



**CGBD Winter Invitational  
Senior-Age Group Meet  
January 19-20, 2019  
SANCTION NO. VS-19-77**

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-19-77</b></li> <li>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.</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. All sessions will be run using an eight lane course for competition with two additional lanes for continuous warm-up/warm-down.</li> <li>The Meet Director reserves the right to use 10 lanes for competition should it become necessary to keep the sessions under 4 hours.</li> <li>The Facility uses a Daktronics Automatic Timing System with a 10-lane scoreboard and Kiefer Wave Eater racing Lane Lines</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"> <tr> <td>Joe Kimbel</td> <td>Steve Hennessy</td> </tr> <tr> <td>Email: <a href="mailto:cgbdmeetchief@gmail.com">cgbdmeetchief@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:cgbdmeetchief@gmail.com">cgbdmeetchief@gmail.com</a>	Email: <a href="mailto:coachsteve2423@gmail.com">coachsteve2423@gmail.com</a>	Phone: (757) 876-9082	Phone: (757) 450-0706
Joe Kimbel	Steve Hennessy						
Email: <a href="mailto:cgbdmeetchief@gmail.com">cgbdmeetchief@gmail.com</a>	Email: <a href="mailto:coachsteve2423@gmail.com">coachsteve2423@gmail.com</a>						
Phone: (757) 876-9082	Phone: (757) 450-0706						
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming athletes from CGBD, TIDE, ODAC, ECAT, 757, and DIG registered prior to 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 January 19, 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 13 and older swimmers will swim Saturday and Sunday morning sessions.</li> <li>An open 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 on Saturday and Sunday afternoon sessions.</li> <li>All events will be timed finals.</li> </ul>						
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>Morning session warm-up starts at 7:00 am; competition starts: 8:10 am.</li> <li>Midday 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 session warm-up starts not before 11:00 am; competition starts not before 12:10 pm.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than January 15, 2019 and will be emailed to the contact person of the participating clubs.</li> <li>If any session runs late, the following session warm-ups will begin immediately after the earlier session ends.</li> </ul>						
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, JANUARY 11, 2019</b></p> <ul style="list-style-type: none"> <li>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.</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</li> </ul>						

	<p>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.</p> <ul style="list-style-type: none"> <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. <b>CT must be slower than an "A" time.</b></li> <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 may require reseeding.</li> <li>Email entries to: Joe Kimbel, <a href="mailto:cgbdmeetdirector@gmail.com">cgbdmeetdirector@gmail.com</a></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 Administrative Official on the provided forms.</li> </ul>
<b>FEES:</b>	<p><b>Individual Events: \$5.00</b>  <b>Swimmer surcharge: \$2.50 per person</b> (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 payment to: CGBD Team Office 607 Lotz Drive Yorktown, VA 23692</li> <li>Payment must be received by Wednesday, January 16, 2019 for all entries. <b>Teams with unpaid entry fees for entries received on or before the payment deadline above could be removed from the meet.</b></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>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be scored and awarded for first through eighth place. <ul style="list-style-type: none"> <li>13 &amp; Over events will be given separate awards for 13, 14, 15, single-age groups, and 16 &amp; Over age group.</li> <li>12 &amp; Under events will be given separate awards for 9 &amp; Under age group, and 10, 11, 12 single-age groups.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded, except the 1650 Free, 500 Free, and 400 Medley, which will be deck seeded.</li> <li>Events #11-12 (1650 Free), #37-38 (500 Free), and #39-40 (400 Medley), will require positive check-in.</li> <li>Positive check-in will close 30 minutes prior to the start of the session.</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 #11-12 (1650 Free), 37-38 (500 Free), and 39-40 (400 Medley) will be swum fastest to slowest, alternating Girls than Boys.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <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 USAS member coach as being</li> </ul>

