



**Valley Swim Team – Phoenix
ICE BREAKER INVITATIONAL
A/BB/B/C Prelim/Final Meet
December 6-8, 2019
SANCTION NO. VS-20-40**



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO. VS-20-40. USA Swimming, Inc., Virginia Swimming, Inc., Warrenton Aquatic and Recreation Facility, and VSTP 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:	Warrenton Aquatic and Recreation Facility, 800 Waterloo Rd. Warrenton VA., (540) 349-2520
FACILITY:	<ul style="list-style-type: none"> Eight Lane 25 yard indoor pool, 4.5 (lane 1) to 11.8 feet in depth (lane 8); Non-Turbulent Lane Markers; Colorado Automatic & Semi-Automatic Timing System. Two additional 25 yard lanes will be available for continuous warm-up and cool down. 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:	<p>Greg Jones E-mail : infovstp@gmail.com Phone:(540) 560-7048</p>
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet from following Teams: RAYS, SWIMRVA, TAC-NJ, NCAP, VSTP, TORP, GATOR. 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. 11 & 12 year old swimmers must have a BB+ time in the 200 IM or a B+ time in the 400 IM to compete in the 11-12 400 IM (CT not accepted) 10 & under swimmers must have a BB+ time in the 100 Breaststroke to compete in the 200 Breaststroke (CT not accepted) 10 & under swimmers must have a BB+ time in the 200 Freestyle or a B+ time in the 500 Freestyle to compete in the 500 freestyle (CT not accepted) 10 & under swimmers must have a BB+ time in the 100 Backstroke to compete in the 200 Backstroke (CT not accepted) After the late entry deadline, VSTP reserves the right to fill in events with its own club's invited swimmers in the age group sessions, regardless of their seed times. 2017-2020 NAG Motivational 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"> All 13 & older swimmers will swim a preliminary session in the morning session. The top 16 swimmers in the 13-14 age group & the top 16 swimmers in the 15&O age group will swim the final session each day. Friday distance will be swum as timed finals. All 12 & younger swimmers will swim timed finals in the afternoon session. All relay events for 13 & older swimmers will be timed finals & will be conducted during preliminary session. All Friday sessions will be swum as timed finals.
WARM-UPS:	<ul style="list-style-type: none"> Friday afternoon session: Warm-up at 12:00 pm; competition starts at 1:00 pm

