



**Splash & Dash**  
**January 18-19, 2020**  
**SANCTION NO. VS-20-73**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-73</li><li>• USA Swimming, Inc., Virginia Swimming, Inc., WISC, and 757 Swimming 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>	WISC Aquatic Center 5700 Warhill Trail, Williamsburg, VA 23188, Phone: (757) 253-1947
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• The ten lane 25-meter by 25-yard indoor competition pool offers one 25 yard competition pool with a depth of six feet 7 inches. Also, offers a 20 x 40 feet small therapy pool.</li><li>• Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.</li><li>• 7 lanes will be used for competition with 2 warm-up/warm-down additional lanes available but meet director reserves the right to run up to 10 lanes.</li><li>• Non-Turbulent Lane Markers</li><li>• Spectrum Starting Blocks, Colorado Timing System</li><li>• The WISC provides 1 indoor pool and wireless internet.</li><li>• Spectator seating for 400-500.</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: Erin Roehrl Email: <a href="mailto:meetdirector@757swim.com">meetdirector@757swim.com</a> Phone: 757.377.1532
<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 January 18<sup>th</sup>, 2020 will determine age for the entire meet.</li><li>• 2017 – 2020 NAG Time Standards are in effect.</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 12 &amp; Under swimmers will swim in the AM session.</li><li>• All 13 &amp; Over swimmers will swim in the PM session.</li><li>• All events will be timed finals.</li><li>• Sunday Distance Session will start 15 minutes after the conclusion of the afternoon session.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups not before 7:00am; competition starts not before 8:00am.</li><li>• Afternoon session: Warm-ups not before 10:00am; competition starts not before 11:00am.</li></ul>

	<ul style="list-style-type: none"> <li>• Sunday Distance session: The competition pool will be open for 10 minutes following the conclusion of the afternoon session, with the distance session competition starting 5 minutes thereafter.</li> <li>• Warm-up and meet start times may change based on the time line of the meet after receiving all entries. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the 757swim website (<a href="http://www.757swim.com">www.757swim.com</a>) no later than Tuesday, January 14<sup>th</sup> 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 11:59PM, January 7<sup>th</sup>, 2020.</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.</li> <li>• Teams may submit entries via email.</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.</li> <li>• Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. <b><u>CT must be slower than an “A” time.</u></b> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Swimmers may enter up to <b>4</b> individual events each day.</li> <li>• Entries will be processed in the order received and <b><u>accepted to</u></b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• After the entry deadline, breaks may be added during sessions and clubs will be notified when receiving their lane assignments and warm-up times as referenced above under warm-ups.</li> <li>• Email entries to: Erin Roehrle, <a href="mailto:meetdirector@757swim.com">meetdirector@757swim.com</a></li> </ul>
<b>FEES:</b>	<p>Individual Events: \$6.00 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: 757swim</li> <li>• Mail payment to: 757swim PO Box 6641 Williamsburg, VA 23188</li> <li>• Payment must be received by Wednesday, January 15<sup>th</sup>, 2020. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Heat winner prizes will be awarded for all 12 &amp; under events.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded except for 500 free (Events #41-44) and 1000 free (Events #91-91) which will be deck seeded.</li> <li>• A positive check-in is required to swim the 500 free (Events #41-44) and the 1000 free (Events #91-92).</li> <li>• Positive check-in will close at 12:00pm on Sunday.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Event 91-92 (13 &amp; Over 1000) will be swum fastest to slowest, alternating Girls then 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, including the Minor Athlete Abuse Protection Policy, will govern this meet.</li> <li>• All applicable adults participating in or associated with this meet, acknowledge that they are subject to provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</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 <u>not permitted</u>.</li> <li>• Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</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: Ken Romney</b>  <b>Email: cletus.i.romney.civ@mail.mil</b>  <b>Phone: (757)329-9258</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 (host team officials chair) Shana Wilkins, shana.wilkins83@gmail.com no later than Tuesday, January 14<sup>th</sup>, 2020.</li> <li>• Officials meetings will be held one hour prior to the start of each 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 757swim website (<a href="http://www.757swim.com">www.757swim.com</a>) no later than Tuesday, January 14, 2020, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers competing in the 500 free and 1000 free <b>are responsible for providing their own counters and timers.</b></li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Programs:</b> Meet programs will be sold.</li> <li>• <b>Swimmers/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates WISC Aquatic Center rules (posted at the pool) will be disqualified from the meet and escorted from the facility.</li> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers, coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes at all times.</li> <li>• <b>Spectator Seating:</b> Bleacher seating will be available for spectators.</li> <li>• <b>Team Banners:</b> Team Banners cannot be hung from any pipes that run over the team seating area.</li> <li>• <b>First Aid:</b> A staffed First Aid Station is located at the Front Desk near entrance to locker rooms.</li> <li>• <b>Lost and Found:</b> Lost and Found will be located in the Front Lobby and next to the Announcer's Table.</li> <li>• <b>Concessions:</b> Concessions will be available during the meet.</li> <li>• <b>Hospitality:</b> Coaches' and officials' hospitality will be provided. Breakfast, lunch, and snacks will be served on Saturday and Sunday.</li> <li>• <b>Fun Zone Pass:</b> Discounted Fun Zone rate will be available for swimmers and families. Visit the <a href="http://www.thewisc.com">www.thewisc.com</a> for more information on the Fun Zone.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Parking will be in the main lot out front of the Williamsburg Indoor Sports Complex. Parents and swimmers will walk around outside either side of the WISC to the separate WISC Aquatic Center located behind Williamsburg Indoor Sports Complex.</li> <li>• No glass containers of any kind are permitted in the facility.</li> <li>• No lawn/deck chairs will be permitted in Spectator Seating Area.</li> <li>• No spectators/parents will be allowed on deck unless working the meet.</li> <li>• No smoking is allowed on the campus.</li> <li>• All rules are posted pool side.</li> </ul>
<b>DIRECTIONS:</b>	Go to <a href="http://www.757swim.com">www.757swim.com</a> for directions
<b>HOTELS:</b>	Go to <a href="http://www.757swim.com">www.757swim.com</a> under Meet/Events for hotel information.

