



**HOKI / VT
Intra- Squad Meet
June 4, 2016
SANCTION NO. VS-16-88
Closed Meet**

**Hosted by
HOKI**

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| SANCTION: | <ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-16-88• USA Swimming, Inc., Virginia Swimming, Inc., North Cross Athletic Center, and the Salem Family YMCA 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">• CAC: Christiansburg Aquatic Center, 595 Franklin ST Christiansburg, VA 24073 |
| FACILITY: | <ul style="list-style-type: none">• 8 Lane 50Meter Pool. 7.5 feet at Starting end 17ft at turn end. Colorado Timing System- dual scoreboard.• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). |
| MEET DIRECTOR: | Name: Scott Baldwin and Amy Brehl Email: edbaldwi@vt.edu & Abrehl@mcps.org Phone: (540) 998-2327 & (540)-230-1815 |
| ELIGIBILITY: | <ul style="list-style-type: none">• Open to all HOKI and Virginia Tech Swimmers• Age on June 4, 2016, will determine age for the 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: | All events will be timed finals. |
| WARM-UP: | <ul style="list-style-type: none">• Warm-ups: 7:00 AM Meet Start 8:00 AM |
| ENTRIES: | DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, June 2, 2016 <ul style="list-style-type: none">• Entries must be submitted in short course times using Hy-Tek Team Manager• 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 may not exceed a "BB" 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 2 individual events per day.• 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: Scott Baldwin, at edbaldwi@vt.edu• 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 Clerk-of-Course on the provided forms. |
| FEES: | There are NO Entry Fees for this meet. |
| AWARDS: | There will be no awards given. |
| SEEDING: | <ul style="list-style-type: none">• All events will be pre-seeded. |
| PENALTIES: | Penalties for entries using fraudulent and/or non-verifiable entry times: <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.• Club may be fined \$100 for each offense, and a record of such offenses shall be kept and |

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| | <p>published as part of the official meet results.</p> <ul style="list-style-type: none"> • Clubs entering swimmers not legally registered with USA Swimming before 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. • 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. • The overhead start procedure and may be used at the discretion of the Referee. • 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 into or out of swimsuits other than in locker rooms or other designated areas is PROHIBITED. • In accordance with VSI Best Practices, swimmers should shower before entering the pool. • 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 <ul style="list-style-type: none"> ○ 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: George Zolovick Contact(s): gmzolovick@aol.com (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. • Officials will meet at 7:30 AM. |
| 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 each session. |
| GENERAL: | |
| FACILITY RULES: | <p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH ALL SALEM FAMILY YMCA & CARTER CENTER AQUATIC 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. |

Order of Events

| Women | Event | Men |
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| 1 | 200 Free | 2 |
| 3 | 100 Breast | 4 |
| 5 | 100 Fly | 6 |
| 7 | 400 IM | 8 |
| 9 | 100 Back | 10 |
| 11 | 200 Breast | 12 |
| 13 | 200 Medley Relay | 14 |
| 15 | 200 Fly | 16 |
| 17 | 50 Free | 18 |
| 19 | 400 Free | 20 |
| 21 | 200 Back | 22 |
| 23 | 100 Free | 24 |
| 25 | 200 IM | 26 |
| 27 | 200 Free Relay | 28 |