday, January 21st, 2020. 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/Airbourne/UPS, etc., please ensure that a signature is NOT required for delivery.
AWARDS:	There will be no awards given, heat winners will receive a rubber Ducky
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded
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 • 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 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. • 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 who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Sue Munson Contact(s): Sue Munson at: susamun@cox.net (540) 314 5723</p> <ul style="list-style-type: none"> • Officials will be needed for all positions during this session's 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's vice president, Email: dmclaughlin628@yahoo.com Phone: (540) 420-4638, no later than Sunday, January 19, 2020. • Officials will meet at 8:00am on Saturday, January 25th, 2020.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.

TIMERS:	Clubs will be required to provide timers in proportion to the number of swimmers they have entered in that session.
GENERAL:	Heat Sheets will be available.
FACILITY RULES:	<p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH ALL CARTER ATHLETIC CENTER RULES:</p> <ul style="list-style-type: none"> • 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. • Each facility 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. • The Aquatic Centers strongly encourages showering prior to entering the pool. • All emergency exits, and walkways must remain clear. • 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.

Marlins 10&under Polar Dip

January 25, 2020

ORDER OF EVENTS

Saturday, January 25, 2020		
Warm-up: 8:00-8:45am		
Start: not before 9:00am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & under 200 Mixed IM relay	2
2	9-10 100 Back	3
4	9-10 100 Fly	5
6	8&Under 25 Fly	7
8	8&Under 25 Breast	9
10	9-10 100 IM	11
12	8&Under 100 IM	13
14	9-10 200 Free	15
16	8&Under 50 Free	17
18	9-10 100 breast	19
20	8&Under 50 Back	21
22	9-10 100 Free	23
24	8&Under 100 Free	25
26	9-10 50 Free	27