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|  | <b>GATORS LAST CHANCE MEET</b><br><b>A/BB/B/C</b><br><b>March 22-23, 2019</b><br><b>SANCTION NO. VS-19-96</b> | Hosted by<br><br><b>Virginia Gators<br/>of Harrisonburg</b> |
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| <b>SANCTION:</b>            | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-96<br>USA Swimming, Inc., Virginia Swimming, Inc., Valley Area Swim Team, Inc. (Virginia Gators of Harrisonburg) and James Madison University Savage Natatorium 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.   |
| <b>LOCATION:</b>            | Savage Natatorium, James Madison University, Harrisonburg, Virginia  |
| <b>FACILITY:</b>            | <ul style="list-style-type: none"> <li>• 25 yard, 8 lane pool, 4 feet deep at the start end and 12 feet deep at the turn end with non-turbulent lane lines. Daktronics automatic timing system with an 8-line name video display board will be used with stopwatch timing as a back-up.</li> <li>• Spectator seating for 800.</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>       | Name: Sharon Armentrout<br>E-Mail: <a href="mailto:Armentrout.sharon@yahoo.com">Armentrout.sharon@yahoo.com</a><br>Phone: (540) 271-1389   |
| <b>ELIGIBILITY:</b>         | <ul style="list-style-type: none"> <li>• Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>• No on deck USA Swimming athlete registration will be permitted.</li> <li>• Age on <b>March 22, 2019</b> 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>• There will be a mixed age group session on Friday evening.</li> <li>• There will be a 10 &amp; Under session on Saturday morning with an open 500 free event, followed by an 11 &amp; Over session on Saturday afternoon, followed by an open 1000 free event.</li> <li>• All events will be timed finals.</li> </ul>   |
| <b>WARM-UP:</b>             | <ul style="list-style-type: none"> <li>• Friday session: Warm-Ups begin 5:00pm; competition starts 6:00pm.</li> <li>• Saturday Morning session: 10 &amp; Under warm-ups at 7:30 am; competition starts at 8:45 am.</li> <li>• Saturday Afternoon session: 11 &amp; Over warm-ups to follow conclusion of morning session, no earlier than 11:30am. Competition to start no earlier 12:30pm.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the Gators website no later than <b>Monday, March 18, 2019</b> and will also be emailed to the contact person of the participating clubs.</li> </ul> |

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| <b>ENTRIES:</b> | <p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Wednesday, March 13, 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 the name, phone number, and email address 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 must be slower than an “A” time. 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 <b>5 individual events and 2 relay events per day</b>.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</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. Relays may also be eliminated and relay fees refunded if this is necessary.<br/>Email entries to: Sharon Armentrout, Email: <a href="mailto:Armentrout.sharon@yahoo.com">Armentrout.sharon@yahoo.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: \$4.50<br/>Relay events: \$16.00<br/>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: Virginia Gators, Harrisonburg</li> <li>• Mail payment to: Virginia Gators<br/>P.O. Box 984<br/>Harrisonburg, VA 22803</li> <li>• Payment must be received by <b>Friday, March 22, 2019</b> 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: Ribbons will be awarded for first through eighth place for all age groups. <ul style="list-style-type: none"> <li>○ 8 &amp; Under individual events will be awarded for each age group 6 &amp; Under and 7-8.</li> <li>○ 10 &amp; Under individual events will be awarded for each age group 6 &amp; Under and 7-8 and 9-10.</li> <li>○ 11 &amp; Over individual events will be awarded for each age group 11-12, 13-14, and 15 &amp; Over.</li> <li>○ Heat winner ribbons will be awarded for all 10 &amp; Younger individual events.</li> <li>○ 13 &amp; O events will be awarded for first through eighth place.</li> <li>○ Note: all sessions will be subject to 4 hour rule because each session includes 12 &amp; younger athletes</li> </ul> </li> <li>• Relay events: Awards will be given for first through fourth place.</li> </ul>   |
| <b>SEEDING:</b> | <ul style="list-style-type: none"> <li>• Swimmers in all sessions should report directly to the blocks for their events. There is no clerk of course.</li> <li>• All events will be pre-seeded with the exception of #15-16, (Open 400IM), #43-44 (10 &amp; U 500 Free) #71-76 (11-12 500 Free, 13&amp;O 500 and 1000 Free)</li> <li>• Positive check in for Events 15-16 (400 IM) will close at 6:30PM Friday.</li> <li>• Positive check in for Events 43-44 (10&amp;U 500 Free) will close at 9:30AM on Saturday.</li> </ul>  |

