

**The Ben Hair Memorial
LAKE ANNA OPEN WATER SWIM
JUNE 11, 2016
SANCTION NO. VS-16-80**

Hosted by
**HOKIE
AQUATICS**

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-16-80 USA Swimming Inc., Virginia Swimming, Inc. Hokie Aquatics, and Christopher Run Campground 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:	Lake Anna, Group Camping area, Christopher Run Campground, 7149 Zachary Taylor Hwy, Mineral, VA 23117, Phone: (540) 894-4744
COURSE DESCRIPTION	Open water: The race course will consist of a 1K loop marked with large orange & green buoys. There will be a beach start at the start/finish line. Finish Banner marks finish line. Timing chips will be used for primary timing, manual watches and video will be used for back up timing. <ul style="list-style-type: none"> • All swimmers who have not completed the course during the prescribed time limit will be asked to retire. • The 1K RACE will swim 500M parallel to the shore with right turn around green buoys and left turn around orange buoys. • Details of race course with landmarks will be available at check-in. • Expected water temperature is High 70's degrees. Water depth is from 0-14 feet.
MEET DIRECTOR:	Scott Baldwin Email: edbaldwi@vt.edu Phone: 540-998-2327
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes age 7 and older registered prior to the first day of the meet. • Must be a registered USA swimmer to enter. Single day event membership available for an additional \$12 (registration form can be found on the last page of this announcement). • All swimmers who are registered with a USA Swimming Club may enter relays if they are entered in an individual event. • No at location registration will be permitted. • Age on June 11, 2016 will determine age for the entire meet. • Race day entries will be accepted with prior USA Swimming registration.
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"> • Morning session will be #1- #4(15 & over and 13-14 5K), #5-#14 (15 & over and 13-14 3K and 15 & over, 13-14, 11-12 2k). • There will be a break after the morning session for lunch • Afternoon session will be #15-#16(Open 1K event), #17-#18(10 & under 1/2K) #19-#21 (Open Women and Men and Mixed 2K relays).
WARM-UPS:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 7:30 AM, competition starts at 8:30 AM. • Afternoon sessions: Warm-ups at 12:30 PM, competition starts no earlier than 1:30 PM. • There will be continuous warm up and warm down available.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, JUNE 3, 2016. <ul style="list-style-type: none"> • Entries must be submitted in LCM times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams may submit entries as an e-mail attachment (preferred). • 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.

	<ul style="list-style-type: none"> • Coach's Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. 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 <i>individual events</i> and a relay event. • Relays 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. This meet will be limited to a total of 400 swimmers • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events; which actions may require reseeding. • Email entries to: jrsimons@comcast.net Mail entries to: Jessica Simons 109 Reynard Drive Charlottesville, VA 22901 • Deck entries will be accepted in the order received for swimmers to the extent that they can be processed prior to check-in.
FEES:	<p>Individual events: \$ 10.00 each individual event. Relay Event: \$5 per relay member, 4-member team. (\$20) Swimmer Surcharge: \$30 (entered in any capacity in the meet includes cap and t-shirt)</p> <ul style="list-style-type: none"> • All entries received after JUNE 3, 2016 may require a \$5 late fee per swimmer. • Those entering after JUNE 3, 2016, may not receive a T-shirt. THERE WILL BE NO REDUCTION IN FEE • Checks should be made payable to: HOKIE Aquatics • Checks should be sent to: Jessica Simons • 109 Reynard Drive • Charlottesville, VA 22901 • Payment must be received by JUNE 9, 2016 for email entries. Payment must be included with all mailed entries. • IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<p>Age Group Individual Events: Medals will be awarded to first to third place for each age group/gender event. Ribbons for fourth to eighth place by age group/gender. Events 9 and 10 will have separate awards for age groups 9-10 and 8 and under by gender.</p> <ul style="list-style-type: none"> • Open Individual Events: Medals will be awarded for first to third place for each open event by gender. Ribbons for fourth to eighth place by gender. • Relays: Medals will be awarded to first to third place only. <p>Scoring is as follows:</p> <p>Individual events will be scored first to eighth place with the following points: 10-8-6-5-4-3-2-1.</p> <p>Relay event will be scored first to eighth place with the following points: 20-16-12-10-8-6-4-2.</p>
SEEDING:	<ul style="list-style-type: none"> • All like-distances will be seeded as a single event, without regard to a swimmer's age or gender. Places, awards, and published results will be separate for each event, age group, and gender. • Positive check-in for each event is listed on the Description of Events and Schedule page (page #6). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.

