
	<b>CGBD SPRING INVITATIONAL</b> <b>Senior-Age Group Meet</b> <b>April 21-22, 2018</b> <b>SANCTION NO. VS-18-105</b>	Hosted by:  Coast Guard Blue Dolphins						
<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-18-105</b>.</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Brittingham-Midtown Aquatic Center, and Coast Guard Blue Dolphins Swim Team, Inc., 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.</li> </ul>							
<b>LOCATION:</b>	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573							
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 8-lane, 50 meter indoor pool 14 feet deep at the start end and 4 feet deep at the turn end; overflow gutters; non-turbulent lane markers; Colorado Timing System.</li> <li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).</li> </ul>							
<b>MEET DIRECTOR:</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Joe Kimbel</td> <td style="width: 50%;">Steve Hennessy</td> </tr> <tr> <td>Email: <a href="mailto:cgbdmeetdirector@gmail.com">cgbdmeetdirector@gmail.com</a></td> <td>Email: <a href="mailto:coachsteve2423@gmail.com">coachsteve2423@gmail.com</a></td> </tr> <tr> <td>Phone: (757) 876-9082</td> <td>Phone: (757) 450-0706</td> </tr> </table>		Joe Kimbel	Steve Hennessy	Email: <a href="mailto:cgbdmeetdirector@gmail.com">cgbdmeetdirector@gmail.com</a>	Email: <a href="mailto:coachsteve2423@gmail.com">coachsteve2423@gmail.com</a>	Phone: (757) 876-9082	Phone: (757) 450-0706
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all USA Swimming athletes from 757, CGBD, DIG, ECAT, and SEVA registered before the first day of the meet.</li> <li>• Teams wishing to be considered for this meet should contact the meet director. Acceptance of additional teams will be based on space available and timeline considerations.</li> <li>• No on deck USA Swimming athlete registration will be permitted.</li> <li>• Age on April 21, 2018 will determine age for the entire meet.</li> </ul>							
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>							
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• All 13 and older swimmers will swim in the morning Senior sessions.</li> <li>• An open midday distance session will be held following the morning session each day after a short break in which a warm-up period will be provided.</li> <li>• All 12 and younger swimmers will swim in the afternoon Age Group sessions.</li> <li>• All events will be timed finals.</li> </ul>							
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Morning Senior sessions: Warm-ups at 7:00 AM; competition starts at 8:00 AM.</li> <li>• 10-Minute warm-up/cool down periods will follow events #4, #8, #12, #36, and #40.</li> <li>• Distance Session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the morning session. The distance session competition will start 5 minutes thereafter.</li> <li>• Afternoon Age Group sessions: Warm-ups not before 11:00 am; competition starts not before 12:00 pm</li> </ul>							
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, APRIL 13, 2018</b> <ul style="list-style-type: none"> <li>• Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>• Teams submit entries via e-mail.</li> <li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• No Time (NT) entries will not be accepted.</li> <li>• All entry times other than Coach Times (CT) must have been achieved in USA Swimming sanctioned, approved, or observed competition. CT entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "BB" time.</li> </ul>							

	<ul style="list-style-type: none"> <li>• Swimmers may enter a maximum of 4 individual events per day.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• 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.</li> <li>• Deck entries will be accepted in the order received 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.</li> <li>• Email entries to: Joe Kimbel, Email: <a href="mailto:cgbdmeetdirector@gmail.com">cgbdmeetdirector@gmail.com</a></li> </ul>
<b>FEES:</b>	<p>Individual events: \$6.50  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)  Checks should be made payable to: CGBD</p> <ul style="list-style-type: none"> <li>• Mail payment to: Steve Hennessy  607 Lotz Drive  Yorktown, VA 23692</li> <li>• Payment must be received by Wednesday, April 18, 2018 for all entries. An entry fee summary printout from Team Manager must accompany the entry fee payment. Teams with unpaid entry fees for entries received on or before the entry deadline could be removed from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is 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.</li> </ul>
<b>AWARDS:</b>	<p>Individual events: Ribbons for Personal Best Times - recognizing improvement - will be presented to all swimmers who better their entry times.</p>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded, except the 400 Free, 400 Medley, and 800 Free, which will be deck seeded.</li> <li>• The Events #15-16 (Open 400 Free), #17-18 (Open 400 Medley), and #45-46 (Open 800 Free) will require positive check-in to swim.</li> <li>• Positive check-in will close at 9:00 AM Saturday Morning for the 400 Free and the 400 Medley.</li> <li>• Positive check-in will close at 9:00 AM, Sunday Morning for the 800 Free.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Swimmers in all sessions should report directly to the blocks for their events.</li> <li>• Events #15-16 (Open 400 Free), #17-18 (Open 400 Medley), and #45-46 (Open 800 Free) will be swum fastest to slowest, alternating Girls and Boys.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• <b>Clubs entering swimmers not legally registered with USA Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>• 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.</li> </ul>

