



DOLPHIN HOLIDAY GAMES
November 30-December 2, 2018
SANCTION NO. VS-19-61



Hosted by:
Coast Guard Blue Dolphins

SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-61.USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphins Swim Team, Inc., and Fort Eustis Aquatic Center 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:	Fort Eustis Aquatic Center, Building 641 (corner of Washington Ave & Tyler Ave), Fort Eustis, VA 23604, Phone: (757) 878-1090 or 878-1091
FACILITY:	<ul style="list-style-type: none">Eleven (11) lane 25 yard indoor pool, 9 feet deep in lane 1 sloping to 7 feet deep in lanes 7-11. All sessions will be run using an eight lane course for competition with two additional lanes for continuous warm-up/warm-down.The Meet Director reserves the right to use up to 10 lanes for competition should it become necessary to keep the sessions under 4 hours.The Facility uses a Daktronics Automatic Timing System with a 10-lane scoreboard and Kiefer Wave Eater racing Lane LinesThe competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).
MEET DIRECTOR:	Joe Kimbel Phone: (757) 876-9082 Email: cgbdmeetdirector@gmail.com Steve Hennessy Phone: (757) 450-0706 Email: coachsteve24232@gmail.com
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming registered swimmers registered before the first day of the meet.No on deck USA Swimming athlete registration will be permitted.8&U swimmers entered into Event #1-2 (10&U 500 Free) must have a "B" time in the 200 Free or 500 Free to be eligible in the event.2017-2020 National Age Group Time Standards are in effect.Age on November 30, 2018 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">Friday Distance session for all eligible swimmers.Saturday and Sunday:<ul style="list-style-type: none">11&O swimmers will swim a preliminary session in the morning session. There will be five separate Final heats as follows:<ul style="list-style-type: none">E Final – Fastest 11-12 year old SwimmersD Final – Fastest 10, 13 year old SwimmersC Final – Fastest 10, 14 year old SwimmersB Final – Fastest 10, 15 year old SwimmersA Final – Fastest 10, 16 & Over Swimmers11-12 portion of the 400 Medley and 500 Free will be swum as timed final events. All heats for 11-12 swimmers will be swum in the morning prelim session. Only 13&O swimmers will swim these events in the evening final session.All 10&U swimmers will compete in the afternoon session on Saturday, and Sunday. All events are timed finals.
WARM-UPS:	<ul style="list-style-type: none">Friday evening Distance session warm-up will start at 4:00 pm; competition starts: 5:00 pmSaturday and Sunday Morning prelims session warm-up will start at 7:00 am; competition starts: 8:10 amSaturday and Sunday Afternoon Timed Final session warm-up will start no earlier than 12:00 noon; competition starts no earlier than 1:00 pm

	<ul style="list-style-type: none"> • Saturday and Sunday evening final session warm-up will start no earlier than 4:00 pm; competition starts no earlier than 5:00 pm. • Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than November 26, 2018 and will be emailed to the contact person of the participating clubs. • If any session runs late, the following session warm-ups will begin immediately after the earlier session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, NOVEMBER 23, 2018</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, or on a VSI master entry sheet. • Teams submit entries via e-mail. • 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. • No Time (NT) entries will not be accepted. • 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 must be slower than an A time. • Swimmers may enter a maximum of 3 individual events per day for 11&O swimmers and 4 individual events per day for 10&U swimmers. Swimmers will be limited to one relay event per day. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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 may require reseeding. • Email entries to: Joe Kimbel, Email: cgbdmeetdirector@gmail.com • 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 Administrative Official on the provided forms.
FEES:	<p>Individual Events: \$6.25 Relay Events: \$15.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: CGBD. • Mail payment to: CGBD Team Office 607 Lotz Drive Yorktown, VA 23692 • Payment must be received by November 27, 2018 for all entries. • IMPORTANT: 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.
AWARDS:	<p>Individual events: Medals will be scored and awarded for first through third place and ribbons fourth through tenth place</p> <ul style="list-style-type: none"> • 11 & Over events will be given separate awards for 11-12, 13, 14, 15, and 16&O age groups • 10 & Under events will be given separate awards for 8&U, 9, and 10 age groups. • Timed Final events on Saturday and Sunday will be awarded 8&U, 9, and 10 age groups.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded, except for events #1-2 (10&U 500 Free), #3-4 (11&O 1650 Free), #19-20 (400 Medley), and 65-66 (11&O 500 Free), which will be deck seeded. • The Events #1-2 (10&U 500 Free), #3-4 (11&O 1650 Free), #19-20 (400 Medley), and #65-66 (11&O 500 Free), will require positive check-in. • Positive check-in will close at the start of the session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Swimmers in all sessions should report directly to the blocks for their events. • The Events #1-2 (10&U 500 Free), 3-4 (11&O 1650 Free), #19-20 (400 Medley), and #65-66 (11&O 500 Free), will be swum fastest to slowest, alternating Girls than Boys.
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