	<ul style="list-style-type: none"> • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. • Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. • 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.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • 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 do not possess these credentials will be required to leave the deck area. • Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a beach start. 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. • 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 start area <i>is not permitted.</i> • Except where venue facilities require otherwise, changing into and out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
OFFICIALS:	<p>Meet Referee: Gordon R Hair Email: grhair919@aol.com Phone: (434) 975 9967 (home) Phone: (434) 960-0849 (cell)</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. • Officials that are comfortable and want to be out on the water, please state so in your request. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Gordon R Hair no later than June 9, 2016. • Officials meeting will be at 7:30 AM at the hospitality tent.
SAFETY:	<p><u>The meet is a beach start with swimmers held in a closed area marked by numbers on swim cap, shoulders, back and front of one leg. They will hold a card with the same number and will give this card to the chief sweep judge prior to the start of the race. The number of each swimmer will be recorded and delivered to each stroke and turn judge prior to the start of race. There will be instructions of the course and rules of play to swimmers, then the start. At each turn, there will be an accounting of the swimmers by Stroke and sweep judge (3 on the water and 2 on land). Any one leaving the course will be accounted for and communicated to the chief sweep judge. When the swimmers finish it will be a beach finish and the swimmers will again be held in the closed starting area until the cards are returned to each swimmer</u></p> <p><u>Monitoring Swimmers During Race</u></p> <ul style="list-style-type: none"> • Safety boats will monitor the entire course, (3 power boats, one at each end or out of bounds of course and one in the middle, with 6 safety canoes and 3 safety jet Skis) • 6 Lifeguards will be on location, (3 in the water on Jet Skis or safety boats and 3 on the land with view of entire course. • There will be 2 rescue/evacuation Jet Boats and one rescue/evacuation Jet Ski with EMT and Life Guard on Jet Ski. • The County Sheriff Department will be on site with Jet Ski or Boat and a Patrol on land. • <u>Medical Services</u> • There will be a First Aid station/ tent available at start/finish beach. • The Mineral Rescue Squad will be on site with one ALS team and one BLS team. Located at the Start/Finish beach. Back up rescue squad will be Louisa County Fire Rescue 6 miles away. • UVA Pegasus will be on call and the rescue landing site is 2 miles from the event on corner of RT 522/Rt 208 response 5 minutes. Back up is the VA Hwy Patrol Chopper from Fredericksburg response time 5 minutes.

