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|  | <h2>2018 12 & Under Bengal Races</h2> <p>Saturday, October 12, 2019</p> <p>Peter Browne Ruffin Memorial Natatorium Woodberry Forest, VA 22989 Sanction No. VS-20-12</p> | Hosted by: Woodberry Forest Swimming  |
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| SANCTION: | <ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-12 • USA Swimming, Inc., Virginia Swimming, Inc., and Woodberry Forest School 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: | Woodberry Forest School Peter Browne Ruffin Memorial Natatorium – Harry Barbee Jr. Fitness Center 898 Woodberry Forest Rd. Woodberry Forest, VA 22989 www.Woodberry.org (540) 672 – 3900 |
| FACILITY: | <ul style="list-style-type: none"> • Competition Pool: The competition pool is an indoor (6) lane, 25-yard pool with a depth of 4-feet at the shallow end and 11-feet at the deep end. The main starting end of the pool (the deep end) houses Paragon Trackstart starting platforms complete with a moveable/removable trackstart “wedge” and relay-judging platforms. Opposite from the main starting end of the pool (the shallow end), there will be an additional set of Paragon Classic Standard Paraflyte starting platforms. Anti-wave forerunner, non-turbulent lane lines are used to separate each lane. • A Colorado Timing System will be used to time this meet, with the main finish mechanism being touchpads and buttons and Dolphin stopwatches being used as backups. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). |
| MEET DIRECTOR: | Gregory Guldin Phone: (732) 586-2525 Email: Gregory_Guldin@Woodberry.org |
| ELIGIBILITY: | <ul style="list-style-type: none"> • Open to all Virginia Swimming athletes 12 years old and younger registered prior to the first day of the meet. • No on deck Virginia Swimming athlete registration will be permitted. • Age on October 12, 2019 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"> • Events will be swum in a single session. • All events will be timed finals. |

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| WARM-UP: | <ul style="list-style-type: none"> • Assigned warmups 11:30am-12:30pm; final warmups 12:30-12:50pm. <ul style="list-style-type: none"> ◦ Warmup lanes (assignments) will be emailed to coaches no later than Sunday, October 6, 2019. • Competition starts at 1:00pm. |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, October 3, 2019</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yards times using Hy-Tek Team Manager and Commlink-2 software. • Teams submit entries via e-mail. • 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. • No Time (NT) and Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT may not exceed an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 4 individual events and 2 relay events. • Relay teams must be designated A, B, C, etc., if more than one per club is entered. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • Email entries to: Gregory_Guldin@Woodberry.org • 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. |
| FEES: | <p>Individual events: \$5.00 Relay event: \$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: Woodberry Forest School • Mail payment to: <p style="margin-left: 40px;">Gregory Guldin 42 Woodberry Station Woodberry Forest, VA 22989 Phone: (732) 586-2525</p> • Payment must be received by October 10, 2019, for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • 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: | <ul style="list-style-type: none"> • Heat winners will receive an award at the conclusion of each heat. • A trophy/trophies will be given to the top finisher in each individual/relay event. |
| SEEDING: | <ul style="list-style-type: none"> • All events will be pre-seeded. • Swimmers will report directly to the blocks. |

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| 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 <ul style="list-style-type: none"> ○ Entries using fraudulent or non-verifiable times. ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • 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. • Any event in which an athlete participated illegally will be rescored and re-awarded. |
| RULES: | <ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet. • 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, the swimmer or the swimmer's legal guardian is responsible for ensuring compliance with this requirement. • 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. • 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. • Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • 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. |
| OFFICIALS: | <p>Meet Referee: Locke Boyer flb4j@comcast.net Phone: (434) 882-0340</p> <ul style="list-style-type: none"> • Officials will be needed for all positions for this meet. • Team officials chairpersons should submit the names of certified officials, as well as the names of trainees to Locke Boyer, flb4j@comcast.net or (434) 882-0340 no later than October 10, 2019. • Officials meeting will be held one hour prior to the start of the meet. |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| TIMERS: | <ul style="list-style-type: none"> • Woodberry Forest Swimming will provide all timers. |