	<ul style="list-style-type: none"> • Friday evening session: Warm-up not before 3:30 pm; competition starts not before 4:30 pm. • Morning sessions: Warm-ups not before 6:30 am; competition starts at 8:00 am. • Afternoon sessions: Warm-ups not before 12:00 pm; competition starts not before 1:00 • Finals sessions: Warm-ups not before 4:00 pm; competition starts not before 5:00 pm. 30 minutes will be general warm-up, followed by 20 minutes of specific warm-up. Lanes for starts and one way sprints, pace, and continued general warm-up will be provided with warm-up assignments • Lane assignment and warm-up times for individual clubs will be posted on the VSTP website no later than Monday, December 2, 2019 and will also be emailed to the contact person of the participating clubs. The distance session will start no earlier than the estimated times. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning 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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record (except for 11-12 400 IM and 10 and under 200 butterfly, backstroke and breaststroke). 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. • “No Time” (NT) entries will not be accepted. • 12 & younger swimmers may enter a maximum of 4 individual events per day & a total of 10 individual events for the meet. 13 & older swimmers may enter a maximum of 3 individual events per day & a total of 9 events for the meet. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. Relays may be eliminated if necessary and relay fees will be refunded should this happen. • Email entries to: Greg Jones, infovstp@gmail.com • Late entries will be accepted until December 5, 2019. <ul style="list-style-type: none"> ○ Late entries will be accepted if time and swimmer limits have not been exceeded. ○ If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after they will be entered in the slowest heat in an empty lane. • 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>Individual events:</p> <ul style="list-style-type: none"> • 13 and Over: \$8.00 • 12 and Under: \$7.00 <p>Relay Events: \$16.00</p> <p>Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p>Deck Entries will be \$10 per event.</p> <ul style="list-style-type: none"> • Checks should be made payable to: VSTP. • Mail Payment to Jessica De Jong 115 Old Forest Circle Winchester, VA 22602 • Payment must be received by Wednesday, December 4, 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: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> ○ 13 & Over individual events will be given separate awards for 13-14 and 15 & Over age groups. ○ 12 & Under individual events will be given separate awards for 11-12, 9-10, and 8 & Under age groups. ○ 10 & Under individual events will be given separate awards for 9-10 and 8 & Under age groups. • Relay events: Ribbons will be awarded for first through sixth place.
SEEDING:	<ul style="list-style-type: none"> • All events, except event #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), 5-6 (13&O 1000 Free), 7-8 (11-12 400 IM), and 15-16 (12&U 500 Free) will be pre-seeded. Swimmers should report directly to the blocks for their events with the exception of evening Finals sessions. There will be a clerk of course located outside of the Lifeguard room. • #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), 5-6 (13&O 1000 Free), 7-8 (11-12 400 IM), and 15-16 (12&U 500 Free) will require a positive check-in. • Positive check-in will close 12:30 pm Friday for event #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), and 5-6 (13&O 1000 Free). • Positive check-in will close 4:00 pm Friday for event #7-8 (11-12 400 IM), and 15-16 (12&U 500 Free). • Events #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), 5-6 (13&O 1000 Free), 7-8 (11-12 400 IM), and 15-16 (12&U 500 Free) will be swum fastest to slowest and alternating heats of girls and boys • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
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 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 • 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 both heats (final and consolation), of all 13 & Over events, excluding the 500 Free, 1000 Free, and 400 IM, and all 13&O Relays (timed final events). • 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, 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: Tony Martinich Email: tonymartinich@gmail.com Cell: (540) 273-8362</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Officials should follow this link to apply to officiate no later than Tuesday Dec. 3, 2019 – 2019 VSTP IceBreaker Official's Sign Up. • There will be an official's meeting in hospitality at the start of each session during warm ups. • Dress for Officials will be navy and white for preliminaries and all timed finals, and blues/navy slacks or skirt for evening finals. • There will be a coaches' meeting in the hospitality area, prior to the start of each session, on completion of warm ups. 		
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. • The number of timers required per club and their lane assignments will be posted on www.valleyswimteam.com no later than December 3, 2019 and will also be emailed to the contact person of each of the individual clubs. • Swimmers in the 400 IM (events #1-2 and #7-8) must provide their own timers. Swimmers in the 500 free (events #3-4 and #15-16) and the 1000 free (#5-6) must provide their own timers and counters. 		
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be sold for \$8 with finals heat sheets at no cost with coupon. Final heat sheets will be \$3 without coupon. • A Hospitality Suite will be available (refreshments, lunch & dinner) for USS officials & coaches. • Concessions snack bar and Metro Swim Shop will be available. 		
FACILITY RULES:	<ul style="list-style-type: none"> • Each club is responsible for supervising the conduct of their swimmers • Swimmers are not permitted in any room of the building not directly associated with this swim meet. • Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in the gym. • No cars are to be left in fire lanes. • Absolutely no shaving is to take place in the facility. • Parking in designated areas only, overflow parking available at nearby high school • Spectators will be permitted to bring chairs for designated "camping" areas but no cots allowed. All personal property must be removed from the camping areas by the conclusion of the final session for each day. No large electronic devices are permitted. 		
DIRECTIONS:	Directions are available on the Virginia Swimming website.		
HOTELS:	<p>Howard Johnson Inn 6 Broadview Avenue Warrenton, VA (540) 347 4141</p>	<p>Holiday Inn Express 410 Holiday Court Warrenton, VA (540) 368-9600</p>	<p>Hampton Inn 501 Blackwell Road Warrenton, VA (540) 349-4200</p>