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|                   | <ul style="list-style-type: none"> <li>• Positive check in for Events 71- 76 (500 and 1000 Free) will close at 11:30AM Saturday.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>Events #43-44 and 71-76 (500 Free and 1000 Free) will be swum fastest to slowest.</b></li> <li>• There will be a 10 minute break before Event 43 on Friday and before Event 71 on Saturday for warmup. Sessions will continue 5 minutes following the warm up.</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 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 <u>not permitted</u>.</li> <li>• Except where venue facilities require otherwise, changing into or out of swim suits other than in locker rooms or other designated areas is not appropriate and is prohibited.</li> <li>• In accordance with VSI Best Practices, 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 valid USA Swimming credentials 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.</li> </ul> |
| <b>OFFICIALS:</b> | <p><b>Meet Referee: Beth Arnold</b><br/> <b>Email: <a href="mailto:arnoldeaa@gmail.com">arnoldeaa@gmail.com</a></b><br/> <b>Phone: 540-383-9080</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 Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Beth Arnold <a href="mailto:arnoldeaa@gmail.com">arnoldeaa@gmail.com</a> no later than <b>Monday, March 18, 2019</b>.</li> <li>• Officials will meet on the pool deck one hour before the start of any session.</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 Gators website no later than Monday, March 18, 2019 and will also be emailed to the contact person of each of the individual clubs.</li> </ul>  |

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|                        | <ul style="list-style-type: none"> <li>● <b>Swimmers competing in 400 IM (#15-16) are responsible for providing their own timers.</b></li> <li>● <b>Swimmers competing in 500 Free and 1000 Free (#43-44, 71-76) are responsible for providing their own lap counters and timers.</b></li> </ul>   |
| <b>GENERAL:</b>        | <ul style="list-style-type: none"> <li>● Heat Sheets will be sold for \$6.</li> <li>● Swimmers are not permitted in any room of the building not directly associated with this swim meet.</li> <li>● Aramark of JMU will provide concessions.</li> <li>● Hospitality: Virginia Gators will provide Hospitality for coaches and officials. Breakfast and lunch will be served on Saturday and snacks on Friday evening. Drinks and snacks will be provided during the day.</li> <li>● All results will be posted in the hallway near the spectator stand.</li> </ul>  |
| <b>FACILITY RULES:</b> | <ul style="list-style-type: none"> <li>● The viewing area above the pool will be available both days. Some areas may be marked off limits. Please obey signage.</li> <li>● Access to the pool will be limited to swimmers, coaches, officials, staff and timers.</li> <li>● No smoking is permitted in the building.</li> <li>● No food or drink on the pool deck. Concessions available in hallway.</li> <li>● Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.</li> </ul>   |
| <b>DIRECTIONS:</b>     | <ul style="list-style-type: none"> <li>● The Godwin pool facility is located on the campus of James Madison University.</li> <li>● From interstate 81, take exit 245. Off the ramp, head west on Port Republic Road. At the next light, turn right on to the campus of JMU. Go to the second traffic signal and turn left to Godwin Hall.</li> <li>● Parking is available in Lots G, P and Champions Drive Parking Deck. See parking map: <a href="http://www.jmu.edu/parking/_files/parkingmap.pdf">http://www.jmu.edu/parking/_files/parkingmap.pdf</a></li> </ul>   |
| <b>HOTELS:</b>         | <ul style="list-style-type: none"> <li>● Courtyard Marriot: 1890 Evelyn Byrd Avenue, Harrisonburg, VA, (540) 432-3031 about 5 minutes from the pool.</li> <li>● Days Inn at James Madison University: 1131 Forest Hill Road, Harrisonburg, VA, (540) 433-9353, continental breakfast, about 2 minutes from the pool.</li> <li>● Hampton Inn: 85 University Boulevard, Harrisonburg, VA, (540) 432-1111. Continental breakfast, about 5 minutes from the pool.</li> <li>● Residence Inn - Marriott 1945 Deyerle Ave. Harrisonburg, VA (540) 437-7426 5 minutes from pool</li> <li>● Quality Inn - 1881 Evelyn Byrd Ave. Harrisonburg, VA (540) 442-1515 -5 minutes from pool</li> </ul> |