	<p>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.</p> <ul style="list-style-type: none"> <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: John Squires</b>  <b>Email: <a href="mailto:jpsswimm1@yahoo.com">jpsswimm1@yahoo.com</a></b>  <b>Phone: (757) 642-4113</b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to <b>Genny Kimbel via email at <a href="mailto:gennykimbel@gmail.com">gennykimbel@gmail.com</a></b>, no later than January 15, 2019</li> <li>• There will be an Officials' Meeting one hour prior to each session in hospitality</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 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 January 15, 2019 and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers competing in the 1650 Free and the 500 Free <b>are responsible for providing their own lap counters and timers</b>. Also, swimmers competing in the 400 Medley <b>are responsible for providing their own timers</b>.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmer / Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers / spectators. 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. Please note that Ft. Eustis 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>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats.</li> <li>• <b>Team Areas:</b> Team seating will be available in the pool and gym area. Please note that Ft. Eustis requires everyone leaving the pool area and entering any other part of the facility to wear shoes (or sandals).</li> <li>• <b>Spectator Seating:</b> Bleacher seating will be available for spectators. Please note that Ft. Eustis prohibits coolers or chairs in the pool area.</li> <li>• <b>Team Banners:</b> Team Banners can not be hung from a water return pipe that runs over the team seating areas.</li> <li>• <b>Programs:</b> Meet Programs will be sold for \$8.00.</li> <li>• <b>Snack Bar:</b> CGBD will operate a Concessions Stand during the meet.</li> <li>• <b>Swim Supplies:</b> CGBD will operate a Swim Shop during the meet.</li> <li>• <b>First Aid:</b> A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms.</li> <li>• <b>Lost and Found:</b> Lost and Found will be located next to the Announcer's Table.</li> <li>• <b>Hospitality:</b> 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>• <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> </ul>

	<ul style="list-style-type: none"> <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> <li>• <b>The Adventure Pool side of the building will be made available for seating should numbers require the additional space.</b></li> </ul>
<b>DIRECTIONS:</b>	<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>

**CGBD Winter Invitational  
Senior-Age Group Meet  
Order of Events**

**Saturday, January 19, 2019**

<b>Morning Session</b>		
<b>Warm-up: 7:00 am; Start: 8:10 am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	13 & Over 100 Freestyle	2
3	13 & Over 200 Butterfly	4
5	13 & Over 100 Backstroke	6
7	13 & Older 200 Medley	8
9	13 & Over 100 Breaststroke	10

<b><u>Distance Session</u></b>		
(15 minute break)		
11	Open 1650 Freestyle**	12

\*\* Events requiring a positive check-in

<b>Afternoon Session</b>		
<b>Warm-up: 11:00 am; Start: 12:10 pm</b>		
(Times are approximate)		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
13	12 & Under 200 Freestyle	15
15	12 & Under 50 Breaststroke	16
17	12 & Under 50 Freestyle	18
19	12 & Under 200 Breaststroke	20
21	12 & Under 100 Butterfly	22
23	12 & Under 200 Medley	24
25	12 & Under 100 Backstroke	26

**Sunday, January 20, 2019**

<b>Morning Session</b>		
<b>Warm-up: 7:00 am; Start: 8:10 am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
27	13 & Over 200 Freestyle	28
29	13 & Over 100 Butterfly	30
31	13 & Over 200 Backstroke	32
33	13 & Over 50 Freestyle	34
35	13 & Older 200 Breaststroke	36

<b><u>Distance Session</u></b>		
(15 minute break)		
37	Open 500 Freestyle**	38
39	Open 400 Medley**	40

<b>Afternoon Session</b>		
<b>Warm-up: 11:00 am; Start: 12:10 pm</b>		
(Times are approximate)		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
41	12 & Under 200 Butterfly	42
43	12 & Under 100 Breaststroke	44
45	12 & Under 100 Freestyle	46
47	12 & Under 200 Backstroke	48
49	12 & Under 50 Butterfly	50
51	12 & Under 100 Medley	52
53	12 & Under 50 Backstroke	54