



**KECOUGHTAN FOLLOW-UP  
Senior/Age Group (12&U) Meet  
January 12, 2020  
SANCTION NO. VS-20-64**

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-20-64</b>.</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphins Swim Team, Inc., and the Brittingham-Midtown 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>	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573						
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>8-lane, 50 meter indoor pool 4-14 feet in depth; overflow gutters; non-turbulent lane markers; Colorado Timing System. <ul style="list-style-type: none"> <li>Configured for 8-lane 25 yard 6-14 feet in depth for the competition portion of the pool swimming from the deep end of the pool into a bulkhead</li> <li>6 continuous warm-up / cool down lanes (4-6 feet in depth) in the non-competition portion of the pool;</li> </ul> </li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>						
<b>MEET DIRECTOR:</b>	<table border="0"> <tr> <td>Joe Kimbel</td> <td>Steve Hennessy</td> </tr> <tr> <td>Phone: (757) 876-9082</td> <td>Phone: (757) 450-0706</td> </tr> <tr> <td>Email: <a href="mailto:cgbdmeetdirector@gmail.com">cgbdmeetdirector@gmail.com</a></td> <td>Email: <a href="mailto:coachsteve2423@gmail.com">coachsteve2423@gmail.com</a></td> </tr> </table>	Joe Kimbel	Steve Hennessy	Phone: (757) 876-9082	Phone: (757) 450-0706	Email: <a href="mailto:cgbdmeetdirector@gmail.com">cgbdmeetdirector@gmail.com</a>	Email: <a href="mailto:coachsteve2423@gmail.com">coachsteve2423@gmail.com</a>
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming athletes registered prior to the first day of the meet.</li> <li>No on deck USA Swimming athlete registration will be permitted.</li> <li>Age on January 12, 2020 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 advanced 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 Sunday morning session.</li> <li>12 and younger swimmers will swim in the Sunday afternoon session.</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 8:00 am; competition starts: 9:10 am.</li> <li>Afternoon session warm-up starts not before 1:00 pm; competition starts not before 2:00 pm.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than January 8, 2020 and will also 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 3, 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 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, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>Coach Times (CT) entries will be accepted for events in which a swimmer does not have a time of record except as specified in the Eligibility section. <b>CT must be 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><b><u>NT Entries will not be accepted</u></b></li> </ul>						

	<ul style="list-style-type: none"> <li>• Swimmers may enter a maximum of 3 individual events.</li> <li>• Entries for 12&amp;U swimmers 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>• Event #21-22 (500 Free) may be limited to three (4 heats for each event depending on the session timeline. The two heats may be combined by gender to fill the heats.</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: <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: \$7.50</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 January 9, 2020 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>• IMPORTANT: 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>• Individual events: No awards will be given for 13&amp;O Swimmers. 12 &amp; Under events will be given separate awards for 11-12 and 10 &amp; Under age groups</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded, except the 400 IM and 1000 Free, which will be deck seeded.</li> <li>• The Events #1-2 (400 IM), #9-10 (1000 Free), # 21-22 (500 Free) will require a 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>• Event #9-10 (1000 Free) and #21-22 (500 Free) 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 the 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 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, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement.</li> </ul>

	<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, 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>• Any 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: John Squires</b>  <b>Email: <a href="mailto:jpswmm1@yahoo.com">jpswmm1@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</b> via email at <b><a href="mailto:gennykimbel@gmail.com">gennykimbel@gmail.com</a></b> no later than January 9, 2020</li> <li>• There will be an Officials' Meeting one (1) hour prior to each session in Room 102</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 8, 2020 and will also be emailed to the contact person of each of the individual clubs.</li> <li>• <b>Swimmers competing in Events #9-10 (1000 Free) are responsible for providing their own lap counters and 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 violates 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 the City of Newport News 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 the City of Newport News 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 the City of Newport News prohibits coolers or chairs in the pool area.</li> <li>• <b>Team Banners:</b> Team Banners cannot 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 \$4.00.</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>• Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door).</li> </ul>

	<ul style="list-style-type: none"> <li>• Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely.</li> <li>• No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable.</li> <li>• No coolers in the pool area. They are allowed in the Gym.</li> <li>• No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym.</li> <li>• Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.).</li> <li>• No shaving anywhere in the venue.</li> <li>• No running or horseplay in the facility.</li> <li>• Shoes/sandals must be worn by all in/around the recreation center, except for the pool area.</li> <li>• Clean up your area when you leave after each session. Trash cans and recycle bins are located throughout the facility. Lost and Found is located next to the Announcer.</li> <li>• Officials only inside the ropes.</li> <li>• Coaches, officials, and meet staff only in the Hospitality Room.</li> <li>• The Aquatic Center will close during electrical storms.</li> <li>• NO SMOKING in the Aquatic Center (pool area) or the rest of the building.</li> </ul>
<b>DIRECTIONS:</b>	<p>From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to MacLawhorne Drive. Turn right at the light. Pool is on the left.</p>

# ORDER OF EVENTS

## CGBD Kecoughtan Follow-up Meet

**Sunday, January 12, 2020**

<b>Morning Senior Session</b> Warm-up: 8:00 am; Start: 9:10 am			<b>Afternoon Age Group Session**</b> Warm-up: 1:00 pm; Start: 2:00 pm		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	13 & Over 400 Medley	2	11	12 & Under 200 Medley	12
3	13 & Over 200 Backstroke	4	13	12 & Under 100 Freestyle	14
5	13 & Over 200 Butterfly	6	15	12 & Under 100 Backstroke	16
7	13 & Over 200 Breaststroke	8	17	12 & Under 100 Butterfly	18
9	13 & Over 1000 Freestyle	10	19	12 & Under 100 Breaststroke	20
			21	12 & Under 500 Freestyle	22

**\*\*Note: Times for Afternoon Age Group Session are approximate**