	<ul style="list-style-type: none"> • Hospital Emergency room Culpeper 35 minutes and 2 in Charlottesville 42 minutes. • Dive team on call from Goochland, VA, • <u>Safety Communications Plan</u> • Each official and safety officer will have a radio and air horn, each safety stations will have a whistle, One Radio channel will be devoted to safety. One blast on whistle or one blast on air horn to attract attention then radio explanation of safety need. • The Safety Officer will be in charge of all safety at the event, overseeing life guards, EMT's and swims safety. The safety officer will be in contact with officials, life guards and EMT's by radio. The safety officer will also have a Golf Cart and driver to be able to move through the event quickly and where needed. • <u>Feeding Stations</u> • The course is 1K and feeding stations are not required; however, there will be 6 safety stations and each will have first aid and water. There will not be an escort for swimmers but there will be 6 safety stations viewing each swimmer and accounting of each swimmer 5 times each lap as they pass each Stroke and sweep judge on the course. • <u>Accounting for swimmers</u> • <u>Refer to monitoring swimmers</u> • 'This is the most important duty of the safety team. • Each Stroke official will follow radio protocol and also radio when last swimmer passes their station each lap. • <u>Technical Meeting</u> • The technical meeting will be held from 7:00 AM to 7:30 AM race day. This technical meeting will be posted and emailed to each team prior to meet day. There will also be a review with each heat prior to start of each race. • <u>Safety during pre-race warm-up and post-race warm-down</u> • There will be a separate warm up warm down area and swimmers will not be allowed to warm up or warm down on the course. The warm up area will also have at least one life guard and one marshal. In addition, there will be at least one canoe on the water to prevent any swimmers beyond the buoy markings of the warm up course. Swimmers will also be required to give their number card to the marshal prior to entering the warm-up area and pick their card up when leaving the warm-up area.
TIMERS:	Timers will be provided by the host team.
GENERAL:	<ul style="list-style-type: none"> • This event is on the public side of Lake Anna and will be held rain or shine. • Event may be delayed or cancelled due to lightning. No refunds. • Average water temperature is expected to be in the High 70s • Extra T-shirts for coaches and spectators may be ordered on your registration form for \$10 each. • Hospitality tent will be set up by the lake with water coolers available for swimmers.
FACILITY RULES:	<ul style="list-style-type: none"> • There is a \$10 parking fee per car for non-camping participants and coaches collected by the campground at the gate day of the event. We highly recommend you carpool or sign up to camp. • Facility Rules: http://www.christopherruncampground.com/rules.html • No alcohol can be consumed by any swimmer, coach or spectator before or during the competition on race day.
VOLUNTEERS	Anyone wishing to help with registration check-in, body marking, on the water drink station, event check-in, water safety personnel or first aid station, please contact Gordon Hair at grhair919@aol.com .
DIRECTIONS:	www.chriswtopherruncampground.com
LODGING:	<ul style="list-style-type: none"> • <u>CAMPING</u> Group site is already reserved for our event. Friday night Saturday day Group Area - has on site tent camping available for \$8 per person. There are an additional 10 sites with water/electricity for an extra \$66. There are 21 sites with electricity for an additional \$32. Teams will be assigned tent camping areas based on numbers of campers. Bathhouse is within walking distance. Portable toilets are close to pavilion. Camping is only available until we run out of sites on a first reserve basis.

- **Christopher Run Campground** has spaces for RV's, several cabins, rental RV's and lodges for rent. Please see their website to book directly from them for anything other than the group area. www.chriswtopherruncampground.com.
- **Private Residences for rent:** www.vrbo.com. www.vacationrentals.com,
- **Lake Anna State Park** also has cabins and campsites www.lakeannaonline.com/statepark.html
- **Ramada Inn South**, 5324 Jefferson Davis Hwy, Fredericksburg, VA 22408, (540) 898-1102
- **Lake Anna Lodge** (at the lake), 5152 Rt. 208, Spotsylvania, VA, 22553 (540) 895-5844
- **High Point Marina and Lighthouse Inn** (at the lake), 4634 Courthouse Rd, Spotsylvania, VA, (540) 895-5249. Available until we run out of sites on a first reserve basis.
- **Christopher Run Campground** has spaces for RV's, several cabins, rental RV's and lodges for rent. Please see their website to book directly from them for anything other than the group area. www.chriswtopherruncampground.com.
- **Private Residences for rent:** www.vrbo.com. www.vacationrentals.com,
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Order of Events