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| GENERAL: | <ul style="list-style-type: none"> • All pertinent meet information will be emailed to attending coaches/teams. • Pool Rules <ul style="list-style-type: none"> ○ No food or glass containers should be brought onto the pool deck. ○ Unless being supervised by his or her coach, all swimmers should enter the pool feet first during warm-up and cool-down periods. • Facility Rules <ul style="list-style-type: none"> ○ Spectators should not wander into any blocked off areas in the Barbee Center. ○ Spectators should not wander throughout the campus of Woodberry Forest School. ○ All movement on the campus of Woodberry Forest School should be restricted to paved walk or driveways. |
| HEAT SHEETS: | <ul style="list-style-type: none"> • Heat sheets will be sent via email to attending coaches/teams, will be available for purchase at concessions, or through the use of the Meet Mobile application on your smartphone. • Paper copies of heat sheets will be provided for all coaches and officials. |
| CONCESSIONS AND HOSPITALITY: | <ul style="list-style-type: none"> • Hospitality: Cold drinks will be available for all credentialed coaches and officials. • Food for all coaches and officials will be supplied by Real Food, http://www.realfoodva.com/Real_Food/index.html • Concessions: Will be available for purchase to all spectators in the lobby of the Barbee Center. |
| LOCKER ROOM ASSIGNMENTS/ DESIGNATED TEAM AREAS | <ul style="list-style-type: none"> • Locker Rooms: <ul style="list-style-type: none"> ○ There will be 5 locker rooms available to athletes for this competition; 2 male locker rooms and 3 female locker rooms. ○ The 2 male locker rooms are located on the first floor of the Barbee Center. The first locker room is attached directly to the pool deck and can also be accessed from the main hall coming off the lobby of the Barbee Center on the left. The second locker room is located past the first, down a hall to the right. ○ The 3 female locker rooms are located on the second floor of the Barbee Center and do not have any direct access to the pool deck. Athletes must go up the main staircase in the lobby of the Barbee Center and follow the hallway to the left. The three locker rooms can be found along that hallway. Female athletes should enter the pool deck through the door located underneath the staircase; NOT through the spectator viewing gallery. • Team Areas: <ul style="list-style-type: none"> ○ Due to the volume of athletes expected at this event, athletes are asked to keep their nonessential belongings off of the pool deck. ○ Each team will have the opportunity to claim an area on the indoor track attached to the Barbee Center - found immediately off of the lobby - which can be used as a “camp.” ○ Athletes and their family members are asked not to wander into areas that have been blocked off. We would also ask that any equipment (i.e. pole-vaulting pits, weights, basketballs, etc.) remain untouched throughout the meet. |
| DIRECTIONS: | <p>Entering “Woodberry Forest School” into any GPS device or Google maps will bring you to the main entrance to the school campus.</p> |

**BUS AND CAR
PARKING:**

- **Bus Parking:** Immediately following the first set of brick pillars following the gatehouse, there will be a left-hand turn. Buses should make that turn and follow the road to a parking lot that is large enough to house several full size buses. It is suggested that bus drivers drop off athletes closer to the Barbee Center before parking.
- **Coach and Official parking:** Coaches travelling separately from their team and officials should park in the lot to the right-hand side of the Barbee Center. When entering campus, cars should drive through the first set of brick pillars following the gatehouse and pass in front of the Barbee Center (the Barbee Center will be on your left and Hanes field at Johnson Stadium will be on your right). The left-hand turn immediately following the Barbee Center will take you to a small parking lot on the side of the Barbee Center.
- **Car Parking:** Immediately following the first set of brick pillars following the gatehouse, there will be a left-hand turn. Cars may proceed down the road, passing the Barbee Center and a small baseball field on the right, until a gravel parking lot is visible on the right.

Woodberry Forest Swimming
12 & Under
October 12, 2019
ORDER OF EVENTS
Sanction Number VS-20-12

Warm-ups 11:30am-12:50pm

| Girls Event # | Event | Boys Event # |
|------------------|-------------------------------------|-----------------|
| 1 | 12-under 100 Medley Relay | 2 |
| 3 | 12-under 200 Medley Relay | 4 |
| 5 | 6-under 25 Yard Freestyle | 6 |
| 7 | 7-8 year old 25 Yard Freestyle | 8 |
| 9 | 9-10 year old 50 Yard Freestyle | 10 |
| 11 | 11-12 year old 50 Yard Freestyle | 12 |
| 13 | 6-under 25 Yard Breaststroke | 14 |
| 15 | 7-8 year old 25 Yard Breaststroke | 16 |
| 17 | 9-10 year old 50 Yard Breaststroke | 18 |
| 19 | 11-12 year old 50 Yard Breaststroke | 20 |
| 21 | 6-under 25 Yard Backstroke | 22 |
| 23 | 7-8 year old 25 Yard Backstroke | 24 |
| 25 | 9-10 year old 50 Yard Backstroke | 26 |
| 27 | 11-12 year old 50 Yard Backstroke | 28 |
| 29 | 6-under 25 Yard Butterfly | 30 |
| 31 | 7-8 year old 25 Yard Butterfly | 32 |
| 33 | 9-10 year old 50 Yard Butterfly | 34 |
| 35 | 11-12 year old 50 Yard Butterfly | 36 |
| 37 | 12-under 100 Yard Freestyle Relay | 38 |
| 39 | 12-under 200 Yard Freestyle Relay | 40 |