



**Penguin Plunge  
8 & Under Meet  
January 13, 2019  
SANCTION NO. VS-19-76**

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., <b>SANCTION NO: VS-19-76</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., CGBD and the 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.</li> </ul>
<b>LOCATION:</b>	Fort Eustis Aquatic Center, Building 641 (corner of Washington Ave & Tyler Ave), Fort Eustis, VA 23604, Phone: (757) 878-1090 or 878-1091
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>Eleven (11) lane 25 yard indoor pool, 9 feet deep in lane 1 sloping to 7 feet deep in lanes 7-11.</li> <li>Daktronics Automatic Timing System with a 10-lane scoreboard and Kiefer Wave Eater racing lane lines.</li> <li>Manual timing, 3 watches per lane and Infinity starting system will be used</li> <li>All sessions will be run using a six lane course for competition</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 DIRECTORS:</b>	Jodi Clark Email: <a href="mailto:coachjodiclark@gmail.com">coachjodiclark@gmail.com</a> Phone: (757) 876-8400
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming athletes eight years old and younger registered by the first day of the meet</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>Age on January 12, 2019 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 welcome 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 swimmers will swim in one session</li> <li>All events will be timed finals</li> <li><b>4-minute breaks after each set of events</b></li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Warm-ups at 12:30 pm; competition starts at 1:00 pm.</li> <li>Lane assignments for individual clubs will be posted on the CGBD website no later than Thursday, January 10, 2019 and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, JANUARY 4, 2018</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in Short Course 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 of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>Coach Times (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT <b>slower than an "A" time</b>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>Swimmers may enter a maximum of <i>4 individual events</i> and <i>1 relay event</i> per day.</li> <li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</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> </ul>

	<ul style="list-style-type: none"> <li>Email entries to: Steve Hennessy, <a href="mailto:coachsteve2423@gmail.com">coachsteve2423@gmail.com</a></li> <li>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</li> </ul>
<b>FEES:</b>	<p>Individual events: \$4.00 Relay events: \$14.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: CGBD</li> <li>Mail fees to: CGBD Team Office. 607 Lotz Drive Yorktown, VA 23692</li> <li>Payment must be received by Wednesday, January 9, 2019 for all entries</li> <li>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Blow Pops will be awarded for first through sixth place.</li> <li>Heat winners: Toy penguins will be awarded for all events.</li> <li>Relay events: Blow Pops will be awarded for first through third place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li><b>A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as</b> <ul style="list-style-type: none"> <li>Entries using fraudulent or non-verifiable times.</li> <li>Athlete competed in the incorrect age group.</li> <li>Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </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> <li>Any event in which an athlete participated illegally will be rescored and re-awarded.</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 USA-S 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.</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 not permitted.</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 chair 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 Wednesday, January 9, 2019</li> <li>There will be an Officials' Meeting 45 minutes prior to the start of the meet in the classroom.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs may be required to provide timers in proportion to the number of swimmers they have entered in meet.</li> </ul>

	<ul style="list-style-type: none"> <li>The number of timers required per club and their lane assignments will be posted on the CGBD website: <a href="http://www.cgbdswwimming.org">http://www.cgbdswwimming.org</a> no later than Tuesday, January 8, 2019 and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Concessions will be run by the Aquatic Center. Hospitality will have water for coaches and officials.</li> <li>An ice cream party will be held immediately following the meet.</li> <li>Heat sheets will be for sale for \$2.00.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li><b>PLEASE READ THOROUGHLY. RULES WILL BE ENFORCED BY MEET MARSHALL, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHALL.</b></li> <li><b>FORT EUSTIS AUTOMOBILE ACCESS: DRIVERS LICENSE AND AUTOMOBILE REGISTRATION ARE REQUIRED TO ENTER FORT EUSTIS.</b></li> <li><b>Swimmer/Spectator Conduct:</b> 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.</li> <li><b>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.</b></li> <li><b>Deck Access:</b> 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.</li> <li><b>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.</b></li> </ul> <p>The Adventure Pool side of the building WILL NOT be available for seating.</p>

# ORDER OF EVENTS

Warm-up: 12:30 pm; Start: 1:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	100 Medley Relay	2
	<b>4-minute break</b>	
3	6 & Under 25 Freestyle	4
5	7&8 25 Freestyle	6
	<b>4-minute break</b>	
7	8 & Under 50 Freestyle	8
9	8 & Under 25 Freestyle Kick	10
	<b>4-minute break</b>	
11	6 & Under 25 Backstroke	12
13	7-8 25 Backstroke	14
	<b>4-minute break</b>	
15	8 & Under 25 Breaststroke	16
	<b>4-minute break</b>	
17	8 & Under 25 Butterfly	18
	<b>4-minute break</b>	
19	8 & Under 50 Backstroke	20
21	8 & Under 100 Individual Medley	22
	<b>4-minute break</b>	
23	100 Freestyle Relay	24