**Virginia Gators Last Chance Meet**  
**March 22-23, 2019**  
**Order of Events**

**Session 1-Friday PM, February 22**

Warm-ups 5:00 PM, Meet Start 6:00 PM

| Girls | Event                      | Boys |
|-------|----------------------------|------|
| 1     | 10 & U 200 free            | 2    |
| 3     | 11 & O 200 back            | 4    |
| 5     | 10 & U 100 breast          | 6    |
| 7     | 11 & O 100 fly             | 8    |
| 9     | 8 & U 25 fly               | 10   |
| 11    | 11 & O 400 freestyle relay | 12   |
| 13    | 10 & U 200 freestyle relay | 14   |
| 15    | Open 400 IM                | 16   |

**Session 2-Saturday AM, March 23**

Warm-ups 7:30 AM  
 Session Start 8:45 AM

| Girls | Event                   | Boys |
|-------|-------------------------|------|
| 17    | 10 & U 200 Medley Relay | 18   |
| 19    | 10 & U 50 Back          | 20   |
| 21    | 8 & U 25 Breast         | 22   |
| 23    | 10 & U 100 Fly          | 24   |
| 25    | 10 & U 50 Free          | 26   |
| 27    | 8 & U 25 Back           | 28   |
| 29    | 10 & U 100 Back         | 30   |
| 31    | 10 & U 50 Fly           | 32   |
| 33    | 8 & U 25 Free           | 34   |
| 35    | 10 & U 100 Free         | 36   |
| 37    | 10 & U 50 Breast        | 38   |
| 39    | 10 & U 100 IM           | 40   |
| 41    | 8 & U 100 Medley Relay  | 42   |

10 minute break for warm up

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| 43 | 10 & U 500 Free | 44 |
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**Session 3-Saturday PM March 23**

Warm-ups no earlier than 11:30 AM  
 Session Start no earlier than 12:30 PM  
 (times approximate)

| Girls | Event                      | Boys |
|-------|----------------------------|------|
| 45    | 11&O 200 Medley Relay      | 46   |
| 47    | 11 & O 200 Free            | 48   |
| 49    | 11 & O 50 Breast           | 50   |
| 51    | 11 & O 200 Breast          | 52   |
| 53    | 11 & O 100 Free            | 54   |
| 55    | 11 & O 50 Back             | 56   |
| 57    | 11 & O 100 Breast          | 58   |
| 59    | 11 & O 50 Fly              | 60   |
| 61    | 11 & O 200 Fly             | 62   |
| 63    | 11 & O 50 Free             | 64   |
| 65    | 11 & O 200 IM              | 66   |
| 67    | 11 & O 100 Back            | 68   |
| 69    | 11 & O 200 Freestyle Relay | 70   |

10 minute break for warm up

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| 71 | 11 -12 500 Free  | 72 |
| 73 | 13 & O 500 Free  | 74 |
| 75 | 13 & O 1000 Free | 76 |