1	Women	15 & over	5K	15 & over	Men	2
3	Women	13 - 14	5K	13 - 14	Men	4
5	Women	15 & Over	3K	15 & Over	Men	6
7	Women	13 - 14	3K	13 - 14	Men	8
9	Women	15 & Over	2K	15 & Over	Men	10
11	Women	13 - 14	2K	13 - 14	Men	12
13	Women	11 - 12	2K	11 - 12	Men	14
15	Women	Open	1K	Open	Men	16
17	Women	10 & Under	1/2K	10 & Under	Men	18
19	Women	Open	2K Relay	Open	Men	20
21	Mixed	Open	2K Relay			

Description of EVENTS and SCHEDULE

Session 1

5K: The race will consist of 5 times around a 1K loop marked with large orange and large green buoys. The race will end 120 minutes after the start. All swimmers who have not completed the course will be asked to retire.

Check-in: 6:45 AM; Pre-race Meeting: 8:00 AM; Event starts: 8:30 AM.

3K: The race will consist of 3 times around a 1K loop marked with large orange buoys and large green buoys. The race will end 60 minutes after the start. All swimmers who have not completed the course will be asked to retire.

Check-in: Prior to 9 AM; Pre-race Meeting: 10:00 AM; Event starts: No earlier than 10:30 AM.

2K: The race will consist of 2 times around a 1K loop marked with large orange buoys and large green buoys. The race will end 45 minutes after the start. All swimmers who have not completed the course will be asked to retire.

Check-in: Prior to 10:00AM; Pre-race Meeting: 11:00; Event start: No earlier than 11:30 AM

Session 2

1K: The race will consist of 1 time around 1K loop marked with large orange buoys and large green buoys. The race will end 30 minutes after the start.

Check-in: Prior to 12:30 PM; Pre-race meeting: 1:15 PM; Event start: No earlier than 1:30 PM

½ K: The race will consist of a 500m swim marked with 4 large green and orange buoys.

Check-in: Prior to 1:30 PM; Pre-race meeting: 2:00 PM; Event start: No earlier than 2:15 PM.

Relay: Each member will swim 500 M marked with 4 large green and orange buoys. Check in following 1/2K event, event start: no earlier than 2:45 PM.

Registration forms must be signed and sent to:

Jessica Simons

e-mail:jrsimons@comcast.net

One needed for each swimmer. Do not wait on your coach to mail in your form.

Name:

Age as of June 11, 2016

Gender: Male Female

Check the box if you are you registered with USA-S? USMS? YMCA? USAT? NONE?

Registration Number (required if USA-S):

USA Swimming Club: LSC:

Street Address:

City:

State: Zip:

E-mail: Phone:

Make checks payable to: **HOKIE AQUATICS**T-Shirt Size (**Adult sizes**): S M L XL 2XL (**Youth**): 10-12 14-16

If no t-shirt size is clearly marked, competitor will receive an Adult L.

Item	# entered	Event(s) #	Cost	Total for line
Swimmer surcharge include T-shirt	1		\$30	\$30
Individual entry fees			\$10 each event	
Relay event fee			\$5 a person per event	
Extra T-shirt		Size:	\$10 each	
Non-member registration	Attach additional form		\$12	
Camping Friday or Saturday or Both	Number in party:		\$8 each person	Pay at lake
Request Electricity and Water	An additional fee		\$66	Pay at lake
Request Electricity only	An additional fee		\$32	Pay at lake
Additional Parking fee if not camping			\$10 a car	Pay at lake
Late Fee if received after June 3, 2016			\$5	
Total enclosed:				

Please read and sign the liability release:**Liability Release**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Age Group Swimming (Training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the USA Swimming or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages caused by the negligence, active or passive, of the following: USA Swimming, Virginia Swimming, Inc, HOKI AQUATICS Swim Team, Louisa County Sheriff's Office, Virginia Game, Wildlife and Fisheries, Dominion Power, Christopher Run Campground, United States Coast Guard, BH-JSL Foundation, Meet Sponsors, Meet Committees, and or any individuals officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of USA Swimming. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature _____

Parent's Signature if under 18: _____ Date: _____