	<p>prohibits coolers or chairs in the pool area.</p> <ul style="list-style-type: none"> • Team Banners: Team Banners can not be hung from a water return pipe that runs over the team seating areas. • Meet Programs: Meet programs will be sold for \$10.00. Finals programs will be free with purchase of a meet program otherwise they are \$2.00 • Swim Shop: Swim & Sports Stop will be operating a swim shop on the Adventure Pool deck during the meet on Saturday and Sunday for your apparel needs. • Hospitality: CGBD will provide a Hospitality Room for coaches and officials. Breakfast, lunch and Dinner will be served. Drinks and snacks will be provided during the day.
<p>FACILITY RULES:</p>	<ul style="list-style-type: none"> • PLEASE READ THOROUGHLY. RULES WILL BE ENFORCED BY MEET MARSHALL, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHALL. • FORT EUSTIS AUTOMOBILE ACCESS: DRIVERS LICENSE AND AUTOMOBILE REGISTRATION ARE REQUIRED TO ENTER FORT EUSTIS. • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquatic Center rules, posted at the pool and in the meet program, will be disqualified from the meet and escorted from the facility. • The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. • Deck Access: Access to the competition pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition. • Balcony area: No chairs permitted in the balcony seating area. • SWIMMERS WILL NOT BE ALLOWED IN THE BALCONY AREA. THE BALCONY SEATING AREA WILL BE FOR SPECTATORS ONLY. SWIMMERS MUST STAY ON THE COMPETITION POOL DECK. • The Adventure Pool side of the building WILL NOT be available for seating.
<p>DIRECTIONS:</p>	<p>From the north/south, take Fort Eustis Blvd. from I-64 exit 250A, Route 17, Jefferson Avenue, Warwick Blvd. After passing through main gate, the road becomes Washington Blvd. In ½ mile you will come to a traffic circle. Go straight through it, DO NOT BEAR OFF. The first right will be Tyler Avenue. The Aquatic Center is on the left corner. Additional parking is available 50 yards past the entrance to the Center on both the right and left sides of Tyler Avenue.</p>

ORDER OF EVENTS
Friday, November 30, 2018

Evening Session		
Warm-up: 4:00 pm; Start: 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 500 Freestyle	2
3	11 & Over 1650 Freestyle	4

Saturday, December 1, 2018

Sunday, December 2, 2018

Morning Prelim Session			Morning Prelim Session		
Warm-up: 7:00 am; Start: 8:10 am			Warm-up: 7:00 am; Start: 8:10 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	11 & Over 50 Freestyle	6	53	11 & Over 200 Butterfly	54
7	11 & Over 200 Breaststroke	8	55	11 & Over 100 Freestyle	56
9	11 & Over 100 Backstroke	10	57	11 & Over 200 Backstroke	58
11	11 & Over 50 Breaststroke	12	59	11 & Over 100 Breaststroke	60
13	11 & Over 100 Butterfly	14	61	11 & Over 200 Medley	62
15	11 & Over 200 Freestyle	16	63	11 & Over 50 Butterfly	64
17	11 & Over 50 Backstroke	18	65	11 & Over 500 Freestyle**	66
19	11 & Over 400 Medley**	20	67	11-12 200 Freestyle Relay	68
21	11-12 200 Medley Relay	22	69	13-14 200 Freestyle Relay	70
23	13-14 200 Medley Relay	24	71	15 & Over 200 Freestyle Relay	72
25	15 & Over 200 Medley Relay	26			
Afternoon Timed Final Session			Afternoon Timed Final Session		
Warm-up: 12:00 noon ; Start: 1:00 pm			Warm-up: 12:00 noon; Start: 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	8 & Under 25 Freestyle	28	73	9-10 100 Medley	74
29	9-10 100 Butterfly	30	75	8 & Under 25 Backstroke	76
31	8 & Under 50 Butterfly	32	77	9-10 50 Freestyle	78
33	9-10 100 Freestyle	34	79	8 & Under 50 Freestyle	80
35	8 & Under 50 Freestyle	36	81	9-10 50 Butterfly	82
37	9-10 100 Breaststroke	38	83	8 & Under 25 Breaststroke	84
39	8 & Under 50 Breaststroke	40	85	9-10 100 Backstroke	86
41	9-10 200 Medley	42	87	8 & Under 50 Backstroke	88
43	8 & Under 100 Medley	44	89	9-10 50 Breaststroke	90
45	9-10 50 Backstroke	46	91	8 & Under 100 Freestyle	92
47	8 & Under 25 Butterfly	48	93	9-10 200 Freestyle	94
49	9-10 200 Medley Relay	50	95	8 & Under 100 Freestyle Relay	96
51	8 & Under 100 Medley Relay	52	97	9-10 200 Freestyle Relay	98
Evening Final Session			Evening Final Session		
Warm-up: 4:00 pm; Start: 5:00 pm			Warm-up: 4:00 pm; Start: 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	11 & Over 50 Freestyle	6	53	11 & Over 200 Butterfly	54
7	11 & Over 200 Breaststroke	8	55	11 & Over 100 Freestyle	56
9	11 & Over 100 Backstroke	10	57	11 & Over 200 Backstroke	58
11	11 & Over 50 Breaststroke	12	59	11 & Over 100 Breaststroke	60
13	11 & Over 100 Butterfly	14	61	11 & Over 200 Medley	62
15	11 & Over 200 Freestyle	16	63	11 & Over 50 Butterfly	64
17	11 & Over 50 Backstroke	18	65	13 & Over 500 Freestyle**	66
19	13 & Over 400 Medley**	20			

Note: Evening finals will be swum E Final: 11-12; D Final: 13; C Final: 14, B Final: 15; A Final: 16&O
**** 11-12 400 Medley & 11-12 500 Free are timed final events.**