VSTP – ICEBREAKER ORDER OF EVENTS

Friday, December 6, 2019		
Session 1: Afternoon Session 13 & Older – Timed Finals		
Warm-up: 12:00 pm; Start: 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 400 Individual Medley	2
3	13 & Over 500 Freestyle	4
5	13 & Over 1000 Freestyle	6

Friday, December 6, 2019		
Session 2: Evening Session 12 & Under – Timed Finals		
Warm-up: not before 3:30 pm; Start: not before 4:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11-12 400 Individual Medley	8
9	12 & Under 200 Freestyle	10
11	12 & Under 200 Individual Medley	12
13	12 & under 50 Breaststroke	14
15	12 & Under 500 Freestyle	16

Saturday, December 7, 2019		
Session 3: Morning Prelims 13 & Older		
Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	13-14 200 Breaststroke	18
19	15 & Over 200 Breaststroke	20
21	13-14 50 Freestyle	22
23	15 & Over 50 Freestyle	24
25	13-14 200 Butterfly	26
27	15 & Over 200 Butterfly	28
29	13-14 100 Backstroke	30
31	15 & Over 100 Backstroke	32
33	13-14 200 Freestyle	34
35	15 & over 200 Freestyle	36
37	13 & over 200 Medley Relay	38

Saturday, December 7, 2019		
Session 4: Afternoon 12 & Younger - Timed Finals		
Warm-up: not before 12:00 pm; Start: not before 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	12 & Under 100 Individual Medley	40
41	12 & Under 50 Freestyle	42
43	12 & Under 100 Backstroke	44
45	12 & Under 200 Breaststroke	46
47	12 & Under 100 Butterfly	48
49	12 & Under 200 Medley Relay	50

Saturday, December 7, 2019		
Session 5: Evening Finals 13 & Older		
Warm-up: not before 4:00 pm; Start: not before 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	13-14 200 Breaststroke	18
19	15 & Over 200 Breaststroke	20
21	13-14 50 Freestyle	22
23	15 & Over 50 Freestyle	24
25	13-14 200 Butterfly	26
27	15 & Over 200 Butterfly	28
29	13-14 100 Backstroke	30
31	15 & Over 100 Backstroke	32
33	13-14 200 Freestyle	34
35	15 & Over 200 Freestyle	36

Sunday, December 8, 2019		
Session 6: Morning Prelims 13 & Older		
Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	13-14 100 Butterfly	52
53	15 & Over 100 Butterfly	54
55	13-14 200 Backstroke	56
57	15 & Over 200 Backstroke	58
59	13-14 100 Freestyle	60
61	15 & Over 100 Freestyle	62
63	13-14 200 Individual Medley	64
65	15 & over 200 Individual Medley	66
67	13-14 100 Breaststroke	68
69	15 & Over 100 Breaststroke	70
71	13 & Over 200 Freestyle Relay	72

Sunday, December 8, 2019		
Session 7: Afternoon 12 & Younger Timed Finals		
Warm-up: not before 12:00 pm; Start: not before 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
73	11-12 200 Butterfly	74
75	12 & Under 100 Freestyle	76
77	12 & Under 200 Backstroke	78
79	12 & Under 100 Breaststroke	80
81	12 & Under 50 Butterfly	82
83	12 & Under 50 Backstroke	84

Sunday, December 8, 2019		
Session 8: Evening Finals 13 & Older		
Warm-up: not before 4:00 pm; Start: not before 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	13-14 100 Butterfly	52
53	15 & Over 100 Butterfly	54
55	13-14 200 Backstroke	56
57	15 & Over 200 Backstroke	58
59	13-14 100 Freestyle	60
61	15 & Over 100 Freestyle	62
63	13-14 200 Individual Medley	64

85	12 & Under 200 Freestyle Relay	86	65	15 & over 200 Individual Medley	66
			67	13-14 200 100 Breaststroke	68
			69	15& Over 100 Breaststroke	70