<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• 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.</li> <li>• 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, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement.</li> <li>• The overhead start procedure will be used for all sessions.</li> <li>• 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>.</li> <li>• Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Genny Kimbel</b>  <b>Email: <a href="mailto:gennykimbel@gmail.com">gennykimbel@gmail.com</a></b>  <b>Phone: (757) 876-9134</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet</li> <li>• Team Officials' Chairperson should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Genny Kimbel, CGBD Officials Chair, email: <a href="mailto:gennykimbel@gmail.com">gennykimbel@gmail.com</a>, no later than April 16, 2018.</li> <li>• There will be an officials' meeting one hour before the start of the meet.</li> </ul>
<b>SAFETY:</b>	VSI Safety and Warm-up procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the CGBD Web site no later than April 19, 2017 and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers competing in the 400 Free and 400 Individual Medley <b>are responsible for providing their own timers</b>. Also, swimmers competing in the 800 Free <b>are responsible for providing their own timers and lap counters</b>.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Swimmer / Spectator Conduct: The Team is responsible for supervising the conduct of its swimmers / spectators.</li> <li>• Any swimmer / spectator who violate Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility.</li> <li>• Please note that the City of Newport News prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed, plastic containers.</li> <li>• Team Areas: Team seating will be available in the pool area. Please note that the City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes (or sandals).</li> <li>• Spectator Seating: Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area.</li> <li>• Programs: Heat Sheets will be sold for \$5.00.</li> <li>• CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided both days.</li> </ul>

<b>FACILITY RULES:</b>	<ul style="list-style-type: none"><li>• Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door).</li><li>• Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely.</li><li>• No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable.</li><li>• No coolers in the pool area.</li><li>• No spectator chairs in the pool area. Adequate seating is available and deck space is limited</li><li>• Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas</li><li>• No shaving anywhere in the venue.</li><li>• No running or horseplay in the facility.</li><li>• Shoes/sandals must be worn by all in/around the recreation center, except for the pool area.</li><li>• Clean up your area when you leave after each session. Trashcans are located throughout the facility. Lost and Found is located next to the Announcer.</li><li>• Officials only inside the ropes.</li><li>• Coaches, officials, and meet staff only in the Hospitality Room.</li><li>• The Aquatic Center will close during electrical storms.</li><li>• NO SMOKING in the Aquatic Center (pool area) or the rest of the building.</li></ul>
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**Saturday, April 21, 2018**

**Sunday, April 22, 2018**

<b>Morning Senior Session Warm-up: 7:00 AM; Start: 8:00 AM</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	13 & Over 200 Butterfly	2
3	13 & Over 100 Freestyle	4
<b>10-minute Break</b>		
5	13 & Over 50 Backstroke	6
7	13 & Over 100 Breaststroke	8
<b>10-minute Break</b>		
9	13 & Over 200 Medley	10
11	13 & Over 50 Butterfly	12
<b>10-minute Break</b>		
13	13 & Over 200 Backstroke	14

<b>Morning Senior Session Warm-up: 7:00 AM; Start: 8:00 AM</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
33	13 & Over 50 Freestyle	34
35	13 & Over 200 Breaststroke	36
<b>10-minute Break</b>		
37	13 & Over 100 Backstroke	38
39	13 & Over 100 Butterfly	40
<b>10-minute Break</b>		
41	13 & Over 200 Freestyle	42
43	13 & Over 50 Breaststroke	44

<b>Distance Session (20 minute Break)</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
15	Open 400 Freestyle	16
17	Open 400 Medley	18

<b>Distance Session (20 Minute Break)</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
45	Open 800 Freestyle	46

<b>Afternoon Age Group Session Warm-up: 11:00 AM; Start: 12:00 PM (Times are approximate)</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
19	12 & Under 200 Butterfly	20
21	12 & Under 100 Freestyle	22
23	12 & Under 50 Backstroke	24
25	12 & Under 100 Breaststroke	26
27	12 & Under 200 Medley	28
29	12 & Under 50 Butterfly	30
31	12 & Under 200 Backstroke	32

<b>Afternoon Age Group Session Warm-up: 11:00 AM; Start: 12:00 PM (Times are approximate)</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
47	12 & Under 50 Freestyle	48
49	12 & Under 200 Breaststroke	50
51	12 & Under 100 Backstroke	52
53	12 & Under 100 Butterfly	54
55	12 & Under 200 Freestyle	56
57	12 & Under 50 Breaststroke	58