**SPLASH & DASH**  
ORDER OF EVENTS

**Saturday, January 18, 2020**

<b>12 &amp; Under Morning Session</b>		
<b>Warm-up: not before 7:00am; Start not before 8:00am</b>		
(Times are approximate)		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	12 & Under 50 Back	2
3	12 & Under 200 Back	4
5	8 & Under 25 Back	6
7	12 & Under 100 Breast	8
9	8 & Over 25 Breast	10
11	12 & Under 50 Fly	12
13	12 & Under 200 Fly	14
15	12 & Under 100 Free	16
17	12 & Under 100 IM	18
19	12 & Under 500 Free	20
<b>13 and Over Afternoon Session</b>		
<b>Warm-up: not before 10:00am; Start not before 11:00am</b>		
(Times are approximate)		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
21	13-14 200 IM	22
23	15 & Over 200 IM	24
25	13-14 200 Back	26
27	15 & Over 200 Back	28
29	13-14 100 Fly	30
31	15 & Over 100 Fly	32
33	13-14 200 Breast	34
35	15 & Over 200 Breast	36
37	13-14 100 Free	38
39	15 & Over 100 Free	40
41	13-14 500 Free	42
43	15& Over 500 Free	44

\* Breaks may be scheduled prior to each session. The meet management and officials would determine the duration of each break. Depending on duration, the competition pool may or may not be open for warm-ups during these breaks.

**Sunday, January 19, 2020**

<b>12 and Under Session Morning Session</b>		
<b>Warm-up: not before 7:00am; Start: not before 8:00am</b>		
(Times are approximate)		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
45	12 & Under 100 Back	46
47	8 & Under 25 Free	48
49	12 & Under 50 Breast	50
51	12 & Under 200 Breast	52
53	12 & Under 100 Fly	54
55	12 & 200 IM	56
57	12 & Under 50 Free	58
59	8 & Under 25 Fly	60
61	12 & Under 200 Free	62
<b>13 &amp; Over Afternoon Session</b>		
<b>Warm-up: not before 10:00am; Start: not before 11:00pm</b>		
(Times are approximate)		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
63	13-14 100 Back	64
65	15 & Over 100 Back	66
67	13-14 200 Fly	68
69	15 & Over 200 Fly	70
71	13-14 100 Breast	72
73	15 & Over 100 BR	74
75	13-14 100 IM	76
77	15 & Over 100 IM	78
79	13-14 200 Free	80
81	15 & Over 200 Free	82
83	13-14 50 Free	84
85	15 & Over 50 Free	86
87	13-14 400 IM	88
89	15 & Over 400 IM	90
	<b>Distance Session:</b> <b>Warm-up: will be for 10 minutes</b> <b>following the conclusion of the</b> <b>afternoon session, with the Distance</b> <b>Session competition starting 5</b> <b>minutes thereafter.</b>	
91	13 & Over 1000 Free	92

\*Breaks may be scheduled prior to each session. The meet management and officials would determine the duration of each break. Depending on duration, the competition pool may or may not be open for warm-ups during these breaks.